

Women's 400m Hurdles Touchdown Times - by athlete

LAST UPDATE: 5-Mar-25

Abt, Gudrun (FRG) (1962)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1988 Olympic Games (Seoul, KOR)		<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>																
date	28-Sep-88	time	6.53	10.69	14.98	19.30	23.82	28.43	33.11	37.95	43.04	48.28		54.04	8 / 6			
reaction time	0.316	interval	4.16	4.29	4.32	4.52	4.61	4.68	4.84	5.09	5.24	5.76		PB		12.77	13.81	15.17
		velocity	6.89	8.41	8.16	8.10	7.74	7.59	7.48	7.23	6.88	6.68	6.94	7.40		8.22	7.60	6.92
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	16	16	19	179				
Semi-Final 2 - 1988 Olympic Games (Seoul, KOR)		<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>																
date	26-Sep-88	time	6.51	10.67	14.94	19.30	23.76	28.45	33.27	38.30	43.40	48.70		54.52	5 / 3			
reaction time	0.346	interval	4.16	4.27	4.36	4.46	4.69	4.82	5.03	5.10	5.30	5.82		PB		12.79	13.97	15.43
		velocity	6.91	8.41	8.20	8.03	7.85	7.46	7.26	6.96	6.86	6.60	6.87	7.34		8.21	7.52	6.80
H1 lead leg		strides	23	15	15	15	15	15	15	16	16	16	19	180				
Adachi, Yuno (JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Shimane High School Championships (Izumo, JPN)		<i>Shimizu (2022) - shimane high school championships 2022 - biomechanics data analysis</i>																
date	27-May-22	time	7.70	13.03	18.57	24.15	30.02	36.28	42.68	49.12	55.52	62.15		69.86	8 / 4			
reaction time		interval	5.33	5.54	5.58	5.87	6.26	6.40	6.44	6.40	6.63	7.71				16.45	18.53	19.47
		velocity	5.84	6.57	6.32	6.27	5.96	5.59	5.47	5.43	5.47	5.28	5.19	5.73		6.38	5.67	5.39
H1 lead leg		strides	27	19	19	20	20	21	21	21	21	22	26	237				
Addy, Megan (USA) (1978)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2004 Modesto Relays (Modesto, CA)		<i>Henson (2004) USATF OTC sport science</i>																
date	08-May-04	time	6.06	10.92	15.38	19.91	24.65	29.47	34.48	39.53	44.87	50.33		56.59	1 / 1			
reaction time		interval	4.86	4.46	4.53	4.74	4.82	5.01	5.05	5.34	5.46	6.26				13.85	14.57	15.85
		velocity	7.43	7.20	7.85	7.73	7.38	7.26	6.99	6.93	6.55	6.41	6.39	7.07		7.58	7.21	6.62
H1 lead leg		strides																
FINAL - 2004 UCLA (Los Angeles, CA)		<i>Henson (2004) USATF OTC sport science</i>																
date	10-Apr-04	time	7.10	11.22	15.51	19.86	24.35	28.97	33.66	38.67	43.96	49.41		56.13	1 / 2			
reaction time		interval	4.12	4.29	4.35	4.49	4.62	4.69	5.01	5.29	5.45	6.72		PB		12.76	13.80	15.75
		velocity	6.34	8.50	8.16	8.05	7.80	7.58	7.46	6.99	6.62	6.42	5.95	7.13		8.23	7.61	6.67
H1 lead leg		strides																
Adekoya, Kemi (BRN) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A FINAL - 2024 Resisprint International (La Chaux-de-Fonds, SUI) (TV Analysis)		<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>																
date	14-Jul-24	time	6.38	10.45	14.54	18.76	23.17	27.66	32.19	36.95	42.12			53.41	5 / 2			
reaction time		interval	4.07	4.09	4.22	4.41	4.49	4.53	4.76	5.17						12.38	13.43	
		velocity	7.05	8.60	8.56	8.29	7.94	7.80	7.73	7.35	6.77			7.49		8.48	7.82	
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16			144				
FINAL - 2023 Asian Games (Hangzhou, CHN)		<i>Shandong Athletics Sport Science (2023)</i>																
date	03-Oct-23	time	6.30	10.30	14.43	18.63	23.03	27.57	32.33	37.43	42.80	48.37		54.45	5 / 1			
reaction time	0.196	interval	4.00	4.13	4.20	4.40	4.54	4.76	5.10	5.37	5.57	6.08				12.33	13.70	16.04
		velocity	7.14	8.75	8.47	8.33	7.95	7.71	7.35	6.86	6.52	6.28	6.58	7.35		8.52	7.66	6.55
H1 lead leg	R	strides		15	15	15	15	15	15	15	16	17	19.7	157.7				
FINAL - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)		<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																
date	24-Aug-23	time	6.34	10.41	14.48	18.55	22.82	27.23	31.73	36.64	41.74	47.18		53.09	7 / 4			
reaction time	0.207	interval	4.07	4.07	4.07	4.27	4.41	4.50	4.91	5.10	5.44	5.91		AR		12.21	13.18	15.45
		velocity	7.10	8.60	8.60	8.20	7.94	7.78	7.13	6.86	6.43	6.77	7.53			8.60	7.97	6.80
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	17	20	182				
Semi-Final 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)		<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																
date	22-Aug-23	time	6.34	10.37	14.48	18.68	22.99		32.10	36.91	41.98	47.35		53.39	6 / 2			
reaction time	0.195	interval		4.03	4.11	4.20	4.31		9.11	4.81	5.07	5.37	6.04	AR		12.34	13.42	15.25
		velocity	7.10	8.68	8.52	8.33	8.12		7.68	7.28	6.90	6.52	6.62	7.49		8.51	7.82	6.89
H1 lead leg	R	strides	23	15	15	15	15			15	16	17	19.7	150.7				
Heat 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)		<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																
date	21-Aug-23	time	6.40	10.30	14.36	18.37	22.73	27.30	31.90	36.73	42.00	47.38		53.56	8 / 1			
reaction time	0.191	interval		3.90	4.06	4.01	4.36	4.57	4.60	4.83	5.27	5.38	6.18	AR		11.97	13.53	15.48
		velocity	7.03	8.97	8.62	8.73	8.03	7.66	7.61	7.25	6.64	6.51	6.47	7.47		8.77	7.76	6.78
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	17	17	19.5	182.5				
FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)		<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																
date	31-May-18	time	6.40	10.56	14.80	19.12	23.72	28.84	34.16	39.60	45.12	50.68		56.83	1 / 9			
reaction time	0.186	interval		4.16	4.24	4.32	4.60	5.12	5.32	5.44	5.52	5.56	6.15			12.72	15.04	16.52
		velocity	7.03	8.41	8.25	8.10	7.61	6.84	6.58	6.43	6.34	6.29	6.50	7.04		8.25	6.98	6.36
H1 lead leg	R	strides	23	15	15	15	16	17	17	17	17	17	169					
FINAL - 2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)		<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																
date	08-Jun-17	time	6.36	10.64	14.96	19.56	24.20	29.04	34.16	39.36	44.60	49.92		55.63	2 / 6			
reaction time	0.169	interval		4.28	4.32	4.60	4.64	4.84	5.12	5.20	5.24	5.32	5.71			13.20	14.60	15.76
		velocity	7.08	8.18	8.10	7.61	7.54	7.23	6.84	6.73	6.68	6.58	7.01	7.19		7.95	7.19	6.66

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

H1 lead leg	R	strides	23	15	16	16	16	17	17	17	17	17	19.7	190.7						
FINAL - 2016 Birmingham Diamond League (Birmingham, GBR) (TV Analysis)															<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>					
date	05-Jun-16	time	6.43	10.63	15.00	19.37	23.87	28.67	33.57	38.70	43.97	49.27	55.28	6 / 5						
reaction time	0.195	interval	4.20	4.37	4.37	4.50	4.80	4.90	5.13	5.27	5.30	6.01			12.94	14.20	15.70			
		velocity	7.00	8.33	8.01	8.01	7.78	7.29	7.14	6.82	6.64	6.60	6.66	7.24		8.11	7.39	6.69		
H1 lead leg	R	strides	24	15	16	16	16	16	16	17	17	17	20	190						
FINAL - 2016 Golden Gala Pietro Mennea (Roma, ITA) (TV Analysis)															<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>					
date	02-Jun-16	time	6.28	10.48	15.00	19.00	23.44	28.12	33.00	38.08	43.44	49.04	55.48	8 / 5						
reaction time	0.176	interval	4.20	4.32	4.40	4.56	4.68	4.88	5.08	5.36	5.60	6.44			12.72	14.00	16.04			
		velocity	7.17	8.33	8.22	7.88	7.48	7.17	6.89	6.53	6.25	6.21	7.21		8.25	7.50	6.55			
H1 lead leg	R	strides	24	16	16	16	16	17	17	17	18	21	129							
FINAL - 2016 Meeting International Mohammed VI D'Atletisme (Rabat, MAR) (TV Analysis)															<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>					
date	22-May-16	time	6.40	10.76	15.12	19.56	24.04	28.72	33.60	38.72	43.92	49.28	55.33	6 / 5						
reaction time	0.180	interval	4.36	4.36	4.44	4.48	4.68	4.88	5.12	5.20	5.36	6.05			13.16	14.04	15.68			
		velocity	7.03	8.03	8.03	7.88	7.81	7.48	7.17	6.84	6.73	6.53	6.61	7.23		7.98	7.48	6.70		
H1 lead leg	L	strides	24	16	16	16	16	16	17	17	17	20.2	192.2							
FINAL - 2016 Doha Diamond League (Doha, QAT) (TV Analysis)															<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>					
date	06-May-16	time	6.52	10.84	15.16	19.56	24.12	28.76	33.56	38.64	43.88	49.16	54.87	2 / 2						
reaction time	0.178	interval	4.32	4.32	4.40	4.56	4.64	4.80	5.08	5.24	5.28	5.71			13.04	14.00	15.60			
		velocity	6.90	8.10	8.10	7.95	7.68	7.54	7.29	6.89	6.68	6.63	7.01	7.29		8.05	7.50	6.73		
H1 lead leg	L	strides	24	15	15	15	15	15	15	17	17	17	19.5	184.5						
Ago, Airi (JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2023 Shimane High School Championships (Izumo, JPN)																				
															<i>Shimizu (2023) - shimane high school championships 2023 - biomechanics data analysis</i>					
date	27-May-23	time	7.73	13.12	18.57	24.25	30.17	36.20	42.40	48.68	55.30	62.15	69.85	3 / 3						
reaction time		interval	5.39	5.45	5.68	5.92	6.03	6.20	6.28	6.62	6.85	7.70				16.52	18.15	19.75		
		velocity	5.82	6.49	6.42	6.16	5.91	5.80	5.65	5.57	5.29	5.11	5.19	5.73		6.36	5.79	5.32		
H1 lead leg		strides	25	19	19	19	19	19	19	19	21	21	24.2	224.2						
Alimzhanova, Natalya (KAZ) (1968)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2004 Seiko Super Grand Prix (Yokohama, JPN)																				
															<i>Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers</i>					
date	23-Sep-04	time	6.62	10.82	15.17	19.64	24.26	29.13	34.12	39.39	44.80	50.26	56.53	1 / 3						
reaction time		interval	4.20	4.35	4.47	4.62	4.87	4.99	5.27	5.41	5.46	6.27				13.02	14.48	16.14		
		velocity	6.80	8.33	8.05	7.83	7.58	7.19	7.01	6.64	6.47	6.41	6.38	7.08		8.06	7.25	6.51		
H1 lead leg		strides	15	15	15	15	16	16	16	16	16	16	140							
Torshina, Natalya (KAZ) (1968)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2002 IAAF World Cup (Madrid, ESP)																				
															<i>Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas</i>					
date	20-Sep-02	time	6.41	10.66	15.01	19.58	24.38	29.25	34.17	39.36	44.81	50.20	56.38	7 / 5						
reaction time	0.208	interval	4.25	4.35	4.57	4.80	4.87	4.92	5.19	5.45	5.39	6.18				13.17	14.59	16.03		
		velocity	7.02	8.24	8.05	7.66	7.29	7.19	7.11	6.74	6.42	6.49	6.47	7.09		7.97	7.20	6.55		
H1 lead leg	R	strides	22	15	15	15	16	16	16	17	18	17	20.5	187.5						
Semi-Final 2 - 1999 IAAF World Championships (Sevilla, ESP)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 1999 IAAF World Championships (Sevilla, ESP)																				
															<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>					
date	23-Aug-99	time	6.16	10.49	14.76	19.15	23.69	28.34	33.25	38.24	43.48	48.74	55.26	8 / 7						
reaction time	0.256	interval	4.33	4.27	4.39	4.54	4.65	4.91	4.99	5.24	5.26	6.52				12.99	14.10	15.49		
		velocity	7.31	8.08	8.20	7.97	7.71	7.53	7.13	7.01	6.68	6.65	6.13	7.24		8.08	7.45	6.78		
H1 lead leg	R	strides	22	15	15	15	15	15	16	17	17	17	20.5	184.5						
Semi-Final 2 - 1993 IAAF World Championships (Stuttgart, GER)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 1993 IAAF World Championships (Stuttgart, GER)																				
															<i>Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)</i>					
date	17-Aug-93	time	6.53	10.79	15.12	19.52	23.93	28.57	33.43	38.40	43.45	48.65	54.53	4 / 3						
reaction time		interval	4.26	4.33	4.40	4.41	4.64	4.86	4.97	5.05	5.20	5.88	PB			12.99	13.91	15.22		
		velocity	6.89	8.22	8.08	7.95	7.94	7.54	7.20	7.04	6.93	6.73	6.80	7.34		8.08	7.55	6.90		
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	17	21	187						
Alonso, Mariam (ESP) (1970)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 1998 Spanish National Championships (San Sebastián, ESP)																				
															<i>Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas</i>					
date	02-Aug-98	time	6.63	11.23	15.82	20.60	25.60	30.67	35.92	41.38	47.09	52.94	60.10	6 / 3						
reaction time		interval	4.60	4.59	4.78	5.00	5.07	5.25	5.46	5.71	5.85	7.16				13.97	15.32	17.02		
		velocity	6.79	7.61	7.63	7.32	7.00	6.90	6.67	6.41	6.13	5.98	5.59	6.66		7.52	6.85	6.17		
H1 lead leg	L	strides	23	16	16	16	16	16	17	17	18	18	22	195						
Ambrazine, Anna (URS) (1955)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 1983 European Cup (London, GBR)																				
															<i>Ewen (1985) - hurdles</i>					
date	20-Aug-83	time	6.69	11.05	15.31	19.57	24.08	28.65	33.31	38.15	43.13	48.16	54.15	2 / 2						
reaction time		interval	4.36	4.26	4.26	4.51	4.57	4.66	4.84	4.98	5.03	5.99				12.88	13.74	14.85		
		velocity	6.73	8.03	8.22	8.22	7.76	7.66	7.51	7.23	7.03	6.96	6.68	7.39		8.15	7.64	7.07		
H1 lead leg	R	strides	24	16	16	16	16	16	16	17	17	17	20	191						
															<i>McFarlane (1988) - The Science of Hurdling</i>					
date	10-Aug-83	time	6.69	11.05	15.31	19.57	24.08	28.65	33.31	38.15	43.13	48.16	54.15	3 / 2						
reaction time		interval	4.36	4.26	4.26	4.51	4.57	4.66	4.84	4.98	5.03	5.99				12.88	13.74	14.85		
		velocity	6.73	8.03	8.22	8.22	7.76	7.66	7.51	7.23	7.03	6.96	6.68	7.39		8.15	7.64	7.07		
H1 lead leg	R	strides	24	16	16	16	16	16	16	17	17	17	20	191						

													H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Anacharsis, Phara (FRA) (1983)													FINAL - 2016 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)																
													<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																
date	15-Jul-16	time	6.60	10.77	19.40	23.87	28.47						56.20	1 / 7															
reaction time	0.183	interval	4.17	8.63	4.47	4.60			9.90	5.50	5.63	6.70			12.80														
		velocity	6.82	8.39	8.11	7.83	7.61		7.07	6.36	6.22	5.97	7.12		8.20														
H1 lead leg	L	strides	15		15	15		17	17	20	99																		
Angounou, Linda (CMR) (1992)													Repechage 3 - 2024 Olympic Games (Paris, FRA)																
													<i>Paris 2024 Olympc Games - Results Book (2024)</i>																
date	05-Aug-24	time	6.59	10.91	15.28	19.66	24.17	28.79	33.54	38.46	43.63	48.98	55.09	2 / 3															
reaction time	0.186	interval	4.32	4.37	4.38	4.51	4.62	4.75	4.92	5.17	5.35	6.11	NR PB		13.07	13.88	15.44												
		velocity	6.83	8.10	8.01	7.99	7.76	7.58	7.37	7.11	6.77	6.54	6.55	7.26	8.03	7.56	6.80												
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	19.5	149.5															
													Heat 3 - 2024 Olympic Games (Paris, FRA)																
													<i>Paris 2024 Olympc Games - Results Book (2024)</i>																
date	04-Aug-24	time	6.45	10.74	15.10	19.54	24.14	28.83	33.71	38.80	44.12	49.42	55.69	7 / 8															
reaction time	0.153	interval	4.29	4.36	4.44	4.60	4.69	4.88	5.09	5.32	5.30	6.27	NR PB		13.09	14.17	15.71												
		velocity	6.98	8.16	8.03	7.88	7.61	7.46	7.17	6.88	6.58	6.60	6.38	7.18	8.02	7.41	6.68												
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	20.5	181.5																
Ankiewicz, Emilia (POL) (1990)													FINAL - 2016 Meeting International Mohammed VI D'Athlétisme (Rabat, MAR) (TV Analysis)																
													<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																
date	22-May-16	time	6.64	11.12	15.72	20.36	25.12	29.96	35.00	40.32	45.64	51.08	57.25	2 / 6															
reaction time	0.148	interval	4.48	4.60	4.64	4.76	4.84	5.04	5.32	5.32	5.44	6.17			13.72	14.64	16.08												
		velocity	6.78	7.81	7.61	7.54	7.35	7.23	6.94	6.58	6.58	6.43	6.48	6.99	7.65	7.17	6.53												
H1 lead leg	L	strides	23	16	16	16	16	16	16	17	17	17	20.5	190.5															
Antkowiak, Hannah (USA) (2003)													Semi-Final 1 - 2024 USA Olympic Trials (Eugene, OR)																
													<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																
date	29-Jun-24	time	6.72	11.01	15.29	19.73	24.38	26.41	29.20	34.29	39.56	45.06	50.45	56.45	7 / 5														
reaction time		interval	4.29	4.28	4.44	4.65	4.82	5.09	5.27	5.50	5.39	6.00			13.01	14.56	16.16												
		velocity	6.70	8.16	8.18	7.88	7.53	7.57	7.26	6.88	6.64	6.36	6.49	7.09	8.07	7.21	6.50												
H1 lead leg	L	strides	24	15	15	15	15	15	17	17	17	17	167																
													Heat 3 - 2024 USA Olympic Trials (Eugene, OR)																
													<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																
date	27-Jun-24	time	6.65	10.89	15.18	19.51	24.05	26.29	29.04	34.12	39.36	44.76	50.23	56.39	9 / 3														
reaction time		interval	4.24	4.29	4.33	4.54	4.99	5.08	5.24	5.40	5.47	6.16			12.86	14.61	16.11												
		velocity	6.77	8.25	8.16	8.08	7.71	7.61	7.01	6.89	6.68	6.48	6.40	7.09	8.16	7.19	6.52												
H1 lead leg		strides																											
Antyukh, Natalya (RUS) (1981)													FINAL - 2012 Olympic Games (London, GBR)																
													<i>Hillier (2012) - uka 2012 olympic games report: 400m hurdles</i>																
date	08-Aug-12	time	6.26	10.39	14.47	18.65	22.89	24.89	27.35	31.85	36.55	41.40	46.63	52.70	5 / 4														
reaction time	0.167	interval	4.13	4.08	4.18	4.24	4.46	4.50	4.70	4.85	5.23	6.07	PB-DV		12.39	13.20	14.78												
		velocity	7.19	8.47	8.58	8.37	8.25	8.04	7.85	7.78	7.45	7.22	6.69	7.59	8.47	7.95	7.10												
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	16	17	20	182															
													FINAL - 2011 IAAF World Championships (Daegu, KOR)																
													<i>Behm (2011) - Le quatrache: Démus enfin!</i>																
date	01-Sep-11	time	6.2	10.4	14.5	18.8	23.2	27.7	32.4	37.2	42.3	47.6	53.85	5 / 3															
reaction time	0.151	interval	4.20	4.10	4.30	4.40	4.50	4.70	4.80	5.10	5.30	6.25			12.60	13.60	15.20												
		velocity	7.26	8.33	8.54	8.14	7.95	7.78	7.45	7.29	6.86	6.60	6.40	7.43	8.33	7.72	6.91												
H1 lead leg	R	strides	22	15	15	15	15	16	16	17	17	17	20	185															
													FINAL - 2010 European Championships (Barcelona, ESP)																
													<i>Graubner (2010) - http://www.fgs.uni-halle.de</i>																
date	30-Jul-10	time	6.43	10.52	14.66	18.93	23.19	27.60	32.18	37.03	41.95	47.01	52.92	6 / 1															
reaction time	0.182	interval	4.09	4.14	4.27	4.26	4.41	4.58	4.85	4.92	5.06	5.91	CR		12.50	13.25	14.83												
		velocity	7.00	8.56	8.45	8.20	8.22	7.94	7.64	7.22	7.11	6.92	6.77	7.56	8.40	7.92	7.08												
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	16	16	19.5	179.5															
													FINAL - 2009 IAAF World Championships (Berlin, GER)																
													<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																
date	20-Aug-09	time	6.61	10.63	14.67	18.86	23.14	27.61	32.22	37.07	42.27	47.68	54.11	7 / 6															
reaction time	0.205	interval	4.02	4.04	4.19	4.28	4.47	4.61	4.85	5.20	5.41	6.43	PB		12.25	13.36	15.46												
		velocity	6.81	8.71	8.66	8.35	8.18	7.83	7.59	7.22	6.73	6.47	6.22	7.39	8.57	7.86	6.79												
H1 lead leg		strides	15	15	15	15	15	15	16	16	17	17	141																
													Semi-Final 3 - 2009 IAAF World Championships (Berlin, GER)																
													<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																
date	18-Aug-09	time	6.80	11.05	15.35	19.74	24.20	27.78	33.53	38.42	43.34	48.91	54.86	5 / 2															
reaction time	0.176	interval	4.25	4.30	4.39	4.46	3.58	5.75	4.89	4.92	5.57	5.95			12.94	13.79	15.38												
		velocity	6.62	8.24	8.14	7.97	7.85	9.78	6.09	7.16	7.11	6.28	6.72	7.29	8.11	7.61	6.83												
H1 lead leg	L	strides	22	15	15	15	15	15	16	16	16	17	19.7	181.7															
													Heat 3 - 2009 IAAF World Championships (Berlin, GER)																
													<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																
date	17-Aug-09	time	6.84	11.19	15.53	19.93	24.43	29.03	33.88	38.92	44.03	49.27	55.40	3 / 2															
reaction time	0.215	interval	4.35	4.34	4.40	4.50	4.60	4.85	5.04	5.11	5.24	6.13			13.09	13.95	15.39												
		velocity	6.58	8.05	8.06	7.95	7.78	7.61	7.22	6.94	6.85	6.68	6.53	7.22	8.02	7.53	6.82												
H1 lead leg		strides																											

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

Aoki, Honoka (JPN) (2001)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Japanese National Championships (Osaka, JPN)			<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																
date	04-Jun-23	time	6.66	10.94	15.32	19.75	24.32		29.12	34.13	39.36	44.94	50.72		57.48	4 / 4			
reaction time	0.237	interval	4.28	4.38	4.43	4.57		4.80	5.01	5.23	5.58	5.78	6.76		PB		13.09	14.38	16.59
		velocity	6.76	8.18	7.99	7.90	7.66		7.29	6.99	6.69	6.27	6.06	5.92	6.96		8.02	7.30	6.33
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	18	18	22.2	197.2				

B FINAL - 2023 Shizuoka International Meeting (Fukuroi, JPN)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Shizuoka International Meeting (Fukuroi, JPN)			<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																
date	03-May-23	time	6.68	11.03	15.60	20.25	25.06		30.04	35.18	40.45	45.95	51.78		58.30	8 / 1			
reaction time	0.217	interval	4.35	4.57	4.65	4.81		4.98	5.14	5.27	5.50	5.83	6.52				13.57	14.93	16.60
		velocity	6.74	8.05	7.66	7.53	7.28		7.03	6.81	6.64	6.36	6.00	6.13	6.86		7.74	7.03	6.33
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	17	18	21.7	195.7				

FINAL - 2022 Japanese National Championships (Osaka, JPN)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese National Championships (Osaka, JPN)			<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																
date	12-Jun-22	time	6.64	10.96	15.48	20.05	24.79		29.73	34.98	40.37	46.00	51.75		58.38	3 / 6			
reaction time	0.220	interval	4.32	4.52	4.57	4.74		4.94	5.25	5.39	5.63	5.75	6.63				13.41	14.93	16.77
		velocity	6.78	8.10	7.74	7.66	7.38		7.09	6.67	6.49	6.22	6.09	6.03	6.85		7.83	7.03	6.26
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	18	17	174					

FINAL - 2022 Shizuoka International Athletics Meeting (Fukuroi, JPN)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Shizuoka International Athletics Meeting (Fukuroi, JPN)			<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																
date	03-May-22	time	6.76	11.18	15.67	20.29	25.06		29.98	35.24	40.52	46.15	51.97		58.56	2 / 6			
reaction time	0.215	interval	4.42	4.49	4.62	4.77		4.92	5.26	5.28	5.63	5.82	6.59				13.53	14.95	16.73
		velocity	6.66	7.92	7.80	7.58	7.34		7.11	6.65	6.63	6.22	6.01	6.07	6.83		7.76	7.02	6.28
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	18	18	174					

B Race - 2022 Michitaka Kinami Memorial (Osaka, 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 Race - 2022 Michitaka Kinami Memorial (Osaka, JPN)			<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																
date	30-Apr-22	time	6.66	11.13	15.67	20.35	25.19		30.31	35.57	40.96	46.58	52.32		58.85	7 / 1			
reaction time	0.181	interval	4.47	4.54	4.68	4.84		5.12	5.26	5.39	5.62	5.74	6.53				13.69	15.22	16.75
		velocity	6.76	7.83	7.71	7.48	7.23		6.84	6.65	6.49	6.23	6.10	6.13	6.80		7.67	6.90	6.27
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	18	18	22	197				

FINAL - 2021 Japanese National Championships (Osaka, JPN)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese National Championships (Osaka, JPN)			<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																
date	27-Jun-21	time	6.76	11.21	15.75	20.44	25.24		30.23	35.49	40.87	46.51	52.34		58.82	2 / 6			
reaction time	0.236	interval	4.45	4.54	4.69	4.80		4.99	5.26	5.38	5.64	5.83	6.48				13.68	15.05	16.85
		velocity	6.66	7.87	7.71	7.46	7.29		7.01	6.65	6.51	6.21	6.00	6.17	6.80		7.68	6.98	6.23
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	18	18	21.7	196.7				

B FINAL - 2021 Michitaka Kinami Memorial (Osaka, 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 - 2021 Michitaka Kinami Memorial (Osaka, JPN)			<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																
date	01-Jun-21	time	6.76	11.19	15.75	20.42	25.31		30.38	35.69	41.22	46.78	52.47		58.77	7 / 2			
reaction time	0.189	interval	4.43	4.56	4.67	4.89		5.07	5.31	5.53	5.56	5.69	6.30				13.66	15.27	16.78
		velocity	6.66	7.90	7.68	7.49	7.16		6.90	6.59	6.33	6.29	6.15	6.35	6.81		7.69	6.88	6.26
H1 lead leg	L	strides	24	16	16	17	17		17	18	18	18	18	21.5	200.5				

FINAL - 2020 Japanese U20 National Championships (Hiroshima, JPN)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Japanese U20 National Championships (Hiroshima, JPN)			<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																
date	25-Oct-20	time	6.94	11.53	16.20	21.02	26.06		31.16	36.42	41.89	47.45	52.92		59.02	5 / 2			
reaction time	0.202	interval	4.59	4.67	4.82	5.04		5.10	5.26	5.47	5.56	5.47	6.10				14.08	15.40	16.50
		velocity	6.48	7.63	7.49	7.26	6.94		6.86	6.65	6.40	6.29	6.40	6.56	6.78		7.46	6.82	6.36
H1 lead leg		strides		16	16	17	17		17	17	18	18	18	154					

FINAL - 2019 Japanese National High School Championships (Okinawa, JPN)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Japanese National High School Championships (Okinawa, JPN)			<i>Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection</i>																
date	06-Aug-19	time	6.83	11.39	16.05	20.80	25.78		30.91	36.07	41.42	46.97	52.71		58.94	8 / 4			
reaction time		interval	4.56	4.66	4.75	4.98		5.13	5.16	5.35	5.55	5.74	6.23				13.97	15.27	16.64
		velocity	6.59	7.68	7.51	7.37	7.03		6.82	6.78	6.54	6.31	6.10	6.42	6.79		7.52	6.88	6.31
H1 lead leg		strides		17	17	17	17		17	17	18	18	18	156					

FINAL - 2019 Seiko Golden Grand Prix (Osaka, JPN)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Seiko Golden Grand Prix (Osaka, JPN)			<i>Hirokawa (2019) - research on athlete performance and technique- 2019 data book</i>																
date	19-May-19	time	6.74	11.09	15.65	20.35	25.28		30.43	35.62	40.97	46.55	52.17		58.45	1 / 9			
reaction time	0.167	interval	4.35	4.56	4.70	4.93		5.15	5.19	5.35	5.58	5.62	6.28		PB		13.61	15.27	16.55
		velocity	6.68	8.05	7.68	7.45	7.10		6.80	6.74	6.54	6.27	6.23	6.37	6.84		7.71	6.88	6.34
H1 lead leg	R	strides	23	16	17	17	17		17	17	18	18	19	21	200				

C FINAL - 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
C FINAL - 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN)			<i>Kobayashi (2019) - research on athlete performance and technique- 2019 data book</i>																
date	03-May-19	time	7.01	11.49	16.10	20.80	25.66		30.78	36.14	41.71	47.38	53.07		59.25	1 / 1			
reaction time		interval	4.48	4.61	4.70	4.86		5.12	5.36	5.57	5.67	5.69	6.18				13.79	15.34	16.93
		velocity	6.42	7.81	7.59	7.45	7.20		6.84	6.53	6.28	6.17	6.15	6.47	6.75		7.61	6.84	6.20
H1 lead leg		strides		17	17	17	17		17	18	18	18	18	157					

FINAL - 2018 Japanese National High School Championships (Nagoya, JPN)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Japanese National High School Championships (Nagoya, JPN)			<i>Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection</i>																
date	04-Aug-18	time	7.01	11.64	16.43	21.32	26.33		31.48	36.70	41.99	47.40	52.95		59.08	6 / 2			
reaction time		interval	4.63	4.79	4.89	5.01		5.15	5.22	5.29	5.41	5.55	6.13		PB		14.31	15.38	16.25
		velocity	6.42	7.56	7.31	7.16	6.99		6.80										

reaction time	0.252	interval	4.73	4.82	4.97	5.04	5.15	5.24	5.37	5.46	5.65	6.41	14.52	15.43	16.48		
		velocity	6.46	7.40	7.26	7.04	6.80	6.68	6.52	6.41	6.19	6.24	6.69	7.23	6.80	6.37	
H1 lead leg		strides	16	16	17	17	17	17	17	17	17	151					
FINAL - 2018 Japanese National Championships (Yamaguchi, JPN)							<i>Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018</i>										
date	24-Jun-18	time	6.54	10.99	15.61	20.26	25.11	30.08	35.12	40.26	45.55	51.09	57.64	5 / 2			
reaction time	0.175	interval	4.45	4.62	4.65	4.85	4.97	5.04	5.14	5.29	5.54	6.55	13.72	14.86	15.97		
		velocity	6.88	7.87	7.58	7.53	7.22	7.04	6.94	6.81	6.62	6.32	6.11	6.94	7.65	7.07	6.57
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	17	21.5	194.5			
FINAL - 2017 Japanese National Championships (Osaka, JPN)							<i>Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018</i>										
date	24-Jun-17	time	6.52	10.91	15.31	19.85	24.52	29.39	34.36	39.37	44.56	49.95	56.35	1 / 1			
reaction time	0.186	interval	4.39	4.40	4.54	4.67	4.87	4.97	5.01	5.19	5.39	6.40	13.33	14.51	15.59		
		velocity	6.90	7.97	7.95	7.71	7.49	7.19	7.04	6.99	6.74	6.49	6.25	7.10	7.88	7.24	6.74
H1 lead leg		strides	16	16	16	16	17	17	17	17	17	149					
FINAL - 2010 Japanese National Championships (Marugume, JPN)							<i>Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>										
date	06-Jun-10	time	6.55	10.99	15.44	20.01	24.65	29.49	34.55	39.66	44.87	50.29	56.90	1 / 3			
reaction time		interval	4.44	4.45	4.57	4.64	4.84	5.06	5.11	5.21	5.42	6.61	13.46	14.54	15.74		
		velocity	6.87	7.88	7.87	7.66	7.23	6.92	6.85	6.72	6.46	6.05	7.03	7.80	7.22	6.67	
H1 lead leg		strides	16.00	16.00	16.00	16.00	17.00	17.00	17.00	17.00	17.00	149.00					
FINAL - 2009 Japanese National Championships (Hiroshima, JPN)							<i>Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>										
date	27-Jun-09	time	6.64	11.16	15.81	20.60	25.42	30.43	35.45	40.62	45.84	51.18	57.56	6 / 2			
reaction time		interval	4.52	4.65	4.79	4.82	5.01	5.02	5.17	5.22	5.34	6.38	13.96	14.85	15.73		
		velocity	6.78	7.74	7.53	7.31	6.99	6.97	6.77	6.70	6.55	6.27	6.95	7.52	7.07	6.68	
H1 lead leg		strides	16	16	16	16	17	17	17	17	17	149					
FINAL - 2008 Japanese National Championships (Kawasaki, JPN)							<i>Yasuhori (2009) - race pattern analysis of prestigious Japanese 400m hurdlers</i>										
date	27-Jun-08	time	6.47	10.79	15.29	19.83	24.42	29.29	34.30	39.37	44.64	50.18	56.93	1 / 2			
reaction time		interval	4.32	4.50	4.54	4.59	4.87	5.01	5.07	5.27	5.54	6.75	13.36	14.47	15.88		
		velocity	6.96	8.10	7.78	7.71	7.63	7.19	6.99	6.90	6.64	6.32	5.93	7.03	7.86	7.26	6.61
H1 lead leg		strides	16	16	16	16	17	17	17	17	17	149					
Race 2 - 2008 Shizuoka International Athletics Meeting (Fukuroi, JPN)							<i>Yasuhori (2009) - race pattern analysis of prestigious Japanese 400m hurdlers</i>										
date	03-May-08	time	6.63	11.10	15.62	20.16	24.91	29.86	34.90	40.14	45.46	50.93	57.33	1 / 2			
reaction time		interval	4.47	4.52	4.54	4.75	4.95	5.04	5.24	5.32	5.47	6.40	13.53	14.74	16.03		
		velocity	6.79	7.83	7.74	7.71	7.37	7.07	6.94	6.68	6.58	6.40	6.25	6.98	7.76	7.12	6.55
H1 lead leg		strides	16	16	16	16	17	17	17	17	17	149					
Arashima, Yuri (JPN) (1997)																	
FINAL - 2015 Japanese National Junior Championships (Nagoya, JPN)							<i>Yasuhori (2015) - race pattern analysis of the top 400m hurdlers in Japan</i>										
date	18-Oct-15	time	6.90	11.37	15.95	20.62	25.41	30.43	35.70	41.11	46.68	52.45	58.97	1 / 2			
reaction time		interval	4.47	4.58	4.67	4.79	5.02	5.27	5.41	5.57	5.77	6.52	13.72	15.08	16.75		
		velocity	6.52	7.83	7.64	7.49	7.31	6.97	6.64	6.47	6.28	6.07	6.13	6.78	7.65	6.96	6.27
H1 lead leg		strides	15	15	15	15	17	17	17	17	17	145					
FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)							<i>Enomoto (2015) - 68th high school championships: JAF scientific committee- biomechanics data</i>										
date	31-Jul-15	time	6.71	11.08	15.53	20.12	24.86	29.95	35.24	40.66	46.35	52.24	58.99	6 / 3			
reaction time		interval	4.37	4.45	4.59	4.74	5.09	5.29	5.42	5.69	5.89	6.75	13.41	15.12	17.00		
		velocity	6.71	8.01	7.87	7.63	7.38	6.88	6.62	6.46	6.15	5.94	5.93	6.78	7.83	6.94	6.18
H1 lead leg		strides	15	15	15	15	17	17	17	17	17	145					
FINAL - 2014 Japanese National High School Championships (Kofu, JPN)							<i>Yanagiya (2014) - research on athlete performance and technique- 2014 data book</i>										
date	01-Aug-14	time	6.77	11.19	15.66	20.18	24.92	30.03	35.35	40.79	46.41	52.17	58.76	1 / 1			
reaction time		interval	4.42	4.47	4.52	4.74	5.11	5.32	5.44	5.62	5.76	6.59	PB	13.41	15.17	16.82	
		velocity	6.65	7.92	7.83	7.74	7.38	6.85	6.58	6.43	6.23	6.08	6.07	6.81	7.83	6.92	6.24
H1 lead leg		strides	15	15	15	15	17	17	17	17	17	145					
FINAL - 2012 Japanese National High School Championships (Niigata, JPN)							<i>Yanagiya (2014) - research on athlete performance and technique- 2014 data book</i>										
date	31-Jul-12	time	6.61	10.96	15.53	20.25	25.04	30.13	35.27	40.64	46.13	51.79	58.27	1 / 1			
reaction time		interval	4.35	4.57	4.72	4.79	5.09	5.14	5.37	5.49	5.66	6.48	PB	13.64	15.02	16.52	
		velocity	6.81	8.05	7.66	7.42	7.31	6.88	6.81	6.52	6.38	6.18	6.17	6.86	7.70	6.99	6.36
H1 lead leg		strides	17	17	17	17	18	18	19	19	19	161					
Arita, Asaki (JPN) (2000)																	
FINAL - 2017 Japanese National High School Championships (Yamagata, JPN)							<i>Kota (2017) - 70th high school championships: JAF scientific committee - biomechanics data collection</i>										
date	31-Jul-17	time	6.94	11.59	16.42	21.44	26.71	32.22	38.12	43.96	49.80	55.72	62.23	3 / 8			
reaction time	0.176	interval	4.65	4.83	5.02	5.27	5.51	5.90	5.84	5.84	5.92	6.51	14.50	16.68	17.60		
		velocity	6.48	7.53	7.25	6.97	6.64	6.35	5.93	5.99	5.99	5.91	6.14	6.43	7.24	6.29	5.97
H1 lead leg		strides	17	17	17	17	17	17	19	19	19	19	161				
Arnardóttir, Guðrún (ISL) (1971)																	
FINAL - 2000 Olympic Games (Sydney, AUS)							<i>Behm (2000) - Sydney 2000: Compte-rendu du 400m haies</i>										
date	27-Sep-00	time	6.6	10.9	15.2	19.5	24.0	28.6	33.5	38.5	43.5	48.7	54.63	2 / 7			
reaction time	0.238	interval	4.30	4.30	4.30	4.50	4.60	4.90	5.00	5.00	5.20	5.93	12.90	14.00	15.20		
		velocity	6.82	8.14	8.14	8.14	7.78	7.61	7.14	7.00	7.00	6.73	6.75	7.32	8.14	7.50	6.91

H1 lead leg L strides 23 15 15 15 15 15 15 15 16 16 16 18.5 179.5

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

date 23-Aug-98 time 6.54 23.81 48.80 54.59 2 / 4
 reaction time interval 17.27 24.99 5.79 **NR**
 velocity 6.88 8.11 7.00 6.91 7.33

H1 lead leg L strides 23 15 15 15 15 15 16 16 17 17 19.5 183.5

Aruga, Chiharu (JPN) (2001)

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

FINAL - 2020 Japanese U20 National Championships (Hiroshima, JPN)*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*

date 25-Oct-20 time 6.99 11.64 16.42 21.34 26.54 32.00 37.64 43.46 49.12 54.60 60.72 4 / 5
 reaction time 0.174 interval 4.65 4.78 4.92 5.20 5.46 5.64 5.82 5.66 5.48 6.12 14.35 16.30 16.96
 velocity 6.44 7.53 7.32 7.11 6.73 6.41 6.21 6.01 6.18 6.39 6.54 6.59 7.32 6.44 6.19
 H1 lead leg strides 17 17 17 17 18 19 20 19 19 163

Bakhvalova, Yekaterina (RUS) (1972)

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

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

date 08-Aug-02 time 6.61 10.83 15.11 19.61 24.30 29.15 34.21 39.53 44.90 50.35 56.39 / 5
 reaction time 0.250 interval 4.22 4.28 4.50 4.69 4.85 5.06 5.32 5.37 5.45 6.04 13.00 14.60 16.14
 velocity 6.81 8.29 8.18 7.78 7.46 7.22 6.92 6.58 6.52 6.42 6.62 7.09 8.08 7.19 6.51

FINAL - 1997 European Cup (Munich, GER)*Jung (2003) - http://www.fgs.uni-halle.de*

date 21-Jun-97 time 6.78 11.14 15.52 20.03 24.72 29.50 34.45 39.57 44.83 50.01 55.66 / 3
 reaction time interval 4.36 4.38 4.51 4.69 4.78 4.95 5.12 5.26 5.18 5.65 13.25 14.42 15.56
 velocity 6.64 8.03 7.99 7.76 7.46 7.32 7.07 6.84 6.65 6.76 7.08 7.19 7.92 7.28 6.75

FINAL - 1997 European Cup (Munich, GER)*Jung (2003) - http://www.fgs.uni-halle.de*

date 21-Jun-97 time 6.78 11.14 15.52 20.03 24.72 29.50 34.45 39.57 44.83 50.01 55.66 / 3
 reaction time interval 4.36 4.38 4.51 4.69 4.78 4.95 5.12 5.26 5.18 5.65 13.25 14.42 15.56
 velocity 6.64 8.03 7.99 7.76 7.46 7.32 7.07 6.84 6.65 6.76 7.08 7.19 7.92 7.28 6.75

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

date 23-Aug-99 time 6.23 10.56 14.97 19.12 24.19 29.08 34.05 38.93 44.18 49.63 55.76 8 / 7
 reaction time 0.151 interval 4.33 4.41 4.15 5.07 4.89 4.97 4.88 5.25 5.45 6.13 12.89 14.93 15.58
 velocity 7.22 8.08 7.94 8.43 6.90 7.16 7.04 7.17 6.67 6.42 6.53 7.17 8.15 7.03 6.74

H1 lead leg L strides 22 15 15 15 15 15 15 15 15 16 18 176**Ban, Nozomi (JPN) (2001)**

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

FINAL - 2020 Japanese U20 National Championships (Hiroshima, JPN)*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*

date 25-Oct-20 time 6.87 11.53 16.35 21.32 26.49 31.72 37.14 42.66 48.55 54.70 61.65 1 / 8
 reaction time 0.176 interval 4.66 4.82 4.97 5.17 5.23 5.42 5.52 5.89 6.15 6.95 14.45 15.82 17.56
 velocity 6.55 7.51 7.26 7.04 6.77 6.69 6.46 6.34 5.94 5.69 5.76 6.49 7.27 6.64 5.98
 H1 lead leg strides 16 16 17 17 17 17 17 17 19 19 155

FINAL - 2018 Japanese National High School Championships (Nagoya, JPN)*Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection*

date 04-Aug-18 time 6.97 11.64 16.38 21.34 26.43 31.61 36.90 42.31 47.83 53.50 59.96 8 / 4
 reaction time interval 4.67 4.74 4.96 5.09 5.18 5.29 5.41 5.52 5.67 6.46 14.37 15.56 16.60
 velocity 6.46 7.49 7.38 7.06 6.88 6.76 6.62 6.47 6.34 6.17 6.19 6.67 7.31 6.75 6.33

H1 lead leg strides 16 16 17 17 17 17 17 17 17 17 151**Barbarino, Carla (ITA) (1967)**

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

FINAL - 1997 European Cup (Munich, GER)*Jung (2003) - http://www.fgs.uni-halle.de*

date 21-Jun-97 time 6.94 11.29 15.67 20.15 24.82 29.83 34.95 40.32 45.77 51.35 57.78 / 7
 reaction time interval 4.35 4.38 4.48 4.67 5.01 5.12 5.37 5.45 5.58 6.43 13.21 14.80 16.40
 velocity 6.48 8.05 7.99 7.81 7.49 6.99 6.84 6.52 6.42 6.27 6.22 6.92 7.95 7.09 6.40

H1 lead leg strides 16 16 17 17 17 17 17 17 17 17 151**Barber, Kaila (USA) (1993)**

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

Heat 3 - 2024 USA Olympic Trials (Eugene, OR)*USATF and Karmarush (2024) - USA Olympic trials results and race analysis*

date 27-Jun-24 time 6.44 10.62 14.94 19.58 24.40 26.53 29.26 34.33 39.63 45.20 50.90 57.60 8 / 6
 reaction time interval 4.18 4.32 4.64 4.82 4.86 5.07 5.30 5.57 5.70 6.70 13.14 14.75 16.57
 velocity 6.99 8.37 8.10 7.54 7.26 7.54 7.20 6.90 6.60 6.28 6.14 5.97 6.94 7.99 7.12 6.34

H1 lead leg strides 23 15 15 15 15 15 15 15 15 15 15 100**FINAL - 2023 USATF National Championships (Eugene, OR) (TV Analysis)***Henson (2023) - Athlete First: 2023 year end hurdle report*

date 09-Jul-23 time 6.44 10.64 15.05 19.65 24.32 29.26 39.57 57.51 1 / 8
 reaction time interval 4.20 4.41 4.60 4.67 4.94 10.31 17.94 13.21
 velocity 6.99 8.33 7.94 7.61 7.49 7.09 6.79 6.92 6.96 7.95

H1 lead leg R strides 23 15 15 15 15 15 17 100**Semi-Final 1 - 2022 USATF National Championships (Eugene, OR) (TV Analysis)***Henson (2022) - Athlete First: 2022 year end hurdle report*

date 24-Jun-22 time 6.26 10.23 14.43 18.86 23.66 25.76 33.80 39.10 44.70 50.46 57.41 3 / 6
 reaction time interval 3.97 4.20 4.43 4.80 10.14 5.30 5.60 5.76 6.95 12.60 14.94 16.66
 velocity 7.19 8.82 8.33 7.90 7.29 7.76 6.90 6.60 6.25 6.08 5.76 6.97 8.33 7.03 6.30

H1 lead leg L strides 23 15 15 15 16 17 17 17 21 156**Heat 1 - 2022 USATF National Championships (Eugene, OR)***USATF (2022) - Results powered by Karmarush*

date 24-Jun-22 time 6.40 10.54 14.84 19.32 23.85 25.71 28.66 33.56 38.84 44.21 49.65 56.00 6 / 3
 reaction time interval 4.14 4.30 4.48 4.53 4.81 4.90 5.28 5.37 5.44 6.35 12.92 14.24 16.09
 velocity 7.03 8.45 8.14 7.81 7.73 7.78 7.28 7.14 6.63 6.52 6.43 6.30 7.14 8.13 7.37 6.53

H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	17	20	186
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FINAL - 2022 Shizuoka International Athletics Meeting (Fukuroi, JPN)

date	03-May-22	time	6.32	10.44	14.75	19.25	23.99	28.85	33.88	39.04	44.38	50.02	56.55	4 / 1			
reaction time	0.181	interval	4.12	4.31	4.50	4.74	4.86	5.03	5.16	5.34	5.64	6.53	12.93	14.63	16.14		
		velocity	7.12	8.50	8.12	7.78	7.38	7.20	6.96	6.78	6.55	6.21	6.13	7.07	8.12	7.18	6.51
H1 lead leg	L	strides	23	15	15	15	16	16	17	17	17	18	21	190			

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

date	30-Apr-22	time	6.31	10.38	14.68	19.14	24.04	29.05	34.30	39.61	45.11	50.92	57.45	7 / 1			
reaction time	0.181	interval	4.07	4.30	4.46	4.90	5.01	5.25	5.31	5.50	5.81	6.53	12.83	15.16	16.62		
		velocity	7.13	8.60	8.14	7.85	7.14	6.99	6.67	6.59	6.36	6.02	6.13	6.96	8.18	6.93	6.32
H1 lead leg	L	strides	23	15	15	15	16	16	17	17	17	18	21.2	190.2			

*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season***Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)**

date	26-Jun-21	time	6.30	10.54	15.01	19.58	24.45	29.63	34.93	40.54	46.35	60.14	4 / 8	
reaction time	0.174	interval	4.24	4.47	4.57	4.87	5.18	5.30	5.61	5.81	6.65	13.28	15.35	
		velocity	7.14	8.25	7.83	7.66	7.19	6.76	6.60	6.24	6.02	6.65	7.91	6.84
H1 lead leg	R	strides	16	16	16	16	16	17	17	18	18	99		

*Henson (2021) - Athlete First: 2021 year end hurdle report***Barbosa, Vera (POR) (1989)**

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2024 European Athletics Championships (Roma, ITA)														<i>European Athletics (2024) - 2024 european athletics championships - results book</i>			
date	09-Jun-24	time	6.55	10.77	15.28	19.74	24.33	29.17	34.09	39.25	44.63	50.13	56.81	6 / 4			
reaction time	0.215	interval	4.22	4.51	4.46	4.59	4.84	4.92	5.16	5.38	5.50	6.68	13.19	14.35	16.04		
		velocity	6.87	8.29	7.76	7.85	7.63	7.23	7.11	6.78	6.51	6.36	5.99	7.04	7.96	7.32	6.55
H1 lead leg		strides															

Heat 3 - 2022 European Athletics Championships (Munich, GER)

date	17-Aug-22	time	6.67	11.01	15.48	20.13	24.74	26.77	29.39	34.40	39.59	44.92	50.59	57.10	6 / 5			
reaction time	0.310	interval	4.34	4.47	4.65	4.61	4.65	5.01	5.19	5.33	5.67	6.51	13.46	14.27	16.19			
		velocity	6.75	8.06	7.83	7.53	7.59	7.47	7.53	6.99	6.74	6.57	6.17	6.14	7.01	7.80	7.36	6.49
H1 lead leg	L	strides	24	16	16	16	16	16	17	17	18	18	22	196				

*European Athletics (2022) - european athletics championships race analysis***FINAL - 2022 Gyulai István Memorial (Székesfehérvár, HUN) (TV Analysis)**

date	08-Aug-22	time	6.73	11.07	15.56	20.23	29.87	40.26	45.73	57.66	1 / 6	
reaction time	0.248	interval	4.34	4.49	4.67	4.67	5.01	5.19	5.33	5.67	6.51	13.50
		velocity	6.69	8.06	7.80	7.49	1.17	6.74	6.40	6.94	7.78	
H1 lead leg	L	strides	24	16	16	16	16	18	18	106		

*Henson (2022) - Athlete First: 2022 year end hurdle report***Barnes, Miriam (USA) (1983)**

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 USA Olympic Trials (Eugene, OR)														<i>USATF Hurdle Development (2008)</i>			
date	29-Jun-08	time	6.80	10.94	15.23	19.47	23.83	28.30	33.30	38.21	43.28	fell on H9	60.18	7 / 2			
reaction time		interval	4.14	4.29	4.24	4.36	4.47	5.00	4.91	5.07	DQ	12.67	13.83				
		velocity	6.62	8.45	8.16	8.25	8.03	7.83	7.00	7.13	6.90	6.65	8.29	7.59			
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	164					

Bartl, Claudia (GDR) (1968)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1986 IAAF World Junior Championships (Athens, GRE)														<i>Miskos (1986) - IAAF biomechanical research - Athens 1986 - hurdle races</i>			
date	18-Jul-86	time	6.49	10.77	15.25	19.73	24.49	29.51	34.57	40.05	45.30	50.69	56.76	1 / 1			
reaction time		interval	4.28	4.48	4.48	4.76	5.02	5.06	5.48	5.25	5.39	6.07	CR	13.24	14.84	16.12	
		velocity	6.93	8.18	7.81	7.81	7.35	6.97	6.92	6.39	6.67	6.49	6.59	7.05	7.93	7.08	6.51
H1 lead leg		strides	23	15	15	15	16	17	17	17	17	17	20	189			

FINAL - 1985 European Junior Championships (Cottbus, GDR)

date	25-Aug-85	time	6.57	14.88	19.39	24.30	29.11	33.98	39.11	44.48	49.80	56.22	1 / 1			
reaction time		interval	8.31	4.51	4.91	4.81	4.87	5.13	5.37	5.32	6.42	12.82	14.59	15.82		
		velocity	6.85	8.42	7.76	7.13	7.28	7.19	6.82	6.52	6.58	6.23	7.11	8.19	7.20	6.64
H1 lead leg		strides														

*Warburton (1985) - 1985 european junior championships - hurdles***Batten, Kim (USA) (1969)**

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1997 IAAF World Championships (Athens, GRE)														<i>Hommel (1999) - biomechanical research project, athens 1997: final report</i>			
date	08-Aug-97	time	6.57	10.66	14.86	19.10	23.46	27.88	32.46	37.34	42.36	47.46	53.52	5 / 3			
reaction time	0.170	interval	4.09	4.20	4.24	4.36	4.42	4.58	4.88	5.02	5.10	6.06	12.53	13.36	15.00		
		velocity	6.85	8.56	8.33	8.25	8.03	7.92	7.64	7.17	6.97	6.86	6.60	7.47	8.38	7.86	7.00
H1 lead leg	L	strides	23	15	15	15	15	15	15	16	17	17	21	184			

FINAL - 1996 Olympic Games (Atlanta, GA)

date	31-Jul-96	time	6.38	10.50	14.70	19.00	23.40	27.80	32.40	37.20	42.00	47.10	53.08	6 / 2			
reaction time	0.283	interval	4.12	4.20	4.30	4.40	4.40	4.60	4.80	4.80	5.10	5.98	12.62	13.40	14.70		
		velocity	7.05	8.50	8.33	8.14	7.95	7.95	7.61	7.29	7.29	6.86	6.69	7.54	8.32	7.84	7.14
H1 lead leg		strides	23	15	15	15	15	15	15	16	17	17	163				

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

date	16-Jun-96	time	6.43	10.50	14.88	19.25	23.71	25.62	28.28	32.95	37.85	42.78	47.81	53.81	4 / 1			
reaction time		interval	4.07	4.38	4.37	4.46	4.57	4.67	4.90	4.93	5.03	6.00	12.82	13.70	14.86			
		velocity	7.00	8.60	7.99	8.01	7.85	7.81	7.66	7.49	7.14	7.10	6.96	6.67	7.43	8.19	7.66	7.07
H1 lead leg	L	strides	23	15	15	15	15	15	16	16	17	17	21	185				

USATF Women's Sprint Development (1996)

date	09-Sep-18	time	6.24	10.44	14.84	19.20	23.72		28.40	33.32	38.52	43.96	49.40		55.58	4 / 4			
reaction time	0.170	interval		4.20	4.40	4.36	4.52		4.68	4.92	5.20	5.44	5.44	6.18			12.96	14.12	16.08
		velocity	7.21	8.33	7.95	8.03	7.74		7.48	7.11	6.73	6.43	6.43	6.47	7.20		8.10	7.44	6.53
H1 lead leg	L	strides	24	16	16	16	16		16	17	17	18	18	22	196				

FINAL - 2018 Müller Grand Prix (Birmingham, GBR) (TV Analysis)*Henson (2020) - Athlete First: 2018 year end hurdle report*

date	18-Aug-18	time	6.37	10.64	15.11	19.65	24.22		29.13	34.06	39.17	44.41	49.68		55.83	7 / 3			
reaction time	0.168	interval		4.27	4.47	4.54	4.57		4.91	4.93	5.11	5.24	5.27	6.15			13.28	14.41	15.62
		velocity	7.06	8.20	7.83	7.71	7.66		7.13	7.10	6.85	6.68	6.64	6.50	7.16		7.91	7.29	6.72
H1 lead leg	R	strides	24	16	16	16	16		17	17	17	18	18	22	197				

FINAL - 2016 Doha Diamond League (Doha, QAT) (TV Analysis)*Henson (2021) - Athlete First: 2016 year end hurdle report*

date	06-May-16	time	6.32	10.52	14.84	19.28	23.88		28.72	33.64	38.68	43.96	49.40		55.72	7 / 6			
reaction time	0.166	interval		4.20	4.32	4.44	4.60		4.84	4.92	5.04	5.28	5.44	6.32			12.96	14.36	15.76
		velocity	7.12	8.33	8.10	7.88	7.61		7.23	7.11	6.94	6.63	6.43	6.33	7.18		8.10	7.31	6.66
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	18	18	22	197				

Bellamy, Shani'a (USA) (2002)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****Semi-Final 3 - 2024 USA Olympic Trials (Eugene, OR)***USATF and Karmarush (2024) - USA Olympic trials results and race analysis*

date	29-Jun-24	time	6.41	10.47	14.61	18.90	23.25	25.18	27.76	32.48	37.64	43.15	49.02		56.24	7 / 6			
reaction time		interval		4.06	4.14	4.29	4.35		4.51	4.72	5.16	5.51	5.87	7.22			12.49	13.58	16.54
		velocity	7.02	8.62	8.45	8.16	8.05	7.94	7.76	7.42	6.78	6.35	5.96	5.54	7.11		8.41	7.73	6.35
H1 lead leg	L	strides		15	15	15	15		15	16	16	16	17	20.2	160.2				

Heat 5 - 2024 USA Olympic Trials (Eugene, OR)*USATF and Karmarush (2024) - USA Olympic trials results and race analysis*

date	27-Jun-24	time	6.51	10.63	14.89	19.38	23.92	25.99	28.63	33.50	38.62	43.99	49.58		55.91	4 / 3			
reaction time		interval		4.12	4.26	4.49	4.54		4.71	4.87	5.12	5.37	5.59	6.33			12.87	14.12	16.08
		velocity	6.91	8.50	8.22	7.80	7.71	7.70	7.43	7.19	6.84	6.52	6.26	6.32	7.15		8.16	7.44	6.53
H1 lead leg		strides																	

FINAL - 2024 NCAA Championships (Eugene, OR) (TV Analysis)*Henson (2024) - Athlete First: 2024 year end hurdle report*

date	08-Jun-24	time	6.50	10.63	14.89	19.18	23.65		28.23	33.16	38.24	43.54	49.09		55.78	1 / 9			
reaction time		interval		4.13	4.26	4.29	4.47		4.58	4.93	5.08	5.30	5.55	6.69			12.68	13.98	15.93
		velocity	6.92	8.47	8.22	8.16	7.83		7.64	7.10	6.89	6.60	6.31	5.98			8.28	7.51	6.59
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	17	17		164				

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

date	09-Jul-23	time	6.24	10.71	15.08	19.55	24.12		28.86	33.70	38.87	44.04		55.64	3 / 4				
reaction time		interval		4.47	4.37	4.47	4.57		4.74	4.84	5.17	5.17		11.60			13.31	14.15	
		velocity	7.21	7.83	8.01	7.83	7.66		7.38	7.23	6.77	6.77		6.47	7.19		7.89	7.42	
H1 lead leg	L	strides	23	15	15	15	15			15		16		114					

FINAL - 2023 NCAA Championships (Austin, TX) (TV Analysis)*Henson (2023) - Athlete First: 2023 year end hurdle report*

date	10-Jun-23	time	6.44	10.51	14.85	19.35	24.06		28.86	33.96	39.14	44.42	49.71		55.58	1 / 5			
reaction time		interval		4.07	4.34	4.50	4.71		4.80	5.10	5.18	5.28	5.29	5.87	PB		12.91	14.61	15.75
		velocity	6.99	8.60	8.06	7.78	7.43		7.29	6.86	6.76	6.63	6.62	6.81	7.20		8.13	7.19	6.67
H1 lead leg	R	strides	22	14	15	15	15		15	16	16	16	16	18.5	178.5				

Semi-Final 1 - 2022 USATF National Championships (Eugene, OR)*USATF (2022) - Results powered by Karmarush*

date	24-Jun-22	time	6.42	10.73	15.23	19.82	24.72	26.82	29.59	34.70	40.09	45.50	51.69	58.47	58.47	2 / 8			
reaction time		interval		4.31	4.50	4.59	4.90		4.87	5.11	5.39	5.41	6.19	6.78			13.40	14.88	16.99
		velocity	7.01	8.12	7.78	7.63	7.14	7.46	7.19	6.85	6.49	6.47	5.65	5.90	6.84		7.84	7.06	6.18
H1 lead leg	L	strides	23	15	15	15	15			16	16			115					

Belle, Tia Adana (BAR) (1996)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****Semi-Final 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)***Henson (2024) - Athlete First: 2021 year end hurdle report*

date	02-Aug-21	time	6.40	10.58	14.63	19.06	23.50		28.26	33.30	38.76	44.83		59.26	7 / 8				
reaction time	0.146	interval		4.18	4.05	4.43	4.44		4.76	5.04	5.46	6.07					12.66	14.24	
		velocity	7.03	8.37	8.64	7.90	7.88		7.35	6.94	6.41	5.77		6.75			8.29	7.37	
H1 lead leg	L	strides	26	15	15	15	15		16	16	17	18		153					

Heat 4 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)*Henson (2024) - Athlete First: 2021 year end hurdle report*

date	31-Jul-21	time	6.51	10.72	14.92	19.33	24.03		28.87	33.83	38.96	44.05	49.47		55.69	7 / 2			
reaction time	0.166	interval		4.21	4.20	4.41	4.70		4.84	4.96	5.13	5.09	5.42	6.22			12.82	14.50	15.64
		velocity	6.91	8.31	8.33	7.94	7.45		7.23	7.06	6.82	6.88	6.46	6.43	7.18		8.19	7.24	6.71
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	16	17	20	184				

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

date	10-Jun-21	time	6.72	11.20		20.68	27.6		35.56	40.92	46.48	52.08		58.36	1 / 8				
reaction time	0.172	interval		4.48		9.48			14.88	5.36	5.56	5.60	6.28				13.96	14.88	16.52
		velocity	6.70	7.81		7.38	7.25		7.06	6.53	6.29	6.25	6.37	6.85			7.52	7.06	6.36
H1 lead leg	R	strides	24	16							17	17	17	91					

FINAL - 2019 Müller Anniversary Games (London, GBR) (TV Analysis)*Henson (2020) - Athlete First: 2019 year end hurdle report*

date	21-Jul-19	time	6.44	10.64	14.88	19.28	23.84		28.48	33.32	38.28	43.36	48.56		54.54	7 / 3			
reaction time	0.152	interval		4.20	4.24	4.40	4.56		4.64	4.84	4.96	5.08	5.20	5.98			12.84	14.04	15.24
		velocity	6.99	8.33	8.25	7.95	7.68		7.54	7.23	7.06	6.89	6.73	6.69	7.33		8.18	7.48	6.89

H1 lead leg L strides 23 15 15 15 15 15 16 16 16 16 19.7 181.7

FINAL - 2019 Seiko Golden Grand Prix (Osaka, JPN)*Hirokawa (2019) - research on athlete performance and technique- 2019 data book*

date 19-May-19 time 6.51 10.64 14.85 19.24 23.77 28.56 33.60 38.66 43.88 49.23 55.42 6 / 2
 reaction time 0.177 interval 4.13 4.21 4.39 4.53 4.79 5.04 5.06 5.22 5.35 6.19 12.73 14.36 15.63
 velocity 6.91 8.47 8.31 7.97 7.73 7.31 6.94 6.92 6.70 6.54 6.46 7.22 8.25 7.31 6.72

H1 lead leg L strides 23 15 15 15 15 15 16 16 16 16 20 182

Benhadja, Loubna (ALG) (2001)

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

Heat 5 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)*Henson (2024) - Athlete First: 2021 year end hurdle report*

date 31-Jul-21 time 6.76 11.20 15.70 20.23 24.93 29.90 34.83 40.06 45.47 57.19 4 / 8
 reaction time 0.200 interval 4.44 4.50 4.53 4.70 4.97 4.93 5.23 5.41 PB 13.47 14.60
 velocity 6.66 7.88 7.78 7.73 7.45 7.04 7.10 6.69 6.47 6.99 7.80 7.19
 H1 lead leg R strides 24 16 16 15 16 16 16 17 17 136

Benjabala, Mina (JPN) (1994)

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

FINAL - 2011 Japanese National High School Championships (Kitakami, JPN)*Abe (2011) - 64th high school championships: JAF scientific committee - biomechanics*

date 05-Aug-11 time 7.17 12.08 16.93 21.94 27.01 32.08 37.15 42.66 48.45 54.27 60.58 7 / 3
 reaction time interval 4.91 4.85 5.01 5.07 5.07 5.07 5.51 5.79 5.82 6.31 14.77 15.21 17.12
 velocity 6.28 7.13 7.22 6.99 6.90 6.90 6.90 6.35 6.04 6.01 6.34 6.60 7.11 6.90 6.13
 H1 lead leg strides

Beppu, Riho (JPN) (2003)

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

FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN)*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*

date 23-Aug-20 time 6.86 11.51 16.33 21.27 26.31 31.50 37.02 42.59 48.40 54.47 61.24 1 / 8
 reaction time 0.132 interval 4.65 4.82 4.94 5.04 5.19 5.52 5.57 5.81 6.07 6.77 PB 14.41 15.75 17.45
 velocity 6.56 7.53 7.26 7.09 6.94 6.74 6.34 6.28 6.02 5.77 5.91 6.53 7.29 6.67 6.02
 H1 lead leg strides 16 16 17 17 17 17 18 18 19 19 157

Bessho, Miyu (JPN) (2007)

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

FINAL - 2024 Shimane High School Championships (Izumo, JPN)*Shimizu (2024) - shimane high school championships 2024 - biomechanics data analysis*

date 25-May-24 time 7.47 12.40 17.43 22.60 27.73 33.08 38.52 44.13 50.27 56.28 62.59 5 / 1
 reaction time interval 4.93 5.03 5.17 5.13 5.35 5.44 5.61 6.14 6.01 6.31 15.13 15.92 17.76
 velocity 6.02 7.10 6.96 6.77 6.82 6.54 6.43 6.24 5.70 5.82 6.34 6.39 6.94 6.60 5.91
 H1 lead leg strides 24 15 17 17 17 17 17 17 19 18 21 199

Bidouane, Nezha (MAR) (1969)

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

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

date 08-Aug-01 time 6.3 10.7 15.0 19.3 23.7 28.3 32.9 37.7 42.4 47.4 53.34 4 / 1
 reaction time 0.153 interval 4.40 4.30 4.30 4.40 4.60 4.60 4.80 4.70 5.00 5.94 13.00 13.60 14.50
 velocity 7.14 7.95 8.14 8.14 7.95 7.61 7.61 7.29 7.45 7.00 6.73 7.50 8.08 7.72 7.24
 H1 lead leg R strides 24 16 16 16 16 17 17 17 17 17 20.5 193.5

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

date 27-Sep-00 time 6.4 10.7 15.0 19.3 23.6 28.1 32.7 37.5 42.4 47.5 53.57 4 / 3
 reaction time 0.169 interval 4.30 4.30 4.30 4.30 4.50 4.60 4.80 4.90 5.10 6.07 12.90 13.40 14.80
 velocity 7.03 8.14 8.14 8.14 8.14 7.78 7.61 7.29 7.14 6.86 6.59 7.47 8.14 7.84 7.09
 H1 lead leg R strides 16 16 16 16 16 16 17 17 17 17 21 169

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

date 25-Aug-99 time 6.25 10.41 14.61 18.91 23.28 27.77 32.56 37.19 42.05 46.96 52.90 4 / 2
 reaction time 0.170 interval 4.16 4.20 4.30 4.37 4.49 4.79 4.63 4.86 4.91 5.94 AR 12.66 13.65 14.40
 velocity 7.20 8.41 8.33 8.14 8.01 7.80 7.31 7.56 7.20 7.13 6.73 7.56 8.29 7.69 7.29
 H1 lead leg R strides 24 16 16 16 16 16 17 17 17 17 20.5 193

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

date 23-Aug-99 time 6.18 10.55 14.91 19.39 24.01 28.76 33.52 38.29 43.13 47.96 53.95 6 / 1
 reaction time 0.166 interval 4.37 4.36 4.48 4.62 4.75 4.76 4.77 4.84 4.83 5.99 13.21 14.13 14.44
 velocity 7.28 8.01 8.03 7.81 7.58 7.37 7.35 7.34 7.23 7.25 6.68 7.41 7.95 7.43 7.27
 H1 lead leg R strides 24 16 16 16 16 16 17 17 17 17 20.5 192.5

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

date 21-Aug-99 time 6.29 10.53 14.82 19.19 23.67 28.44 33.29 38.18 43.25 48.41 54.64 5 / 1
 reaction time 0.188 interval 4.24 4.29 4.37 4.48 4.77 4.85 4.89 5.07 5.16 6.23 12.90 14.10 15.12
 velocity 7.15 8.25 8.16 8.01 7.81 7.34 7.22 7.16 6.90 6.78 6.42 7.32 8.14 7.45 6.94
 H1 lead leg R strides 24 16 16 16 16 17 17 17 17 18 21 195

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

date 08-Aug-97 time 6.50 10.76 15.08 19.50 23.92 28.44 32.98 37.74 42.62 47.46 52.97 3 / 1
 reaction time 0.138 interval 4.26 4.32 4.42 4.42 4.52 4.54 4.76 4.88 4.84 5.51 AR 13.00 13.48 14.48
 velocity 6.92 8.22 8.10 7.92 7.92 7.74 7.71 7.35 7.17 7.23 7.26 7.55 8.08 7.79 7.25
 H1 lead leg R strides 24 16 17 17 20.5 94.5

Bikert, Yekaterina (RUS) (1980)

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

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

date 20-Aug-08 time 6.4 10.7 15.0 19.3 23.8 28.4 33.2 38.2 43.5 48.9 54.96 2 / 6
 reaction time 0.193 interval 4.30 4.30 4.30 4.50 4.60 4.80 5.00 5.30 5.40 6.06 12.90 13.90 15.70

H1 lead leg	R	velocity	7.03	8.14	8.14	8.14	7.78		7.61	7.29	7.00	6.60	6.48	6.60	7.28		8.14	7.55	6.69	
		strides	21	14	14	14	14		15	15	15	15	15	15	152					
FINAL - 2004 Olympic Games (Athens, GRE)																<i>Behm (2005) - Athènes 2004: Les Haies Basses</i>				
date	25-Aug-04	time	6.6	10.7	14.9	19.4	23.9		28.6	33.3	38.3	43.3	48.5		54.18		7 / 6			
reaction time	0.322	interval		4.10	4.20	4.50	4.50		4.70	4.70	5.00	5.00	5.20	5.68				12.80	13.90	15.20
		velocity	6.82	8.54	8.33	7.78	7.78		7.45	7.45	7.00	7.00	6.73	7.04	7.38			8.20	7.55	6.91
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	152						
Bing, Portia (NZL) (1993)																				
FINAL - 2022 Commonwealth Games (Birmingham, GBR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	06-Aug-22	time	6.53	10.63	14.63	18.97	23.43	25.6	28.32	33.22	38.17	43.47	49.17		56.36		9 / 7			
reaction time	0.173	interval		4.10	4.00	4.34	4.46		4.89	4.90	4.95	5.30	5.70	7.19				12.44	14.25	15.95
		velocity	6.89	8.54	8.75	8.06	7.85	7.81	7.16	7.14	7.07	6.60	6.14	5.56	7.10			8.44	7.37	6.58
H1 lead leg	R	strides	22	14	14	14	14		15	15	16		17	20.5	161.5					
Semi-Final 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	20-Jul-22	time	6.57	10.83	15.30	19.66	24.16	26.21	28.90		38.76	43.94	49.32		55.53		1 / 6			
reaction time	0.191	interval		4.26	4.47	4.36	4.50		4.74		9.86	5.18	5.38	6.21				13.09		
		velocity	6.85	8.22	7.83	8.03	7.78	7.63	7.38		7.10	6.76	6.51	6.44	7.20			8.02		
H1 lead leg	R	strides	22	14	14	14	14		15		16	16	16	19	144					
Blackett, Andrea (BAR) (1976)																				
FINAL - 2005 IAAF World Championships (Helsinki, FIN)																<i>Behm (2005) - Helsinki 2005; Les haies - La revanche des lutins</i>				
date	13-Aug-05	time	6.3	10.5	14.7	19.1	23.7		28.3	33.1	38.2	43.4	48.8		55.06		2 / 6			
reaction time	0.146	interval		4.20	4.20	4.40	4.60		4.60	4.80	5.10	5.20	5.40	6.26				12.80	14.00	15.70
		velocity	7.14	8.33	8.33	7.95	7.61		7.61	7.29	6.86	6.73	6.48	6.39	7.26			8.20	7.50	6.69
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	16	17	164						
FINAL - 2005 Osaka Grand Prix (Osaka, JPN)																<i>Yasunori (2006) - race pattern analysis of top Japanese 400m hurdlers</i>				
date	07-May-05	time	6.42	10.59	15.06	19.63	24.35		29.17	34.16	39.47	44.96	50.23		56.15		1 / 1			
reaction time		interval		4.17	4.47	4.57	4.72		4.82	4.99	5.31	5.49	5.27	5.92				13.21	14.53	16.07
		velocity	7.01	8.39	7.83	7.66	7.42		7.26	7.01	6.59	6.38	6.64	6.76	7.12			7.95	7.23	6.53
H1 lead leg		strides		15.00	15.00	15.00	15.00		16.00	16.00	16.00	17.00	18.00	143.00						
FINAL - 2003 IAAF World Championships (Paris, FRA)																<i>Behm (2003) - Paris 2003:Le quatrache masculin - féminin</i>				
date	28-Aug-03	time	6.2	10.2	14.5	19.0	23.6		28.2	33.0	38.3	43.5	48.8		54.79		7 / 6			
reaction time	0.149	interval		4.00	4.30	4.50	4.60		4.60	4.80	5.30	5.20	5.30	5.99				12.80	14.00	15.80
		velocity	7.26	8.75	8.14	7.78	7.61		7.61	7.29	6.60	6.73	6.60	6.68	7.30			8.20	7.50	6.65
H1 lead leg	L	strides		13	13	13	13		16	16	16	16	17	19.5	152.5					
FINAL - 1999 IAAF World Championships (Sevilla, ESP)																<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>				
date	25-Aug-99	time	6.20	10.31	14.59	18.98	23.49		28.20	33.00	37.81	42.70	47.71		53.36		6 / 4			
reaction time	0.178	interval		4.11	4.28	4.39	4.51		4.71	4.80	4.81	4.89	5.01	5.65	NR / PB			12.78	14.02	14.71
		velocity	7.26	8.52	8.18	7.97	7.76		7.43	7.29	7.28	7.16	6.99	7.08	7.50			8.22	7.49	7.14
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	16	16	18.5	182					
Semi-Final 1 - 1999 IAAF World Championships (Sevilla, ESP)																<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>				
date	23-Aug-99	time	5.99	10.11	14.38	18.84	23.39		28.23	33.21	38.14	43.16	48.13		54.18		6 / 2			
reaction time	0.144	interval		4.12	4.27	4.46	4.55		4.84	4.98	4.93	5.02	4.97	6.05				12.85	14.37	14.92
		velocity	7.51	8.50	8.20	7.85	7.69		7.23	7.03	7.10	6.97	7.04	6.61	7.38			8.17	7.31	7.04
H1 lead leg	L	strides	23	15	15	15	16		16	16	16	16	16	19	183					
Blaszak, Genowefa (POL) (1957)																				
Semi-Final 1 - 1988 Olympic Games (Seoul, KOR)																<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>				
date	26-Sep-88	time	6.67	10.86	15.16	19.56	24.37		29.25	34.24	39.34	44.60	50.13		56.76		7 / 7			
reaction time		interval		4.19	4.30	4.40	4.81		4.88	4.99	5.10	5.26	5.53	6.63				12.89	14.68	15.89
		velocity	6.75	8.35	8.14	7.95	7.28		7.17	7.01	6.86	6.65	6.33	6.03	7.05			8.15	7.15	6.61
H1 lead leg		strides	23.00	16.00	15.00	15.00	16.00		16.00	17.00	16.00	17.00	17.00	21.10	189.10					
Bley, Sara (SWE) (1991)																				
FINAL - 2011 Fridrott (Stockholm, SWE)																<i>Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx</i>				
date	07-Jun-11	time	7.16	11.82	16.56	21.56	26.80		32.04	37.38	42.94	48.80	54.64		61.35		1 / 3			
reaction time		interval		4.66	4.74	5.00	5.24		5.24	5.34	5.56	5.86	5.84	6.71				14.40	15.82	17.26
		velocity	6.28	7.51	7.38	7.00	6.68		6.68	6.55	6.29	5.97	5.99	5.96	6.52			7.29	6.64	6.08
H1 lead leg	L	strides		16	16	17	17		17	17	17	17	18	22	175					
Boden, Lauren (AUS) (1988)																				
Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)																<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	02-Oct-19	time	6.47	10.71	15.01		23.86			33.33	38.47	43.78	49.31		55.94		3 / 8			
reaction time	0.173	interval		4.24	4.30		8.85			9.47	5.14	5.31	5.53	6.63					15.98	
		velocity	6.96	8.25	8.14		7.91			7.39	6.81	6.59	6.33	6.03	7.15				6.57	
H1 lead leg	L	strides	22	15	15					16	16	17	20.5	121.5						
FINAL - 2019 Doha Diamond League (Doha, QAT) (TV Analysis)																<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	03-May-19	time	6.54	10.74	15.05	19.48	23.96	25.9	28.56	33.30	38.34	43.54	49.01		55.60		9 / 5			
reaction time	0.147	interval		4.20	4.31	4.43	4.48		4.60	4.74	5.04	5.20	5.47	6.59				12.94	13.82	15.71

H1 lead leg	L	velocity	6.88	8.33	8.12	7.90	7.81	7.72	7.61	7.38	6.94	6.73	6.40	6.07	7.19	8.11	7.60	6.68	
		strides	22	15	15	15	15	15	15	15	16	16	17	21	182				
Semi-Final 1 - 2006 IAAF Junior World Championships (Beijing, CHN)																			
<i>Beckenham (2006) - Establishing an ideal stride pattern for a potential elite female 400m hurdler</i>																			
date	16-Aug-06	time	6.42	10.75	15.22	19.72	24.44	29.34	34.40	39.34	45.18	50.97	58.05	6 / 7					
reaction time	0.172	interval	4.33	4.47	4.50	4.72	4.90	5.06	4.94	5.84	5.79	7.08	13.30	14.68	16.57				
		velocity	7.01	8.08	7.83	7.78	7.42	7.14	6.92	7.09	5.99	6.04	5.65	6.89	7.89	7.15	6.34		
H1 lead leg		strides																	
Heat 1 - 2006 IAAF Junior World Championships (Beijing, CHN)																			
<i>Beckenham (2006) - Establishing an ideal stride pattern for a potential elite female 400m hurdler</i>																			
date	15-Aug-06	time	6.66	10.95	15.40	19.95	24.54	29.29	34.31	39.67	45.23	51.10	57.95	3 / 2					
reaction time	0.194	interval	4.29	4.45	4.55	4.59	4.75	5.02	5.36	5.56	5.87	6.85	13.29	14.36	16.79				
		velocity	6.76	8.16	7.87	7.69	7.63	7.37	6.97	6.53	6.29	5.96	5.84	6.90	7.90	7.31	6.25		
H1 lead leg		strides																	
Heat 5 - 2006 Commonwealth Games (Melbourne, AUS)																			
<i>Beckenham (2006) - Establishing an ideal stride pattern for a potential elite female 400m hurdler</i>																			
date	22-Mar-06	time	6.76	11.12	15.72	20.32	25.08	29.88	35.00	40.36	45.88	51.38	57.77	1 / 5					
reaction time		interval	4.36	4.60	4.60	4.76	4.80	5.12	5.36	5.52	5.50	6.39	13.56	14.68	16.38				
		velocity	6.66	8.03	7.61	7.61	7.35	7.29	6.84	6.53	6.34	6.36	6.26	6.92	7.74	7.15	6.41		
H1 lead leg		strides																	
FINAL - 2006 Telstra A Series (Canberra, AUS)																			
<i>Beckenham (2006) - Establishing an ideal stride pattern for a potential elite female 400m hurdler</i>																			
date	26-Jan-06	time	6.78	11.18	15.66	20.26	24.96	29.80	34.76	40.01	45.36	50.96	57.45	1 / 3					
reaction time		interval	4.40	4.48	4.60	4.70	4.84	4.96	5.25	5.35	5.60	6.49	PB	13.48	14.50	16.20			
		velocity	6.64	7.95	7.81	7.61	7.45	7.23	7.06	6.67	6.54	6.25	6.16	6.96	7.79	7.24	6.48		
H1 lead leg		strides																	
Semi-Final 1 - 2005 IAAF Youth World Championships (Marrakech, MAR)																			
<i>Beckenham (2006) - Establishing an ideal stride pattern for a potential elite female 400m hurdler</i>																			
date	14-Jul-05	time	6.68	11.19	15.70	20.39	25.23	30.21	35.42	40.86	46.27	51.81	58.19	3 / 1					
reaction time	0.170	interval	4.51	4.51	4.69	4.84	4.98	5.21	5.44	5.41	5.54	6.38	PB	13.71	15.03	16.39			
		velocity	6.74	7.76	7.76	7.46	7.23	7.03	6.72	6.43	6.47	6.32	6.27	6.87	7.66	6.99	6.41		
H1 lead leg		strides																	
FINAL - 2005 Australian National Championships (Sydney, AUS)																			
<i>Beckenham (2006) - Establishing an ideal stride pattern for a potential elite female 400m hurdler</i>																			
date	06-Mar-05	time	7.32	11.98	16.68	21.50	26.48	31.58	36.82	42.04	47.34	52.68	58.59	1 / 1					
reaction time		interval	4.66	4.70	4.82	4.98	5.10	5.24	5.22	5.30	5.34	5.91	PB	14.18	15.32	15.86			
		velocity	6.15	7.51	7.45	7.26	7.03	6.86	6.68	6.70	6.60	6.55	6.77	6.83	7.40	6.85	6.62		
H1 lead leg		strides																	
Bol, Femke (NED) (2000)																			
FINAL - 2024 Memorial van damme (Brussels, BEL)																			
<i>Omega Timing (2024) - diamond league race analysis</i>																			
date	14-Sep-24	time	6.27	10.30	14.42	18.63	22.95	27.41	32.01	36.83	41.78	46.72	52.45	5 / 1					
reaction time	0.213	interval	4.03	4.12	4.21	4.32	4.46	4.60	4.82	4.95	4.94	5.73	7.63	12.36	13.38	14.71			
		velocity	7.18	8.68	8.50	8.31	8.10	7.85	7.61	7.26	7.07	7.09	6.98	7.63	8.50	7.85	7.14		
H1 lead leg	L	strides	21	14	14	14	14	14	14	15	15	15	19	169					
FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL)																			
<i>Omega Timing (2024) - diamond league race analysis</i>																			
date	25-Aug-24	time	6.28	10.30	14.38	18.63	23.00	27.47	32.14	36.93	41.81	46.67	52.13	6 / 1					
reaction time	0.158	interval	4.02	4.08	4.25	4.37	4.47	4.67	4.79	4.88	4.86	5.46	7.67	12.35	13.51	14.53			
		velocity	7.17	8.71	8.58	8.24	8.01	7.83	7.49	7.31	7.17	7.20	7.33	7.67	8.50	7.77	7.23		
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	18.2	169.2					
FINAL - 2024 Athletissima (Lausanne, SUI)																			
<i>Omega Timing (2024) - diamond league race analysis</i>																			
date	22-Aug-24	time	6.25	10.30	14.42	18.61	22.92	27.40	31.98	36.72	41.55	46.53	52.25	5 / 1					
reaction time	0.182	interval	4.05	4.12	4.19	4.31	4.48	4.58	4.74	4.83	4.98	5.72	7.66	12.36	13.37	14.55			
		velocity	7.20	8.64	8.50	8.35	8.12	7.81	7.64	7.38	7.25	7.03	6.99	7.66	8.50	7.85	7.22		
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	18.7	169.7					
FINAL - 2024 Olympic Games (Paris, FRA)																			
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																			
date	08-Aug-24	time	6.13	10.00	13.93	17.99	22.16	26.48	31.00	35.74	40.70	45.90	52.15	6 / 3					
reaction time	0.165	interval	3.87	3.93	4.06	4.17	4.32	4.52	4.74	4.96	5.20	6.25	7.67	11.86	13.01	14.90			
		velocity	7.34	9.04	8.91	8.62	8.39	8.10	7.74	7.38	7.06	6.73	6.40	7.67	8.85	8.07	7.05		
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	16	19	171					
Semi-Final 3 - 2024 Olympic Games (Paris, FRA)																			
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																			
date	06-Aug-24	time	6.24	10.18	14.24	18.35	22.61	27.03	31.64	36.50	41.55	46.62	52.57	6 / 1					
reaction time	0.194	interval	3.94	4.06	4.11	4.26	4.42	4.61	4.86	5.05	5.07	5.95	7.61	12.11	13.29	14.98			
		velocity	7.21	8.88	8.62	8.52	8.22	7.92	7.59	7.20	6.93	6.90	6.72	7.61	8.67	7.90	7.01		
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	18	169					
Heat 3 - 2024 Olympic Games (Paris, FRA)																			
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																			
date	04-Aug-24	time	6.34	10.40	14.52	18.65	22.92	27.41	32.14	37.06	42.14	47.30	53.38	4 / 1					
reaction time	0.196	interval	4.06	4.12	4.13	4.27	4.49	4.73	4.92	5.08	5.16	6.08	7.49	12.31	13.49	15.16			
		velocity	7.10	8.62	8.50	8.47	8.20	7.80	7.40	7.11	6.89	6.78	6.58	7.49	8.53	7.78	6.93		
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	18	170					
FINAL - 2024 London Athletics Meet (London, GBR)																			
<i>Omega Timing (2024) - diamond league race analysis</i>																			

date	20-Jul-24	time	6.22	10.14	14.10	18.13	22.32	26.71	31.21	35.88	40.70	45.55	51.30	6 / 1				
reaction time	0.175	interval		3.92	3.96	4.03	4.19	4.39	4.50	4.67	4.82	4.85	5.75		11.91	13.08	14.34	
		velocity	7.23	8.93	8.84	8.68	8.35	7.97	7.78	7.49	7.26	7.22	6.96	7.80	8.82	8.03	7.32	
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	19	170				
A FINAL - 2024 Resisprint International (La Chaux-de-Fonds, SUI) (TV Analysis)													<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>					
date	14-Jul-24	time	6.16	10.09	14.16	18.20	22.40	26.68	31.10	35.77	40.50	45.33	50.95	4 / 1				
reaction time		interval		3.93	4.07	4.04	4.20	4.28	4.42	4.67	4.73	4.83	5.62	AR	12.04	12.90	14.23	
		velocity	7.31	8.91	8.60	8.66	8.33	8.18	7.92	7.49	7.40	7.25	7.12	7.85	8.72	8.14	7.38	
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	19	170				
FINAL - 2024 European Athletics Championships (Roma, ITA)													<i>European Athletics (2024) - 2024 european athletics championships - results book</i>					
date	11-Jun-24	time	6.40	10.38	14.48	18.66	22.98	27.43	32.08	36.92	41.91	46.91	52.49	6 / 1				
reaction time	0.180	interval		3.98	4.10	4.18	4.32	4.45	4.65	4.84	4.99	5.00	5.58	CR	12.26	13.42	14.83	
		velocity	7.03	8.79	8.54	8.37	8.10	7.87	7.53	7.23	7.01	7.00	7.17	7.62	8.56	7.82	7.08	
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	19	170				
Semi-Final 2 - 2024 European Athletics Championships (Roma, ITA)													<i>European Athletics (2024) - 2024 european athletics championships - results book</i>					
date	10-Jun-24	time	6.24	10.29	14.51	18.76	23.14	27.74	32.39	37.36	42.62	48.04	54.16	5 / 1				
reaction time	0.209	interval		4.05	4.22	4.25	4.38	4.60	4.65	4.97	5.26	5.42	6.12		12.52	13.63	15.65	
		velocity	7.21	8.64	8.29	8.24	7.99	7.61	7.53	7.04	6.65	6.46	6.54	7.39	8.39	7.70	6.71	
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	16	16	18.5	171.5				
FINAL - 2024 Bauhaus Galan (Stockholm, SWE)													<i>Omega Timing (2024) - diamond league race analysis</i>					
date	02-Jun-24	time	6.42	10.49	14.62	18.80	23.09	27.59	32.28	37.18	42.18	47.24	53.07	5 / 1				
reaction time	0.191	interval		4.07	4.13	4.18	4.29	4.50	4.69	4.90	5.00	5.06	5.83		12.38	13.48	14.96	
		velocity	7.01	8.60	8.47	8.37	8.16	7.78	7.46	7.14	7.00	6.92	6.86	7.54	8.48	7.79	7.02	
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	19	170				
FINAL - 2023 Prefontaine Classic (Eugene, OR)													<i>Omega Timing (2023) - diamond league race analysis</i>					
date	17-Sep-23	time	6.25	10.32	14.46	18.63	22.96	27.45	32.03	36.74	41.54	46.44	51.98	6 / 1				
reaction time	0.158	interval		4.07	4.14	4.17	4.33	4.49	4.58	4.71	4.80	4.90	5.54		12.38	13.40	14.41	
		velocity	7.20	8.60	8.45	8.39	8.08	7.80	7.64	7.43	7.29	7.14	7.22	7.70	8.48	7.84	7.29	
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	18.2	169.2				
FINAL - 2023 Memorial van Damme (Brussels, BEL)													<i>Omega Timing (2023) - diamond league race analysis</i>					
date	08-Sep-23	time	6.27	10.23	14.33	18.52	22.83	27.32	32.00	36.77	41.61	46.55	52.11	5 / 1				
reaction time	0.203	interval		3.96	4.10	4.19	4.31	4.49	4.68	4.77	4.84	4.94	5.56		12.25	13.48	14.55	
		velocity	7.18	8.84	8.54	8.35	8.12	7.80	7.48	7.34	7.23	7.09	7.19	7.68	8.57	7.79	7.22	
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	18.2	169.2				
FINAL - 2023 Galà Dei Castelli (Bellinzona, ITA) (TV Analysis)													<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>					
date	04-Sep-23	time	6.36	10.52	14.68	18.92	23.28	27.80	32.48	37.32	42.28	47.28	52.79	4 / 1				
reaction time		interval		4.16	4.16	4.24	4.36	4.52	4.68	4.84	4.96	5.00	5.51		12.56	13.56	14.80	
		velocity	7.08	8.41	8.41	8.25	8.03	7.74	7.48	7.23	7.06	7.00	7.26	7.58	8.36	7.74	7.09	
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	18.2	169.2				
FINAL - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)													<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>					
date	24-Aug-23	time	6.37	10.44	14.41	18.41	22.66	27.03	31.53	36.24	41.07	46.01	51.70	6 / 1				
reaction time	0.202	interval		4.07	3.97	4.00	4.25	4.37	4.50	4.71	4.83	4.94	5.69		12.04	13.12	14.48	
		velocity	7.06	8.60	8.82	8.75	8.24	8.01	7.78	7.43	7.25	7.09	7.03	7.74	8.72	8.00	7.25	
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	18.5	169.5				
Semi-Final 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)													<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>					
date	22-Aug-23	time	6.31	10.44	14.45	18.45	22.75	27.20	31.79	36.57	41.60	46.71	52.95	8 / 1				
reaction time	0.199	interval		4.13	4.01	4.00	4.30	4.45	4.59	4.78	5.03	5.11	6.24		12.14	13.34	14.92	
		velocity	7.13	8.47	8.73	8.75	8.14	7.87	7.63	7.32	6.96	6.85	6.41	7.55	8.65	7.87	7.04	
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	18.5	169.5				
Heat 4 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)													<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>					
date	21-Aug-23	time	6.27	10.43	14.50	18.43	22.70	27.23	31.90	36.76	41.80	47.00	53.39	4 / 1				
reaction time	0.206	interval		4.16	4.07	3.93	4.27	4.53	4.67	4.86	5.04	5.20	6.39		12.16	13.47	15.10	
		velocity	7.18	8.41	8.60	8.91	8.20	7.73	7.49	7.20	6.94	6.73	6.26	7.49	8.63	7.80	6.95	
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	15	15	18.5	171.5				
FINAL - 2023 London Athletics Meet (London, GBR)													<i>Omega Timing (2023) - diamond league race analysis</i>					
date	23-Jul-23	time	6.25	10.26	14.30	18.43	22.65	27.05	31.58	36.26	41.09	45.88	51.45	6 / 1				
reaction time	0.187	interval		4.01	4.04	4.13	4.22	4.40	4.53	4.68	4.83	4.79	5.57	AR PB	12.18	13.15	14.30	
		velocity	7.20	8.73	8.66	8.47	8.29	7.95	7.73	7.48	7.25	7.31	7.18	7.77	8.62	7.98	7.34	
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	19	170				
FINAL - 2023 Athletissima (Lausanne, SUI)													<i>Omega Timing (2023) - diamond league race analysis</i>					
date	30-Jun-23	time	6.14	10.09	14.11	18.16	22.38	26.76	31.43	36.35	41.36	46.61	52.76	5 / 1				
reaction time	0.169	interval		3.95	4.02	4.05	4.22	4.38	4.67	4.92	5.01	5.25	6.15		12.02	13.27	15.18	
		velocity	7.33	8.86	8.71	8.64	8.29	7.99	7.49	7.11	6.99	6.67	6.50	7.58	8.74	7.91	6.92	
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	19.7	170.7				

FINAL - 2023 Bislett Games (Oslo, NOR)

Omega Timing (2023) - diamond league race analysis

date	15-Jun-23	time	6.29	10.36	14.52	18.74	23.05	27.48	32.11	36.92	41.78	46.69	52.30	5 / 1			
reaction time	0.172	interval		4.07	4.16	4.22	4.31	4.43	4.63	4.81	4.86	4.91	5.61		12.45	13.37	14.58
		velocity	7.15	8.60	8.41	8.29	8.12	7.90	7.56	7.28	7.20	7.13	7.13	7.65	8.43	7.85	7.20
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	18.5	169.5			

FINAL - 2023 Golden Gala Pietro Mennea (Firenze, ITA)

Omega Timing (2023) - diamond league race analysis

date	02-Jun-23	time	6.27	10.35	14.48	18.63	22.90	27.28	31.96	36.76	41.63	46.64	52.43	6 / 1			
reaction time	0.170	interval		4.08	4.13	4.15	4.27	4.38	4.68	4.80	4.87	5.01	5.79		12.36	13.33	14.68
		velocity	7.18	8.58	8.47	8.43	8.20	7.99	7.48	7.29	7.19	6.99	6.91	7.63	8.50	7.88	7.15
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	19	170			

FINAL - 2023 IFAM Oordegem (Oordegem, BEL) (TV Analysis)

Henson (2023) - Athlete First: 2023 year end hurdle report

date	27-May-23	time	6.40	10.53	14.73	19.03	23.40	27.96	32.67	37.43	42.30	47.63	53.12	6 / 1			
reaction time		interval		4.13	4.20	4.30	4.37	4.56	4.71	4.76	10.20	5.49		12.63	13.64	14.96	
		velocity	7.03	8.47	8.33	8.14	8.01	7.68	7.43	7.35	6.86	7.29	7.53		8.31	7.70	7.02
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	16	19	156				

FINAL - 2022 Weltklasse (Zürich, SUI) (TV Analysis)

Henson (2022) - Athlete First: 2022 year end hurdle report

date	08-Sep-22	time	6.37	10.41	14.55	18.72	23.06	24.86	27.56	32.14	36.83	41.71	46.98	53.03	6 / 1			
reaction time	0.189	interval		4.04	4.14	4.17	4.34	4.50	4.58	4.69	4.88	5.27	6.05		12.35	13.42	14.84	
		velocity	7.06	8.66	8.45	8.39	8.06	8.05	7.78	7.64	7.46	7.17	6.64	6.61	7.54	8.50	7.82	7.08
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	16	19	177				

FINAL - 2022 Athletissima (Lausanne, SUI) (TV Analysis)

Henson (2022) - Athlete First: 2022 year end hurdle report

date	26-Aug-22	time	6.27	10.36	14.55	18.97	23.40	25.25	28.00	32.67	37.34	42.30	47.33	52.95	5 / 1			
reaction time	0.155	interval		4.09	4.19	4.42	4.43	4.60	4.67	4.67	4.96	5.03	5.62		12.70	13.70	14.66	
		velocity	7.18	8.56	8.35	7.92	7.90	7.92	7.61	7.49	7.49	7.06	6.96	7.12	7.55	8.27	7.66	7.16
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	19	176				

FINAL - 2022 European Athletics Championships (Munich, GER)

European Athletics (2022) - european athletics championships race analysis

date	19-Aug-22	time	6.35	10.42	14.56	18.81	23.12	25.04	27.61	32.22	37.08	41.89	46.88	52.67	3 / 1			
reaction time	0.279	interval		4.07	4.14	4.25	4.31	4.49	4.61	4.86	4.81	4.99	5.79	CR		12.46	13.41	14.66
		velocity	7.09	8.60	8.45	8.24	8.12	7.99	7.80	7.59	7.20	7.28	7.01	6.91	7.59	8.43	7.83	7.16
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	15	18.7	175.7			

Semi-Final 3 - 2022 European Athletics Championships (Munich, GER)

European Athletics (2022) - european athletics championships race analysis

date	18-Aug-22	time	6.40	10.49	14.61	18.78	23.18	25.11	27.65	32.39	37.23	42.27	47.48	53.73	6 / 1			
reaction time	0.259	interval		4.09	4.12	4.17	4.40	4.47	4.74	4.84	5.04	5.21	6.25		12.38	13.61	15.09	
		velocity	7.03	8.56	8.50	8.39	7.95	7.96	7.83	7.38	7.23	6.94	6.72	6.40	7.44	8.48	7.71	6.96
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	16	16	18.2	177.2				

FINAL - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)

Henson (2022) - Athlete First: 2022 year end hurdle report

date	22-Jul-22	time	6.43	10.47	14.57	18.82	23.30	24.97	32.22	36.90	41.70	46.63	52.27	4 / 2			
reaction time	0.179	interval		4.04	4.10	4.25	4.48		8.92	4.68	4.80	4.93	5.64		12.39	13.40	14.41
		velocity	7.00	8.66	8.54	8.24	7.81	8.01	7.85	7.48	7.29	7.10	7.09	7.65	8.47	7.84	7.29
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	19	146			

Semi-Final 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)

Henson (2022) - Athlete First: 2022 year end hurdle report

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

Heat 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)

Henson (2022) - Athlete First: 2022 year end hurdle report

date	19-Jul-22	time	6.26	10.36	14.50	18.66	22.93	24.95	27.46	32.10	36.93	42.17	47.47	53.90	8 / 1			
reaction time	0.191	interval		4.10	4.14	4.16	4.27	4.53	4.64	4.83	5.24	5.30	6.43		12.40	13.44	15.37	
		velocity	7.19	8.54	8.45	8.41	8.20	8.02	7.73	7.54	7.25	6.68	6.60	6.22	7.42	8.47	7.81	6.83
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	16	16	18.7	177.7			

FINAL - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis)

Henson (2022) - Athlete First: 2022 year end hurdle report

date	30-Jun-22	time	6.36	10.38	14.46	18.64	22.94	24.75	27.42	32.02	36.70	41.48	46.40	52.27	6 / 1			
reaction time	0.203	interval		4.02	4.08	4.18	4.30	4.48	4.60	4.68	4.78	4.92	5.87		12.28	13.38	14.38	
		velocity	7.08	8.71	8.58	8.37	8.14	8.08	7.81	7.61	7.48	7.32	7.11	6.81	7.65	8.55	7.85	7.30
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	19	176				

FINAL - 2022 Bislett Games (Oslo, NOR) (TV Analysis)

Henson (2022) - Athlete First: 2022 year end hurdle report

date	16-Jun-22	time	6.32	10.34	14.48	18.62	22.88	27.38	31.98	36.66	41.58	46.74	52.61	6 / 1			
reaction time	0.177	interval		4.02	4.14	4.14	4.26	4.50	4.60	4.68	4.92	5.16	5.87		12.30	13.36	14.76
		velocity	7.12	8.71	8.45	8.45	8.22	7.78	7.61	7.48	7.11	6.78	6.81	7.60	8.54	7.86	7.11
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	16	19.5	177.5			

FINAL - 2022 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)

Henson (2022) - Athlete First: 2022 year end hurdle report

date	09-Jun-22	time	6.43	10.47	14.63	18.90	23.27	25.06	27.80	32.47	37.24	42.13	47.27	53.02	5 / 1			
reaction time	0.188	interval		4.04	4.16	4.27	4.37	4.53	4.67	4.77	4.89	5.14	5.75		12.47	13.57	14.80	
		velocity	7.00	8.66	8.41	8.20	8.01	7.98	7.73	7.49	7.34	7.16	6.81	6.96	7.54	8.42	7.74	7.09
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	19.5	161.5				

H1 lead leg L strides 22 15 15 15 15 15 15 15 15 16 16 19 178

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

date 23-Aug-20 time 6.57 15.20 19.57 24.10 26.0 28.77 33.57 38.53 43.77 48.90 54.68 4 / 1
 reaction time 0.226 interval 8.63 4.37 4.53 4.67 4.80 4.96 5.24 5.13 5.78 13.00 14.00 15.33
 velocity 6.85 8.11 8.01 7.73 7.69 7.49 7.29 7.06 6.68 6.82 6.92 7.32 8.08 7.50 6.85
 H1 lead leg L strides 21 15 15 15 15 15 15 15 16 16 18.5 161.5

FINAL - 2020 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)*Henson (2020) - Athlete First: 2020 year end hurdle report*

date 19-Aug-20 time 6.52 10.72 15.08 19.56 24.12 28.80 33.64 38.60 43.76 48.92 54.67 4 / 1
 reaction time 0.205 interval 4.20 4.36 4.48 4.56 4.68 4.84 4.96 5.16 5.16 5.75 13.04 14.08 15.28
 velocity 6.90 8.33 8.03 7.81 7.68 7.48 7.23 7.06 6.78 6.78 6.96 7.32 8.05 7.46 6.87
 H1 lead leg L strides 22 15 15 15 15 15 15 15 16 16 19 178

Semi-Final 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)*Henson (2020) - Athlete First: 2019 year end hurdle report*

date 02-Oct-19 time 6.64 10.88 15.18 19.65 24.26 33.97 39.00 44.48 49.98 56.37 2 / 7
 reaction time 0.219 interval 4.24 4.30 4.47 4.61 4.71 5.03 5.48 5.50 6.39 13.01 14.32 16.01
 velocity 6.78 8.25 8.14 7.83 7.59 7.21 6.96 6.39 6.36 6.26 7.10 8.07 7.33 6.56
 H1 lead leg L strides 22 15 15 15 15 15 15 15 16 16 69

Bookman, Deonca (USA) (1995)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)***USATF and Karmarush (2024) - USA Olympic trials results and race analysis*

date 29-Jun-24 time 6.57 10.67 14.81 19.06 23.40 25.49 28.01 32.82 37.99 43.32 48.75 55.61 6 / 4
 reaction time interval 4.10 4.14 4.25 4.34 4.61 4.81 5.17 5.33 5.43 6.86 12.49 13.76 15.93
 velocity 6.85 8.54 8.45 8.24 8.06 7.85 7.59 7.28 6.77 6.57 6.45 5.83 7.19 8.41 7.63 6.59
 H1 lead leg R strides 24 16 16 16 16 17 18 18 18 19 23.2 201.2

Heat 1 - 2024 USA Olympic Trials (Eugene, OR)*USATF and Karmarush (2024) - USA Olympic trials results and race analysis*

date 27-Jun-24 time 6.49 10.55 14.79 19.06 23.44 25.47 28.09 33.01 38.31 43.83 49.52 56.25 3 / 2
 reaction time interval 4.06 4.24 4.27 4.38 4.65 4.92 5.30 5.52 5.69 6.73 12.57 13.95 16.51
 velocity 6.93 8.62 8.25 8.20 7.99 7.85 7.53 7.11 6.60 6.34 6.15 5.94 7.11 8.35 7.53 6.36
 H1 lead leg R strides 24 16 16 16 16 17 17 18 19 19 178

Semi-Final 1 - 2022 USATF National Championships (Eugene, OR)*USATF (2022) - Results powered by Karmarush*

date 24-Jun-22 time 6.48 10.67 14.99 19.45 24.17 26.32 29.02 33.93 39.03 44.22 49.69 56.24 56.24 7 / 6
 reaction time interval 4.19 4.32 4.46 4.72 4.85 4.91 5.10 5.19 5.47 6.55 12.97 14.48 15.76
 velocity 6.94 8.35 8.10 7.85 7.42 7.60 7.22 7.13 6.86 6.74 6.40 6.11 7.11 8.10 7.25 6.66
 H1 lead leg L strides 24 16 16 16 17 17 18

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

date 27-Jun-21 time 6.54 10.64 14.84 19.18 23.79 28.49 33.46 44.17 56.90 2 / ~~7~~ 6
 reaction time 0.349 interval 4.10 4.20 4.34 4.61 4.70 4.97 10.71 7.03 7.98 10.86
 velocity 6.88 8.54 8.33 8.06 7.59 7.45 7.04 6.54 7.03 7.98 10.86
 H1 lead leg R strides 16 16 16 17 18 83

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

date 26-Jun-21 time 6.54 10.71 15.11 19.52 24.15 28.89 33.66 38.54 43.74 55.66 9 / 4
 reaction time 0.338 interval 4.17 4.40 4.41 4.63 4.74 4.77 4.88 5.20 **PB** 12.98 14.14
 velocity 6.88 8.39 7.95 7.94 7.56 7.38 7.34 7.17 6.73 7.19 8.09 7.43
 H1 lead leg R strides 17 17 17 17 17 17 17 18 18 155

Brown, Edna (USA) (1960)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 1987 TAC Championships (San Jose, CA)***Mann (1987) - the elite athlete program biomechanical analysis of the long hurdles: tac championship meet*

date 26-Jun-87 time 6.70 10.80 15.36 20.00 24.74 29.40 34.34 39.46 44.86 50.74 55.98
 reaction time interval 4.10 4.56 4.64 4.74 4.66 4.94 5.12 5.40 5.88 5.24 13.30 14.34 16.40
 velocity 6.72 8.54 7.68 7.54 7.38 7.51 7.09 6.84 6.48 5.95 7.63 7.15 7.89 7.32 6.40
 H1 lead leg strides

Brown-King, Judi (USA) (1961)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 1984 Olympic Games (Los Angeles, CA)***Behm (1995) - la tactique du 400 haies*

date 08-Aug-84 time 6.7 11.2 15.7 20.4 25.0 29.6 34.5 39.5 44.6 49.7 55.20 8 / 2
 reaction time 0.188 interval 4.50 4.50 4.70 4.60 4.60 4.90 5.00 5.10 5.10 5.50 13.70 14.10 15.20
 velocity 6.72 7.78 7.78 7.45 7.61 7.61 7.14 7.00 6.86 6.86 7.27 7.25 7.66 7.45 6.91
 H1 lead leg strides 21 14 14 14 14 14 14 15 15 15 18 168

Brown, T'erea (USA) (1989)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)***Henson (2020) - Athlete First: 2016 year end hurdle report*

date 10-Jul-16 time 6.30 10.41 14.58 18.92 23.39 28.06 32.97 37.97 43.21 48.88 56.29 7 / 8
 reaction time 0.243 interval 4.11 4.17 4.34 4.47 4.67 4.91 5.00 5.24 5.67 7.41 12.62 14.05 15.91
 velocity 7.14 8.52 8.39 8.06 7.83 7.49 7.13 7.00 6.68 6.17 5.40 7.11 8.32 7.47 6.60
 H1 lead leg L strides 23 15 15 15 15 15 17 17 17 18 167

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

date 08-Aug-12 time 6.39 10.44 14.68 19.06 23.50 28.07 33.05 38.10 43.34 48.67 55.07 2 / ~~6~~ 5
 reaction time 0.201 interval 4.05 4.24 4.38 4.44 4.57 4.98 5.05 5.24 5.33 6.40 12.67 13.99 15.62
 velocity 7.04 8.64 8.25 7.99 7.88 7.66 7.03 6.93 6.68 6.57 6.25 7.26 8.29 7.51 6.72
 H1 lead leg R strides 23 15 15 15 15 15 16 17 17 18 166

Brown, Tonya (USA) (1960)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1987 TAC Championships (San Jose, CA)		<i>Mann (1987) - the elite athlete program biomechanical analysis of the long hurdles: tac championship meet</i>																
date	26-Jun-87	time	6.36	11.12	15.66	19.96	24.78	29.54	34.70	39.98	45.44	51.14		57.44				
reaction time		interval	4.76	4.54	4.30	4.82	4.76	5.16	5.28	5.46	5.70	6.30				13.60	14.74	16.44
		velocity	7.08	7.35	7.71	8.14	7.26	7.35	6.78	6.63	6.41	6.14	6.35	6.96		7.72	7.12	6.39
H1 lead leg		strides																
Buchanan, Rebecca (USA) (1970)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 USA Olympic Trials (Atlanta, GA)		<i>USATF Women's Sprint Development (1996)</i>																
date	16-Jun-96	time	6.43	10.70	15.05	19.60	24.27	26.26	29.07	34.05	39.17	44.37	49.51	55.69	6 / 5			
reaction time		interval	4.27	4.35	4.55	4.67	4.80	4.98	5.12	5.20	5.14	6.18				13.17	14.45	15.46
		velocity	7.00	8.20	8.05	7.69	7.49	7.62	7.29	7.03	6.84	6.73	6.81	6.47	7.18	7.97	7.27	6.79
H1 lead leg	R	strides	23	15	15	16	16	16	16	16	17	17	20	187				
Buford-Bailey, Tonja (USA) (1970)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2001 IAAF World Championships (Edmonton, CAN)		<i>Behm (2001) - Edmonton: Le quatrache: les finales</i>																
date	08-Aug-01	time	6.3	10.6	14.9	19.3	23.7	28.4	33.2	38.3	43.4	48.7		54.55	6 / 4			
reaction time	0.146	interval	4.30	4.30	4.40	4.40	4.70	4.80	5.10	5.10	5.30	5.85				13.00	13.90	15.50
		velocity	7.14	8.14	8.14	7.95	7.95	7.45	7.29	6.86	6.86	6.60	6.84	7.33		8.08	7.55	6.77
H1 lead leg	L	strides	23	15	15	15	15	15	16	17	17	17	20	185				
FINAL - 1997 IAAF World Championships (Athens, GRE)		<i>Hommel (1999) - biomechanical research project, athens 1997: final report</i>																
date	08-Aug-97	time	6.60	10.72	14.92	19.21	23.60	28.22	32.92	37.92	43.14	48.54		54.77	2 / 6			
reaction time	0.238	interval	4.12	4.20	4.29	4.39	4.62	4.70	5.00	5.22	5.40	6.23				12.61	13.71	15.62
		velocity	6.82	8.50	8.33	8.16	7.97	7.58	7.45	7.00	6.70	6.48	6.42	7.30		8.33	7.66	6.72
H1 lead leg		strides																
FINAL - 1996 Olympic Games (Atlanta, GA)		<i>McFarlane (2000) - the science of hurdling and speed</i>																
date	31-Jul-96	time	6.38	10.34	14.39	18.58	22.90	27.43	32.07	36.96	41.96	47.10		53.22	4 / 3			
reaction time	0.274	interval	3.96	4.05	4.19	4.32	4.53	4.64	4.89	5.00	5.14	6.12				12.20	13.49	15.03
		velocity	7.05	8.84	8.64	8.35	8.10	7.73	7.54	7.16	7.00	6.81	6.54	7.52		8.61	7.78	6.99
H1 lead leg		strides	23	15	15	15	15	15	16	16	16	16	16	162				
FINAL - 1996 USA Olympic Trials (Atlanta, GA)		<i>USATF Women's Sprint Development (1996)</i>																
date	16-Jun-96	time	6.47	10.67	14.85	19.17	23.57	25.45	28.08	32.95	37.85	42.87	47.78	53.92	3 / 2			
reaction time		interval	4.20	4.18	4.32	4.40	4.51	4.87	4.90	5.02	4.91	6.14				12.70	13.78	14.83
		velocity	6.96	8.33	8.37	8.10	7.95	7.86	7.76	7.19	7.14	6.97	7.13	7.42		8.27	7.62	7.08
H1 lead leg	L	strides	23	15	15	15	15	15	16	17	17	17	19	184				
FINAL - 1995 IAAF World Championships (Goteborg, SWE)		<i>Winckler/USATF (2001) - Level II: sprints, hurdles, and relays</i>																
date	11-Aug-95	time	6.47	10.50	14.60	18.77	23.07	27.47	32.17	36.97	41.94	47.00		52.62	3 / 2			
reaction time		interval	4.03	4.10	4.17	4.30	4.40	4.70	4.80	4.97	5.06	5.62	PB			12.30	13.40	14.83
		velocity	6.96	8.68	8.54	8.39	8.14	7.95	7.45	7.29	7.04	6.92	7.12	7.60		8.54	7.84	7.08
H1 lead leg	L	strides	23	15	15	15	15	15	16	16	16	17	19.5	184				
FINAL - 1993 IAAF World Championships (Stuttgart, GER)		<i>Winckler (1994) - principles for development of the 400m hurdle program</i>																
date	19-Aug-93	time	6.64	10.67	14.89	19.24	23.71	28.44	33.24	38.31	43.42	48.66		54.55	2 / 5			
reaction time		interval	4.03	4.22	4.35	4.47	4.73	4.80	5.07	5.11	5.24	5.89				12.60	14.00	15.42
		velocity	6.78	8.68	8.29	8.05	7.83	7.40	7.29	6.90	6.85	6.68	6.79	7.33		8.33	7.50	6.81
H1 lead leg	L	strides	23	15	15	15	15	16	16	16	16	17	17	164				
Semi-Final 1 - 1993 IAAF World Championships (Stuttgart, GER)		<i>Winckler (1994) - principles for development of the 400m hurdle program</i>																
date	17-Aug-93	time	6.83	11.06	15.39	19.79	24.32	29.03	33.75	38.66	43.60	48.81		54.38	5 / 2			
reaction time		interval	4.23	4.33	4.40	4.53	4.71	4.72	4.91	4.94	5.21	5.57	PB			12.96	13.96	15.06
		velocity	6.59	8.27	8.08	7.95	7.73	7.43	7.42	7.13	7.09	6.72	7.18	7.36		8.10	7.52	6.97
H1 lead leg	L	strides	23	15	15	15	15	16	16	16	16	17	19.7	184				
Heat 4 - 1992 Olympic Games (Barcelona, ESP)		<i>Lyle (1992) - miscellaneous coaching notes</i>																
date	02-Aug-92	time	6.54	10.71	14.94	19.30	23.89	28.78	33.77	38.89	44.23	49.89		56.35	2 / 3			
reaction time		interval	4.17	4.23	4.36	4.59	4.89	4.99	5.12	5.34	5.66	6.46				12.76	14.47	16.12
		velocity	6.88	8.39	8.27	8.03	7.63	7.16	7.01	6.84	6.55	6.18	6.19	7.10		8.23	7.26	6.51
H1 lead leg		strides																
Buryak, Mariya (UKR) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2024 European Athletics Championships (Roma, ITA)		<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																
date	09-Jun-24	time	6.58	10.94	15.36	19.97	24.85	29.93	35.03	40.44	46.00	51.67		58.40	9 / 7			
reaction time	0.228	interval	4.36	4.42	4.61	4.88	5.08	5.10	5.41	5.56	5.67	6.73				13.39	15.06	16.64
		velocity	6.84	8.03	7.92	7.59	7.17	6.89	6.86	6.47	6.29	6.17	5.94	6.85		7.84	6.97	6.31
H1 lead leg		strides																
Busch, Sabine (GDR) (1962)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1988 Olympic Games (Seoul, KOR)		<i>Gill (1990) - atletismo (I) carreras y marcha</i>																
date	28-Sep-88	time	6.61	10.68	14.86	19.18	23.62	28.19	32.79	37.56	42.57	47.76		53.89	7 / 4			
reaction time	0.283	interval	4.07	4.18	4.32	4.44	4.57	4.60	4.77	5.01	5.19	6.13				12.57	13.61	14.97
		velocity	6.81	8.60	8.37	8.10	7.88	7.66	7.61	7.34	6.99	6.74	6.53	7.42		8.35	7.71	7.01
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	16	16	20	180				

Semi-Final 2 - 1988 Olympic Games (Seoul, KOR)															<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>									
date	26-Sep-88	time	6.63	10.53	15.15	19.54	24.11	28.77	33.57	38.48	43.60	48.83	54.71	7 / 4										
reaction time	0.230	interval		3.90	4.62	4.39	4.57	4.66	4.80	4.91	5.12	5.23	5.88			12.91	14.03	15.26						
		velocity	6.79	8.97	7.58	7.97	7.66	7.51	7.29	7.13	6.84	6.69	6.80	7.31		8.13	7.48	6.88						
H1 lead leg		strides	23	15	15	15	15	15	15	15	16	16	19	179										
FINAL - 1987 IAAF World Championships (Rome, ITA)															<i>Sušanka (1990) - time analysis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)</i>									
date	03-Sep-87	time	6.60	10.81	15.19	19.65	24.13	28.81	33.59	38.46	43.38	48.31	53.62	3 / 1										
reaction time		interval		4.21	4.38	4.46	4.48	4.68	4.78	4.87	4.92	4.93	5.31	CR		13.05	13.94	14.72						
		velocity	6.82	8.31	7.99	7.85	7.81	7.48	7.32	7.19	7.11	7.10	7.53	7.46		8.05	7.53	7.13						
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	16	16	18	178										
Semi-Final 1 - 1987 IAAF World Championships (Rome, ITA)															<i>Sušanka (1990) - time analysis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)</i>									
date	01-Sep-87	time	6.80	11.04	15.37	19.80	24.29	28.93	33.70	38.66	43.67	48.75	54.41	6 / 1										
reaction time		interval		4.24	4.33	4.43	4.49	4.64	4.77	4.96	5.01	5.08	5.66		13.00	13.90	15.05							
		velocity	6.62	8.25	8.08	7.90	7.80	7.54	7.34	7.06	6.99	6.89	7.07	7.35		8.08	7.55	6.98						
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	16	16	18.5	178.5										
Heat 1 - 1987 IAAF World Championships (Rome, ITA)															<i>Sušanka (1990) - time analysis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)</i>									
date	31-Aug-87	time	6.84	11.04	15.39	19.85	24.45	29.14	34.05	39.07	44.26	49.46	55.51	1 / 1										
reaction time		interval		4.20	4.35	4.46	4.60	4.69	4.91	5.02	5.19	5.20	6.05		13.01	14.20	15.41							
		velocity	6.58	8.33	8.05	7.85	7.61	7.46	7.13	6.97	6.74	6.73	6.61	7.21		8.07	7.39	6.81						
H1 lead leg		strides	23	15	15	15	15	15	15	15	16	16	18.8	178.8										
FINAL - 1987 East German National Championships (Potsdam, GDR)															<i>König (1989) - present state of development, and questions of future development, 400m hurdles for women</i>									
date	21-Aug-87	time	6.57	10.66	14.94	19.28	23.75	28.33	32.94	37.68	42.65	47.67	53.24	1 / 1										
reaction time		interval		4.09	4.28	4.34	4.47	4.58	4.61	4.74	4.97	5.02	5.57	NR		12.71	13.66	14.73						
		velocity	6.85	8.56	8.18	8.06	7.83	7.64	7.59	7.38	7.04	6.97	7.18	7.51		8.26	7.69	7.13						
H1 lead leg		strides																						
FINAL - 1986 European Championships (Stuttgart, FRG)															<i>Breiser (1990) - tendencies in the development of women for 400m races with hurdles</i>									
date	30-Aug-86	time	6.56	10.72	15.06	19.42	23.90	28.47	33.11	37.93	42.76	47.76	53.60	1 / 2										
reaction time		interval		4.16	4.34	4.36	4.48	4.57	4.64	4.82	4.83	5.00	5.84		12.86	13.69	14.65							
		velocity	6.86	8.41	8.06	8.03	7.81	7.66	7.54	7.26	7.25	7.00	6.85	7.46		8.16	7.67	7.17						
H1 lead leg		strides	22	15	15	15	15	15	15	15	15	15	19	176										
Caravelli, Marzia (ITA) (1981)																								
FINAL - 2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)															<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>									
date	08-Jun-17	time	6.60	10.88	15.36	20.00	24.68	29.56	34.32	39.16	44.40	49.68	55.83	1 / 8										
reaction time	0.170	interval		4.28	4.48	4.64	4.68	4.88	4.76	4.84	5.24	5.28	6.15		13.40	14.32	15.36							
		velocity	6.82	8.18	7.81	7.54	7.48	7.17	7.35	7.23	6.68	6.63	6.50	7.16		7.84	7.33	6.84						
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	19.5	178.5										
Carli, Sarah (AUS) (1994)																								
Repechage 3 - 2024 Olympic Games (Paris, FRA)															<i>Paris 2024 Olympic Games - Results Book (2024)</i>									
date	05-Aug-24	time	6.32	10.54	14.81	19.20	23.74	28.47	33.30	38.32	43.55	48.92	55.12	4 / 4										
reaction time	0.187	interval		4.22	4.27	4.39	4.54	4.73	4.83	5.02	5.23	5.37	6.20		12.88	14.10	15.62							
		velocity	7.12	8.29	8.20	7.97	7.71	7.40	7.25	6.97	6.69	6.52	6.45	7.26		8.15	7.45	6.72						
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	17	21	187										
Heat 5 - 2024 Olympic Games (Paris, FRA)															<i>Paris 2024 Olympic Games - Results Book (2024)</i>									
date	04-Aug-24	time	6.41	10.57	14.79	19.13	23.71	28.44	33.45	38.63	43.92	49.37	55.92	7 / 6										
reaction time	0.306	interval		4.16	4.22	4.34	4.58	4.73	5.01	5.18	5.29	5.45	6.55		12.72	14.32	15.92							
		velocity	7.02	8.41	8.29	8.06	7.64	7.40	6.99	6.76	6.62	6.42	6.11	7.15		8.25	7.33	6.60						
H1 lead leg	L	strides	23	15	15	15	15	15	16	17	17	17	21	186										
FINAL - 2022 Commonwealth Games (Birmingham, GBR) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>									
date	06-Aug-22	time	6.47	10.50	14.60	19.07	23.63	25.6	28.57	33.53	38.50	43.80	49.23	55.82	2 / 6									
reaction time	0.263	interval		4.03	4.10	4.47	4.56	4.94	4.96	4.97	5.30	5.43	6.59		12.60	14.46	15.70							
		velocity	6.96	8.68	8.54	7.83	7.68	7.81	7.09	7.06	7.04	6.60	6.45	6.07	7.17	8.33	7.26	6.69						
H1 lead leg	L	strides	23	15	15	15	16	16	16	17	17	17	21	188										
Semi-Final 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>									
date	20-Jul-22	time	6.40	10.66	15.10	19.53	24.17	26.39	29.13	34.10	39.16	44.36	49.63	55.57	7 / 7									
reaction time	0.257	interval		4.26	4.44	4.43	4.64	4.96	4.97	5.06	5.20	5.27	5.94		13.13	14.57	15.53							
		velocity	7.03	8.22	7.88	7.90	7.54	7.58	7.06	7.04	6.92	6.73	6.64	6.73	7.20	8.00	7.21	6.76						
H1 lead leg	L	strides	23	15	15	15	16	16	16	17	17	17	19.7	186.7										
Heat 4 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>									
date	19-Jul-22	time	6.53	10.90	15.43	19.93	24.73	26.74	34.50	39.53	44.70	49.90	55.89	4 / 3										
reaction time	0.279	interval		4.37	4.53	4.50	4.80	4.97	5.03	5.17	5.20	5.99		13.40	14.57	15.40								
		velocity	6.89	8.01	7.73	7.78	7.29	7.48	7.16	6.96	6.77	6.73	6.68	7.16		7.84	7.21	6.82						
H1 lead leg	L	strides	23	15	15	15	16	16	16	17	17	17	19.2	153.2										
Heat 4 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)															<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>									
date	31-Jul-21	time	6.33	10.51	14.80	19.40	24.43	29.56	34.77	40.13	45.63	51.13	56.93	6 / 5										

H1 lead leg	L	strides	23	16	16		16		17	20.5	108.5							
Cazier, Marie-Christine (FRA) (1963)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1990 Résisprint International (La Chaux-de-Ford, FRA)																		
<i>Veney - split times from PJ</i>																		
date	19-Aug-90	time	6.55	10.70	15.10	19.50	24.10		28.80	33.75	38.90	44.15	49.55		55.50	/ 1		
reaction time		interval	4.15	4.40	4.40	4.60		4.70	4.95	5.15	5.25	5.40	5.95		PB	12.95	14.25	15.80
		velocity	6.87	8.43	7.95	7.95	7.61		7.45	7.07	6.80	6.67	6.48	6.72	7.21	8.11	7.37	6.65
H1 lead leg		strides	15	15	15	15		15	16	16	17	17		141				
FINAL - 1990 Eight Nations (Milano, ITA)																		<i>Veney - split times from PJ</i>
date	05-Jun-90	time	6.0	10.1	14.3	18.7	23.2		28.2	33.6	39.6	45.0	51.1		58.63	/ 7		
reaction time		interval	4.08	4.23	4.36	4.54		5.02	5.36	6.00	5.36	6.15	7.53			12.67	14.92	17.51
		velocity	7.50	8.58	8.27	8.03	7.71		6.97	6.53	5.83	6.53	5.69	5.31	6.82	8.29	7.04	6.00
H1 lead leg		strides																
Chaboudez, Aurelie (FRA) (1993)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2017 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																		
date	21-Jul-17	time	6.40	10.64	19.68	24.44			34.24	39.44	44.84	50.64		57.32	/ 7			
reaction time	0.202	interval	4.24		9.04	4.76			9.80	5.20	5.40	5.80	6.68			13.28	14.56	16.40
		velocity	7.03	8.25	7.74	7.35			7.14	6.73	6.48	6.03	5.99	6.98		7.91	7.21	6.40
H1 lead leg	L	strides	24	16		16			17	17	18		108					
Chen Dongmei (CHN) (1963)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1990 Asian Games Test (Beijing, CHN)																		
<i>Fan (1992) - implementing Chen Dongmei's four-year training plan: regularities of 400m hurdles</i>																		
date	24-Jun-90	time	6.40	10.86	15.07	19.46	23.92		28.82	33.50	38.58	43.84	49.19		55.68	/ 2		
reaction time		interval	4.46	4.21	4.39	4.46		4.90	4.68	5.08	5.26	5.35	6.49			13.06	14.04	15.69
		velocity	7.03	7.85	8.31	7.97	7.85		7.14	7.48	6.89	6.65	6.54	6.16	7.18	8.04	7.48	6.69
H1 lead leg		strides	23	16	16	16		17	17	17	18	22	195					
FINAL - 1989 ??? (???)																		<i>Fan (1992) - implementing Chen Dongmei's four-year training plan: regularities of 400m hurdles</i>
date	???	time	6.63	11.17	15.75	20.48	25.14		30.16	35.01	40.09	45.32	50.48		56.63	???		
reaction time		interval	4.54	4.58	4.73	4.66		5.02	4.85	5.08	5.23	5.16	6.15		NR	13.85	14.53	15.47
		velocity	6.79	7.71	7.64	7.40	7.51		6.97	7.22	6.89	6.69	6.78	6.50	7.06	7.58	7.23	6.79
H1 lead leg		strides	24	17	17	17	17		17	17	17	18	17	22	200			
Chen Juying (CHN) (1963)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1990 Asian Games Test (Beijing, CHN)																		
<i>Guo (2007) - study on relationship between the rhythm and performance of 400m hurdles</i>																		
date	24-Jun-90	time	6.56	10.82	15.19	19.71	24.30		29.02	33.87	38.89	44.05	49.28		55.12	/ 1		
reaction time		interval	4.26	4.37	4.52	4.59		4.72	4.85	5.02	5.16	5.23	5.84			13.15	14.16	15.41
		velocity	6.86	8.22	8.01	7.74	7.63		7.42	7.22	6.97	6.78	6.69	6.85	7.26	7.98	7.42	6.81
H1 lead leg		strides	23	15	15	15		15	15	15	17	17		162				
FINAL - 1987 ??? (???)																		<i>Cui (2008) - research on the rhythm characteristics of outstanding female 400m hurdlers in China</i>
date	???	time	6.80	11.25	15.61	20.12	24.72		29.50	34.53	39.80	45.15	50.48		56.78	???		
reaction time		interval	4.45	4.36	4.51	4.60		4.78	5.03	5.27	5.35	5.33	6.30			13.32	14.41	15.95
		velocity	6.62	7.87	8.03	7.76	7.61		7.32	6.96	6.64	6.54	6.57	6.35	7.04	7.88	7.29	6.58
H1 lead leg		strides	23	15	15	15		15	17	17	17	17	22	188				
Chen Leyi (CHN) (2003)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 3 - 2021 East China District Meeting (Zhaoqing, CHN)																		
<i>CAA Hurdle Development (2021)</i>																		
date	25-Apr-21	time	7.10	11.81	16.77	22.02	27.46		33.06	38.92	44.80	50.68	56.64		63.15	6 / 3		
reaction time	0.339	interval	4.71	4.96	5.25	5.44		5.60	5.86	5.88	5.88	5.96	6.51			14.92	16.90	17.72
		velocity	6.34	7.43	7.06	6.67	6.43		6.25	5.97	5.95	5.95	5.87	6.14	6.33	7.04	6.21	5.93
H1 lead leg	L	strides	25	17	17	18	18		18	19	19	19	19	22	211			
U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)																		<i>CAA Hurdle Development (2019)</i>
date	17-Aug-19	time	7.24	11.94	16.80	21.76	26.82		32.20	37.70	43.48	49.40	55.42		62.45	4 / 3		
reaction time	0.397	interval	4.70	4.86	4.96	5.06		5.38	5.50	5.78	5.92	6.02	7.03			14.52	15.94	17.72
		velocity	6.22	7.45	7.20	7.06	6.92		6.51	6.36	6.06	5.91	5.81	5.69	6.41	7.23	6.59	5.93
H1 lead leg	R	strides	26	17	17	17	17		18	18	19	19	19	23	210			
Chen Lin (CHN) (2004)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 Philippe Cup Athletics Invitational (Wuhan, CHN)																		
<i>CAA Hurdle Development (2021)</i>																		
date	20-May-21	time	7.47	12.33	17.33	22.42	27.66		33.23	38.94	44.79	50.85		64.20	8 / 7			
reaction time	0.243	interval	4.86	5.00	5.09	5.24		5.57	5.71	5.85	6.06					14.95	16.52	
		velocity	6.02	7.20	7.00	6.88	6.68		6.28	6.13	5.98	5.78		6.23		7.02	6.36	
H1 lead leg	R	strides	25	17	17	17	17		18	18	18	19		166				
FINAL - 2021 National Grand Prix (Chengdu, CHN)																		<i>CAA Hurdle Development (2021)</i>
date	02-Apr-21	time	6.95	11.63	16.46	21.46	26.56		31.77	37.29	42.87	48.52	54.17		60.69	3 / 1		
reaction time	0.207	interval	4.68	4.83	5.00	5.10		5.21	5.52	5.58	5.65	5.65	6.52			14.51	15.83	16.88
		velocity	6.47	7.48	7.25	7.00	6.86		6.72	6.34	6.27	6.19	6.19	6.13	6.59	7.24	6.63	6.22
H1 lead leg	L	strides	24	17	17	17	17		17	18	18	18	18	22	203			
Chen Liying (CHN) (1994)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2024 Chinese National Championships (Quzhou, CHN)																		
<i>Shandong Athletics Sport Science (2024)</i>																		
date	16-Sep-24	time	6.69	11.16	15.75	20.32	25.11		30.13	35.27	40.60	46.06	51.93		58.54	8 / 5		

reaction time	0.185	interval	4.47	4.59	4.57	4.79	5.02	5.14	5.33	5.46	5.87	6.61	13.63	14.95	16.66		
		velocity	6.73	7.83	7.63	7.66	7.31	6.97	6.81	6.57	6.41	5.96	6.05	6.83	7.70	7.02	6.30
H1 lead leg	R	strides	24	16	16	16	16	17	17	17	17	18	21.5	195.5			
FINAL - 2024 Second Belt & Road Invitational Athletics Meeting (Chongqing, CHN)																	
date	29-May-24	time	6.81	11.24	15.83	20.44	25.42	30.71	36.10	41.81	47.97	54.40	61.41	Shandong Athletics Sport Science (2024)			
reaction time	0.216	interval	4.43	4.59	4.61	4.98	5.29	5.39	5.71	6.16	6.43	7.01	13.63	15.66	18.30		
		velocity	6.61	7.90	7.63	7.59	7.03	6.62	6.49	6.13	5.68	5.44	5.71	6.51	7.70	6.70	5.74
H1 lead leg	R	strides	24	16	16	16	16	17	17	18	20	20	22	202			
FINAL - 2021 Chinese National Championships (Chongqing, CHN)																	
date	26-Jun-21	time	6.86	11.40	16.06	20.84	25.74	30.88	36.24	41.66	47.36	53.36	59.94	CAA Hurdle Development (2021)			
reaction time	0.202	interval	4.54	4.66	4.78	4.90	5.14	5.36	5.42	5.70	6.00	6.58	13.98	15.40	17.12		
		velocity	6.56	7.71	7.51	7.32	7.14	6.81	6.53	6.46	6.14	5.83	6.08	6.67	7.51	6.82	6.13
H1 lead leg	R	strides	24	16	16	16	16	17	17	17	18	19	21.7	197.7			
Heat 4 - 2021 Chinese National Championships (Chongqing, CHN)																	
date	26-Jun-21	time	6.79	11.33	15.99	20.74	25.59	30.64	35.88	41.26	46.81	52.70	59.20	CAA Hurdle Development (2021)			
reaction time	0.208	interval	4.54	4.66	4.75	4.85	5.05	5.24	5.38	5.55	5.89	6.50	PB	13.95	15.14	16.82	
		velocity	6.63	7.71	7.51	7.37	7.22	6.93	6.68	6.51	6.31	5.94	6.15	6.76	7.53	6.94	6.24
H1 lead leg	R	strides	24	16	16	16	16	17	17	17	18	19	21.7	197.7			
FINAL - 2020 Chinese Olympic Trials (Shaoxing, CHN)																	
date	13-Jun-21	time	6.56	10.98	15.70	20.62	25.71	30.86	36.29	41.91	47.96	54.22	61.27	CAA Hurdle Development (2021)			
reaction time	0.168	interval	4.42	4.72	4.92	5.09	5.15	5.43	5.62	6.05	6.26	7.05	14.06	15.67	17.93		
		velocity	6.86	7.92	7.42	7.11	6.88	6.80	6.45	6.23	5.79	5.59	5.67	6.53	7.47	6.70	5.86
H1 lead leg	R	strides	23	15	16	16	17	17	17	18	19	19	22	199			
FINAL - 2021 East China District Meeting (Zhaoqing, CHN)																	
date	25-Apr-21	time	6.96	11.72	16.48	21.38	26.42	31.76	37.34	43.16	49.18	55.12	61.86	CAA Hurdle Development (2021)			
reaction time	0.199	interval	4.76	4.76	4.90	5.04	5.34	5.58	5.82	6.02	5.94	6.74	14.42	15.96	17.78		
		velocity	6.47	7.35	7.35	7.14	6.94	6.55	6.27	6.01	5.81	5.89	5.93	6.47	7.28	6.58	5.91
H1 lead leg	R	strides	24	16	16	16	16	17	17	18	18	19	21.5	198.5			
Heat 1 - 2021 East China District Meeting (Zhaoqing, CHN)																	
date	25-Apr-21	time	6.87	11.41	16.10	20.84	25.74	30.85	36.10	41.61	47.63	53.75	60.55	CAA Hurdle Development (2021)			
reaction time	0.214	interval	4.54	4.69	4.74	4.90	5.11	5.25	5.51	6.02	6.12	6.80	13.97	15.26	17.65		
		velocity	6.55	7.71	7.46	7.38	7.14	6.85	6.67	6.35	5.81	5.72	5.88	6.61	7.52	6.88	5.95
H1 lead leg	R	strides	24	16	16	16	16	17	17	18	19	19	22	200			
FINAL - 2020 Chinese National Championships (Shaoxing, CHN)																	
date	17-Sep-20	time	6.75	11.25	16.00	20.83	25.74	30.96	36.33	42.21	48.12	54.25	61.14	CAA Hurdle Development (2020)			
reaction time		interval	4.50	4.75	4.83	5.04	5.14	5.37	5.88	5.91	6.13	6.89	14.08	15.50	17.92		
		velocity	6.67	7.78	7.37	7.25	7.14	6.88	6.52	6.27	5.92	5.71	5.81	6.54	7.46	6.77	5.86
H1 lead leg	R	strides	14	16	16	16	16	17	18	19	19	22	126				
Heat 1 - 2019 Chinese National Grand Prix Final (Daqing, CHN)																	
date	22-Aug-19	time	6.96	11.56	16.34	21.28	26.36	31.50	36.99	42.94	48.98	55.14	62.07	CAA Hurdle Development (2019)			
reaction time	0.226	interval	4.60	4.78	4.94	5.08	5.14	5.49	5.95	6.04	6.16	6.93	14.32	15.71	18.15		
		velocity	6.47	7.61	7.32	7.09	6.89	6.81	6.38	5.88	5.79	5.68	5.77	6.44	7.33	6.68	5.79
H1 lead leg	R	strides	24	18	17	17	17	17	18	19	19	19	22	207			
FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)																	
date	03-Aug-19	time	6.84	11.45	16.07	20.82	25.68	30.76	36.07	41.54	47.29	53.34	60.13	CAA Hurdle Development (2019)			
reaction time	0.185	interval	4.61	4.62	4.75	4.86	5.08	5.31	5.47	5.75	6.05	6.79	PB	13.98	15.25	17.27	
		velocity	6.58	7.59	7.58	7.37	7.20	6.89	6.59	6.40	6.09	5.79	5.89	6.65	7.51	6.89	6.08
H1 lead leg	R	strides	24	16	16	16	16	17	17	17	18	19	22.2	198.2			
Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN)																	
date	03-Aug-19	time	6.92	11.63	16.31	21.08	25.93	31.08	36.52	42.07	47.70	53.55	60.34	CAA Hurdle Development (2019)			
reaction time	0.193	interval	4.71	4.68	4.77	4.85	5.15	5.44	5.55	5.63	5.85	6.79	14.16	15.44	17.03		
		velocity	6.50	7.43	7.48	7.34	7.22	6.80	6.43	6.31	6.22	5.98	5.89	6.63	7.42	6.80	6.17
H1 lead leg	R	strides	24	16	16	16	16	17	18	18	18	18	22	199			
Heat 1 - 2019 Chinese National Championships (Shenyang, CHN)																	
date	09-Jul-19	time	6.90	11.48	16.13	20.83	25.66	30.69	35.94	41.41	47.16	53.37	60.26	CAA Hurdle Development (2019)			
reaction time	0.194	interval	4.58	4.65	4.70	4.83	5.03	5.25	5.47	5.75	6.21	6.89	PB	13.93	15.11	17.43	
		velocity	6.52	7.64	7.53	7.45	7.25	6.96	6.67	6.40	6.09	5.64	5.81	6.64	7.54	6.95	6.02
H1 lead leg	R	strides	24	16	16	16	16	17	17	17	18	20	22.5	199.5			
FINAL - 2019 Chinese National Grand Prix 4 (Luoyang, CHN)																	
date	29-May-19	time	7.05	11.61	16.28	20.95	25.79	30.88	36.28	42.01	47.86	53.95	60.83	CAA Hurdle Development (2019)			
reaction time		interval	4.56	4.67	4.67	4.84	5.09	5.40	5.73	5.85	6.09	6.88	13.90	15.33	17.67		
		velocity	6.38	7.68	7.49	7.49	7.23	6.88	6.48	6.11	5.98	5.75	5.81	6.58	7.55	6.85	5.94
H1 lead leg	L	strides	24	16	16	16	16	17	17	19	18	19	22	200			
Heat 5 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																	
														CAA Hurdle Development (2019)			

date	07-Apr-19	time	7.05	11.75	16.43	21.19	26.06	31.21	36.47	41.92	47.80	54.04	61.01	8 / 3						
reaction time	0.194	interval		4.70	4.68	4.76	4.87	5.15	5.26	5.45	5.88	6.24	6.97			14.14	15.28	17.57		
		velocity	6.38	7.45	7.48	7.35	7.19	6.80	6.65	6.42	5.95	5.61	5.74	6.56		7.43	6.87	5.98		
H1 lead leg	R	strides	24	16	16	16	16	17	17	17	18	20	23	200						
Heat 3 - 2018 Chinese National Championships (Taiyuan, CHN)														<i>Henson (2018) - coaching observations</i>						
date	15-Sep-18	time	7.00	11.60	16.32	21.17	26.34	31.59	36.97	42.63	48.34	54.28	61.00	4 / 4						
reaction time		interval		4.60	4.72	4.85	5.17	5.25	5.38	5.66	5.71	5.94	6.72			14.17	15.80	17.31		
		velocity	6.43	7.61	7.42	7.22	6.77	6.67	6.51	6.18	6.13	5.89	5.95	6.56		7.41	6.65	6.07		
H1 lead leg	L	strides	24	16	16	17	17	17	17	18	18	19	22	201						
Chen Qian (CHN) (2002)																				
U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)														<i>CAA Hurdle Development (2019)</i>						
date	17-Aug-19	time	7.22	12.06	17.00	21.96	27.12	32.46	38.22	44.30	50.64	57.20	65.02	2 / 6						
reaction time	0.144	interval		4.84	4.94	4.96	5.16	5.34	5.76	6.08	6.34	6.56	7.82			14.74	16.26	18.98		
		velocity	6.23	7.23	7.09	7.06	6.78	6.55	6.08	5.76	5.52	5.34	5.12	6.15		7.12	6.46	5.53		
H1 lead leg	L	strides	24	17	17	17	17	17	18	19	20	20	24	210						
Chen Zhuo (CHN) (2001)																				
Heat 3 - 2021 Chinese National Championships (Chongqing, CHN)														<i>CAA Hurdle Development (2021)</i>						
date	26-Jun-21	time	6.91	11.46	16.18	21.12	26.29	31.68	37.34	43.07	49.08	55.30	62.52	2 / 7						
reaction time	0.208	interval		4.55	4.72	4.94	5.17	5.39	5.66	5.73	6.01	6.22	7.22			14.21	16.22	17.96		
		velocity	6.51	7.69	7.42	7.09	6.77	6.49	6.18	6.11	5.82	5.63	5.54	6.40		7.39	6.47	5.85		
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	22	197						
Heat 1 - 2021 East China District Meeting (Zhaoqing, CHN)														<i>CAA Hurdle Development (2021)</i>						
date	25-Apr-21	time	7.02	11.61	16.22	20.97	25.99	31.35	36.87	42.73	48.82	55.04	62.21	6 / 4						
reaction time	0.247	interval		4.59	4.61	4.75	5.02	5.36	5.52	5.86	6.09	6.22	7.17			13.95	15.90	18.17		
		velocity	6.41	7.63	7.59	7.37	6.97	6.53	6.34	5.97	5.75	5.63	5.58	6.43		7.53	6.60	5.78		
H1 lead leg	L	strides	24	16	16	16	16	17	17	18	18	19	22	199						
Heat 2 - 2019 Chinese National Grand Prix Final (Daqing, CHN)														<i>CAA Hurdle Development (2019)</i>						
date	22-Aug-19	time	7.12	11.95	16.88	22.01	27.36	32.90	38.82	44.90	51.17	57.49	64.44	3 / 6						
reaction time	0.223	interval		4.83	4.93	5.13	5.35	5.54	5.92	6.08	6.27	6.32	6.95			14.89	16.81	18.67		
		velocity	6.32	7.25	7.10	6.82	6.54	6.32	5.91	5.76	5.58	5.54	5.76	6.21		7.05	6.25	5.62		
H1 lead leg	L	strides	23	17	17	17	17	17	18	18	19	19	22	204						
U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)														<i>CAA Hurdle Development (2019)</i>						
date	17-Aug-19	time	7.08	11.80	16.66	21.82	27.34	33.06	39.12	45.38	51.74	58.22	65.23	2 / 7						
reaction time	0.198	interval		4.72	4.86	5.16	5.52	5.72	6.06	6.26	6.36	6.48	7.01			14.74	17.30	19.10		
		velocity	6.36	7.42	7.20	6.78	6.34	6.12	5.78	5.59	5.50	5.40	5.71	6.13		7.12	6.07	5.50		
H1 lead leg	L	strides	23	16	16	16	17	17	18	18	19	19	22	201						
U20 Heat 1 - 2019 Chinese National Youth Games (Taiyuan, CHN)														<i>CAA Hurdle Development (2019)</i>						
date	17-Aug-19	time	6.88	11.64	16.52	21.50	26.68	32.10	37.80	43.72	49.94	56.24	63.25	3 / 4						
reaction time	0.172	interval		4.76	4.88	4.98	5.18	5.42	5.70	5.92	6.22	6.30	7.01			14.62	16.30	18.44		
		velocity	6.54	7.35	7.17	7.03	6.76	6.46	6.14	5.91	5.63	5.56	5.71	6.32		7.18	6.44	5.69		
H1 lead leg	L	strides	23	17	17	17	17	17	17	17	18	19	21.5	200.5						
Chi Wenjing (CHN)																				
U20 FINAL - 2022 Shandong Provincial Games (Rizhao, CHN)														<i>Shandong Athletics Sport Science (2022)</i>						
date	03-Sep-22	time	6.94	11.60	16.45	21.56	26.81	32.09	37.56	43.18	49.19	55.59	63.07	6 / 4						
reaction time	0.217	interval		4.66	4.85	5.11	5.25	5.28	5.47	5.62	6.01	6.40	7.48			14.62	16.00	18.03		
		velocity	6.48	7.51	7.22	6.85	6.67	6.63	6.40	6.23	5.82	5.47	5.35	6.34		7.18	6.56	5.82		
H1 lead leg	L	strides	24	16	16	17	17	17	18	18	19	20	24	206						
Chiba, Shiori (JPN)																				
FINAL - 2023 Japanese National High School Championships (Sapporo, JPN)														<i>Takashima (2023) - national high school sports festival - biomechanics data</i>						
date	04-Aug-23	time	6.92	11.46	16.12	20.92	25.76	30.71	35.80	40.97	46.30	51.67	57.85	5 / 2						
reaction time	0.252	interval		4.54	4.66	4.80	4.84	4.95	5.09	5.17	5.33	5.37	6.18			14.00	14.88	15.87		
		velocity	6.50	7.71	7.51	7.29	7.23	7.07	6.88	6.77	6.57	6.52	6.47	6.91		7.50	7.06	6.62		
H1 lead leg		strides	23	16	16	16	16	16	16	17	17	17	22	192						
Cho, Stephanie (CAN) (1997)																				
FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>						
date	12-Jun-21	time	6.67		15.63	20.30	25.17		40.73	46.07			57.48	1 / 8						
reaction time	0.298	interval			8.96	4.67	4.87		15.56	5.34			PB			13.63				
		velocity	6.75		7.81	7.49	7.19		6.75	6.55			6.96			7.70				
H1 lead leg	R	strides	22		15	15					16		68							
Churakova, Yelena (RUS) (1986)																				
FINAL - 2011 IAAF World Championships (Daegu, KOR)														<i>Behm (2011) - Le quatrache: Démus enfin!</i>						
date	01-Sep-11	time	6.4	10.7	15.2	19.6	24.1	28.8	33.6	38.6			55.31	7 / 8						
reaction time	0.173	interval		4.30	4.50	4.40	4.50	4.70	4.80	5.00						13.20	14.00			
		velocity	7.03	8.14	7.78	7.95	7.78	7.45	7.29	7.00			7.23			7.95	7.50			
H1 lead leg	R	strides	22	15	15	16	15	15	15	15			128							

Claes, Hanne (BEL) (1991)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 2 - 2024 Olympic Games (Paris, FRA)																		
<i>Paris 2024 Olympc Games - Results Book (2024)</i>																		
date	06-Aug-24	time	6.33	10.44	14.69	18.97	23.39		27.96	32.80	37.83	43.23	49.12	55.96	9 / 8			
reaction time	0.188	interval		4.11	4.25	4.28	4.42		4.57	4.84	5.03	5.40	5.89	6.84		12.64	13.83	16.32
		velocity	7.11	8.52	8.24	8.18	7.92		7.66	7.23	6.96	6.48	5.94	5.85	7.15	8.31	7.59	6.43
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	18	19	168				
Heat 4 - 2024 Olympic Games (Paris, FRA)																		
<i>Paris 2024 Olympc Games - Results Book (2024)</i>																		
date	04-Aug-24	time	6.38	10.50	14.81	19.16	23.59		28.15	33.10	38.16	43.31	48.59	54.80	9 / 4			
reaction time	0.186	interval		4.12	4.31	4.35	4.43		4.56	4.95	5.06	5.15	5.28	6.21		12.78	13.94	15.49
		velocity	7.05	8.50	8.12	8.05	7.90		7.68	7.07	6.92	6.80	6.63	6.44	7.30	8.22	7.53	6.78
H1 lead leg	R	strides	23	15	15	15	15		16	17	17	17	17	21	188			
Semi-Final 1 - 2024 European Athletics Championships (Roma, ITA)																		
<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																		
date	10-Jun-24	time	6.44	10.65	14.95	19.31	23.84		28.46	33.24	38.33	43.55	49.02	55.36	5 / 6			
reaction time	0.222	interval		4.21	4.30	4.36	4.53		4.62	4.78	5.09	5.22	5.47	6.34		12.87	13.93	15.78
		velocity	6.99	8.31	8.14	8.03	7.73		7.58	7.32	6.88	6.70	6.40	6.31	7.23	8.16	7.54	6.65
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	17	17	21	186			
FINAL - 2023 Memorial van Damme (Brussels, BEL)																		
<i>Omega Timing (2023) - diamond league race analysis</i>																		
date	08-Sep-23	time	6.37	10.45	14.70	19.07	23.57		28.22	33.11	38.19	43.37	48.70	54.95	4 / 7			
reaction time	0.205	interval		4.08	4.25	4.37	4.50		4.65	4.89	5.08	5.18	5.33	6.25		12.70	14.04	15.59
		velocity	7.06	8.58	8.24	8.01	7.78		7.53	7.16	6.89	6.76	6.57	6.40	7.28	8.27	7.48	6.74
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	21	185			
Semi-Final 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																		
<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																		
date	22-Aug-23	time	6.34	10.34	14.48	18.72	23.15		27.91	32.84		43.51	49.25	56.06	9 / 7			
reaction time	0.208	interval		4.00	4.14	4.24	4.43		4.76	4.93		10.67	5.74	6.81		12.38	14.12	16.41
		velocity	7.10	8.75	8.45	8.25	7.90		7.35	7.10		6.56	6.10	5.87	7.14	8.48	7.44	6.40
H1 lead leg	R	strides	23	15	15	15	15		16	16		16	18	21	170			
Heat 4 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																		
<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																		
date	21-Aug-23	time	6.43	10.76	15.16	19.43	23.96				38.64	43.86	49.16	55.13	1 / 3			
reaction time	0.193	interval		4.33	4.40	4.27	4.53				14.68	5.22	5.30	5.97		13.00		
		velocity	7.00	8.08	7.95	8.20	7.73				7.15	6.70	6.60	6.70	7.26	8.08		
H1 lead leg	R	strides	23		15	15	15		15			17	17	20.5	137.5			
Semi-Final 3 - 2022 European Athletics Championships (Munich, GER)																		
<i>European Athletics (2022) - european athletics championships race analysis</i>																		
date	18-Aug-22	time	6.20	10.25	14.40	18.64	23.01	24.94	27.53	32.25	37.57	42.80	48.51	55.31	5 / 4			
reaction time	0.192	interval		4.05	4.15	4.24	4.37		4.52	4.72	5.32	5.23	5.71	6.80		12.44	13.61	16.26
		velocity	7.26	8.64	8.43	8.25	8.01	8.02	7.74	7.42	6.58	6.69	6.13	5.88	7.23	8.44	7.71	6.46
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	17	18	21.7	185.7			
Heat 1 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																		
<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>																		
date	31-Jul-21	time	6.48	10.76	15.10	19.62	24.16		28.93	33.86	39.07	44.47	50.03	56.38	4 / 8			
reaction time	0.174	interval		4.28	4.34	4.52	4.54		4.77	4.93	5.21	5.40	5.56	6.35		13.14	14.24	16.17
		velocity	6.94	8.18	8.06	7.74	7.71		7.34	7.10	6.72	6.48	6.29	6.30	7.09	7.99	7.37	6.49
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	17	18	166				
Semi-Final 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																		
date	02-Oct-19	time	6.34	10.47	14.71		23.56			33.10	38.10	43.34	48.81	55.25	3 / 5			
reaction time	0.159	interval		4.13	4.24		8.85			9.54	5.00	5.24	5.47	6.44				15.71
		velocity	7.10	8.47	8.25		7.91			7.34	7.00	6.68	6.40	6.21	7.24			6.68
H1 lead leg	R	strides	23	15	15							17	17	21	108			
Claxton, Grace (PUR) (1993)																		
Repechage 1 - 2024 Olympic Games (Paris, FRA)																		
<i>Paris 2024 Olympc Games - Results Book (2024)</i>																		
date	05-Aug-24	time	6.39	10.60	14.88	19.28	23.86		28.49	33.39	38.56	43.92	49.48	55.94	6 / 4			
reaction time	0.209	interval		4.21	4.28	4.40	4.58		4.63	4.90	5.17	5.36	5.56	6.46		12.89	14.11	16.09
		velocity	7.04	8.31	8.18	7.95	7.64		7.56	7.14	6.77	6.53	6.29	6.19	7.15	8.15	7.44	6.53
H1 lead leg	R	strides	24	16	16	16	16		16	17	17	18	18	22	196			
Heat 4 - 2024 Olympic Games (Paris, FRA)																		
<i>Paris 2024 Olympc Games - Results Book (2024)</i>																		
date	04-Aug-24	time	6.46	10.82	15.26	19.76	24.34		29.09	34.08	39.16	44.48	49.85	56.29	3 / 6			
reaction time	0.210	interval		4.36	4.44	4.50	4.58		4.75	4.99	5.08	5.32	5.37	6.44		13.30	14.32	15.77
		velocity	6.97	8.03	7.88	7.78	7.64		7.37	7.01	6.89	6.58	6.52	6.21	7.11	7.89	7.33	6.66
H1 lead leg	R	strides	24	16	16	16	16		17	17	17	17	18	174				
Clayton, Rushell (JAM) (1992)																		
FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL)																		
<i>Omega Timing (2024) - diamond league race analysis</i>																		
date	25-Aug-24	time	6.21	10.11	14.11	18.28	22.61		27.15	31.97	37.00	42.00	47.02	53.11	7 / 3			
reaction time	0.131	interval		3.90	4.00	4.17	4.33		4.54	4.82	5.03	5.00	5.02	6.09		12.07	13.69	15.05
		velocity	7.25	8.97	8.75	8.39	8.08		7.71	7.26	6.96	7.00	6.97	6.57	7.53	8.70	7.67	6.98
H1 lead leg	L	strides	22	14	14	14	14		15	15	16	16	16	19	175			
FINAL - 2024 Athletissima (Lausanne, SUI)																		
<i>Omega Timing (2024) - diamond league race analysis</i>																		
date	22-Aug-24	time	6.15	10.03	14.05	18.15	22.45		27.04	31.72	36.55	41.63	46.89	53.32	4 / 2			

reaction time	0.159	interval	3.88	4.02	4.10	4.30	4.59	4.68	4.83	5.08	5.26	6.43	12.00	13.57	15.17		
		velocity	7.32	9.02	8.71	8.54	8.14	7.63	7.48	7.25	6.89	6.65	6.22	7.50	8.75	7.74	6.92
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	16	16	19	174			
FINAL - 2024 Olympic Games (Paris, FRA)													<i>Paris 2024 Olympic Games - Results Book (2024)</i>				
date	08-Aug-24	time	6.19	10.08	14.07	18.20	22.42	26.81	31.41	36.22	41.20	46.42	52.68	8 / 5			
reaction time	0.142	interval	3.89	3.99	4.13	4.22	4.39	4.60	4.81	4.98	5.22	6.26	12.01	13.21	15.01		
		velocity	7.27	9.00	8.77	8.47	8.29	7.97	7.61	7.28	7.03	6.70	6.39	7.59	8.74	7.95	7.00
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	16	16	19	158			
Semi-Final 1 - 2024 Olympic Games (Paris, FRA)													<i>Paris 2024 Olympic Games - Results Book (2024)</i>				
date	06-Aug-24	time	6.13	10.02	14.02	18.11	22.33	26.78	31.48	36.37	41.51	46.79	53.00	5 / 1			
reaction time	0.152	interval	3.89	4.00	4.09	4.22	4.45	4.70	4.89	5.14	5.28	6.21	11.98	13.37	15.31		
		velocity	7.34	9.00	8.75	8.56	8.29	7.87	7.45	7.16	6.81	6.63	6.44	7.55	8.76	7.85	6.86
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	16	16	19	174			
Heat 1 - 2024 Olympic Games (Paris, FRA)													<i>Paris 2024 Olympic Games - Results Book (2024)</i>				
date	04-Aug-24	time	6.15	10.11	14.19	18.38	22.84	27.61	32.54	37.60	42.81	47.98	54.32	7 / 1			
reaction time	0.148	interval	3.96	4.08	4.19	4.46	4.77	4.93	5.06	5.21	5.17	6.34	12.23	14.16	15.44		
		velocity	7.32	8.84	8.58	8.35	7.85	7.34	7.10	6.92	6.72	6.77	6.31	7.36	8.59	7.42	6.80
H1 lead leg	L	strides	22	14	14	14	15	15	15	15	16	16	19	174			
FINAL - 2024 London Athletics Meet (London, GBR)													<i>Omega Timing (2024) - diamond league race analysis</i>				
date	20-Jul-24	time	6.25	10.18	14.20	18.30	22.55	27.07	31.78	36.64	41.70	46.93	53.24	4 / 3			
reaction time	0.132	interval	3.93	4.02	4.10	4.25	4.52	4.71	4.86	5.06	5.23	6.31	12.05	13.48	15.15		
		velocity	7.20	8.91	8.71	8.54	8.24	7.74	7.43	7.20	6.92	6.69	6.34	7.51	8.71	7.79	6.93
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	16	16	19	142			
FINAL - 2024 Bauhaus Galan (Stockholm, SWE)													<i>Omega Timing (2024) - diamond league race analysis</i>				
date	02-Jun-24	time	6.26	10.19	14.21	18.30	22.55	27.08	31.93	37.09	42.30	47.56	53.78	6 / 2			
reaction time	0.142	interval	3.93	4.02	4.09	4.25	4.53	4.85	5.16	5.21	5.26	6.22	12.04	13.63	15.63		
		velocity	7.19	8.91	8.71	8.56	8.24	7.73	7.22	6.78	6.72	6.65	6.43	7.44	8.72	7.70	6.72
H1 lead leg	L	strides	22	14	14	14	14	15	16	16	16	16	19	176			
FINAL - 2024 Bislett Games (Oslo, NOR) (TV Analysis)													<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>				
date	30-May-24	time	6.29	10.32	14.35	18.52	22.82	27.46	32.23	37.31	42.42	47.77	54.02	5 / 2			
reaction time	0.147	interval	4.03	4.03	4.17	4.30	4.64	4.77	5.08	5.11	5.35	6.25	12.23	13.71	15.54		
		velocity	7.15	8.68	8.68	8.39	8.14	7.54	7.34	6.89	6.85	6.54	6.40	7.40	8.59	7.66	6.76
H1 lead leg	L	strides	22	14	14	14	14	15	15	16	16	16	19.2	175.2			
FINAL - 2024 Meeting International Mohammed VI d'Athlétisme (Marrakech, MAR) (TV Analysis)													<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>				
date	19-May-24	time	6.34	10.16	14.23	18.36	22.78	27.36	32.18	37.27	42.55	47.93	53.98	6 / 1			
reaction time	0.158	interval	3.82	4.07	4.13	4.42	4.58	4.82	5.09	5.28	5.38	6.05	12.02	13.82	15.75		
		velocity	7.10	9.16	8.60	8.47	7.92	7.64	7.26	6.88	6.63	6.51	6.61	7.41	8.74	7.60	6.67
H1 lead leg	L	strides	22	14	14	14	15	15	15	16	16	16	19.2	176.2			
FINAL - 2023 Prefontaine Classic (Eugene, OR)													<i>Omega Timing (2023) - diamond league race analysis</i>				
date	17-Sep-23	time	6.25	10.22	14.25	18.43	22.88	27.51	32.30	37.29	42.36	47.53	53.56	7 / 3			
reaction time	0.138	interval	3.97	4.03	4.18	4.45	4.63	4.79	4.99	5.07	5.17	6.03	12.18	13.87	15.23		
		velocity	7.20	8.82	8.68	8.37	7.87	7.56	7.31	7.01	6.90	6.77	6.63	7.47	8.62	7.57	6.89
H1 lead leg	L	strides	22	14	14	14	14	15	16	16	16	16	19	176			
FINAL - 2023 Memorial van Damme (Brussels, BEL)													<i>Omega Timing (2023) - diamond league race analysis</i>				
date	08-Sep-23	time	6.19	10.12	14.19	18.38	22.77	27.44	32.25	37.17	42.32	47.77	54.10	6 / 3			
reaction time	0.141	interval	3.93	4.07	4.19	4.39	4.67	4.81	4.92	5.15	5.45	6.33	12.19	13.87	15.52		
		velocity	7.27	8.91	8.60	8.35	7.97	7.49	7.28	7.11	6.80	6.42	6.32	7.39	8.61	7.57	6.77
H1 lead leg	L	strides	22	14	14	14	15	15	15	15	16	16	19.5	175.5			
FINAL - 2023 Xiamen Diamond League (Xiamen, CHN)													<i>Omega Timing (2023) - diamond league race analysis</i>				
date	02-Sep-23	time	6.30	10.30	14.40	18.60	22.90	27.50	32.20	37.10	42.20	47.40	53.56	5 / 1			
reaction time	0.138	interval	4.00	4.10	4.20	4.30	4.60	4.70	4.90	5.10	5.20	6.16	12.30	13.60	15.20		
		velocity	7.14	8.75	8.54	8.33	8.14	7.61	7.45	7.14	6.86	6.73	6.49	7.47	8.54	7.72	6.91
H1 lead leg	R	strides	23	14	15	15	15	15	15	16	16	16	19.2	179.2			
FINAL - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)													<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	24-Aug-23	time	6.31	10.39	14.42	18.36	22.59	27.06	31.63	36.43	41.47	46.68	52.81	8 / 3			
reaction time	0.147	interval	4.08	4.03	3.94	4.23	4.47	4.57	4.80	5.04	5.21	6.13	PB	12.05	13.27	15.05	
		velocity	7.13	8.58	8.68	8.88	8.27	7.83	7.66	7.29	6.94	6.72	6.53	7.57	8.71	7.91	6.98
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	16	16	20	175			
Semi-Final 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)													<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	22-Aug-23	time	6.34	10.44	14.51	18.48	22.72	27.23	31.90	36.73	41.86	47.19	53.30	5 / 1			
reaction time	0.190	interval	4.10	4.07	3.97	4.24	4.51	4.67	4.83	5.13	5.33	6.11	PB	12.14	13.42	15.29	
		velocity	7.10	8.54	8.60	8.82	8.25	7.76	7.49	7.25	6.82	6.57	6.55	7.50	8.65	7.82	6.87
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	16	16	19	174			
Heat 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)													<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				

date	21-Aug-23	time	6.28	10.27	14.42	18.69	23.12		27.72	32.46	37.36	42.43	47.75		53.97	3 / 4			
reaction time	0.156	interval		3.99	4.15	4.27	4.43		4.60	4.74	4.90	5.07	5.32	6.22			12.41	13.77	15.29
		velocity	7.17	8.77	8.43	8.20	7.90		7.61	7.38	7.14	6.90	6.58	6.43	7.41		8.46	7.63	6.87
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	19	178				
FINAL - 2023 London Athletics Meet (London, GBR)																<i>Omega Timing (2023) - diamond league race analysis</i>			
date	23-Jul-23	time	6.28	10.27	14.42	18.69	23.12		27.72	32.46	37.36	42.43	47.75		53.97	3 / 4			
reaction time	0.131	interval		3.99	4.15	4.27	4.43		4.60	4.74	4.90	5.07	5.32	6.22			12.41	13.77	15.29
		velocity	7.17	8.77	8.43	8.20	7.90		7.61	7.38	7.14	6.90	6.58	6.43	7.41		8.46	7.63	6.87
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	19	178				
FINAL - 2023 Bislett Games (Oslo, NOR)																<i>Omega Timing (2023) - diamond league race analysis</i>			
date	15-Jun-23	time	6.34	10.36	14.47	18.72	23.10		27.70	32.46	37.42	42.53	47.76		53.84	6 / 2			
reaction time	0.141	interval		4.02	4.11	4.25	4.38		4.60	4.76	4.96	5.11	5.23	6.08			12.38	13.74	15.30
		velocity	7.10	8.71	8.52	8.24	7.99		7.61	7.35	7.06	6.85	6.69	6.58	7.43		8.48	7.64	6.86
H1 lead leg	L	strides	22	15	14	14	15		15	15	16	16	16	20	178				
FINAL - 2023 Golden Gala Pietro Mennea (Firenze, ITA)																<i>Omega Timing (2023) - diamond league race analysis</i>			
date	02-Jun-23	time	6.38	10.55	14.82	19.13	23.62		28.21	33.05	38.04	43.26	48.53		54.71	5 / 6			
reaction time	0.133	interval		4.17	4.27	4.31	4.49		4.59	4.84	4.99	5.22	5.27	6.18			12.75	13.92	15.48
		velocity	7.05	8.39	8.20	8.12	7.80		7.63	7.23	7.01	6.70	6.64	6.47	7.31		8.24	7.54	6.78
H1 lead leg	L	strides	23	15	14	14	15		15	15	16	16	16	19	178				
FINAL - 2023 Meeting International Mohammed VI d'Athlétisme (Rabat, MAR)																<i>Omega Timing (2023) - diamond league race analysis</i>			
date	28-May-23	time	6.23	10.22	14.35	18.59	23.04		27.65	32.52	37.58	42.72	47.99		54.15	5 / 2			
reaction time	0.142	interval		3.99	4.13	4.24	4.45		4.61	4.87	5.06	5.14	5.27	6.16			12.36	13.93	15.47
		velocity	7.22	8.77	8.47	8.25	7.87		7.59	7.19	6.92	6.81	6.64	6.49	7.39		8.50	7.54	6.79
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	16	16	19.2	181.2				
FINAL - 2022 Weltklasse (Zürich, SUI) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	08-Sep-22	time	6.34	10.44		18.85	23.25	25.11	27.79	32.60	37.47	42.84	48.15		54.25	7 / 5			
reaction time	0.148	interval		4.10		8.41	4.40		4.54	4.81	4.87	5.37	5.31	6.10			12.51	13.75	15.55
		velocity	7.10	8.54		8.32	7.95	7.96	7.71	7.28	7.19	6.52	6.59	6.56	7.37		8.39	7.64	6.75
H1 lead leg	R	strides	23	15			16		15	16	16	17	17	19.2	154.2				
FINAL - 2022 Athletissima (Lausanne, SUI) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	26-Aug-22	time	6.36	10.53	14.76	19.13	23.57		28.13	32.88	37.90	<i>fell</i>			<i>dnf</i>	6 / --			
reaction time	0.161	interval		4.17	4.23	4.37	4.44		4.56	4.75	5.02						12.77	13.75	
		velocity	7.08	8.39	8.27	8.01	7.88		7.68	7.37	6.97						8.22	7.64	
H1 lead leg	R	strides	22	15	15	15	15		15	15	16			128					
FINAL - 2022 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	10-Aug-22	time	6.30	10.33	14.53	18.77	23.07	24.92	27.50	32.10	36.93	42.07	47.30		53.33	6 / 1			
reaction time	0.179	interval		4.03	4.20	4.24	4.30		4.43	4.60	4.83	5.14	5.23	6.03	PB		12.47	13.33	15.20
		velocity	7.14	8.68	8.33	8.25	8.14	8.03	7.90	7.61	7.25	6.81	6.69	6.63	7.50		8.42	7.88	6.91
H1 lead leg	L	strides	21	15	15	15	15		15	15	16	16	17	19.7	179.7				
FINAL - 2022 Gyulai István Memorial (Székesfehérvár, HUN) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	08-Aug-22	time	6.36	10.53	14.90	19.33	23.93		28.56	33.33	38.26	43.30	48.43		54.45	7 / 3			
reaction time	0.196	interval		4.17	4.37	4.43	4.60		4.63	4.77	4.93	5.04	5.13	6.02			12.97	14.00	15.10
		velocity	7.08	8.39	8.01	7.90	7.61		7.56	7.34	7.10	6.94	6.82	6.64	7.35		8.10	7.50	6.95
H1 lead leg	L	strides	22	15	15	15	15		15		16	16	16	145					
FINAL - 2022 Commonwealth Games (Birmingham, GBR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	06-Aug-22	time	6.36	10.46	14.40	18.63	23.00	25.0	27.77	32.43	37.20	42.40	47.83		54.67	5 / 4			
reaction time	0.147	interval		4.10	3.94	4.23	4.37		4.77	4.66	4.77	5.20	5.43	6.84			12.27	13.80	15.40
		velocity	7.08	8.54	8.88	8.27	8.01	8.00	7.34	7.51	7.34	6.73	6.45	5.85	7.32		8.56	7.61	6.82
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	17	20	181				
FINAL - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	22-Jul-22	time	6.40	10.57	14.73	19.00	23.43	25.19		32.67	37.67	42.83	48.07		54.36	2 / 6			
reaction time	0.145	interval		4.17	4.16	4.27	4.43			9.24	5.00	5.16	5.24	6.29			12.60	13.67	15.40
		velocity	7.03	8.39	8.41	8.20	7.90	7.94		7.58	7.00	6.78	6.68	6.36	7.36		8.33	7.68	6.82
H1 lead leg	L	strides	22	15	15	15	15				16	16	16	130					
Semi-Final 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	20-Jul-22	time	6.20	10.27	14.40	18.60	23.04	25.07	27.57	32.30	37.10	42.27	47.40		53.63	8 / 3			
reaction time	0.169	interval		4.07	4.13	4.20	4.44		4.53	4.73	4.80	5.17	5.13	6.23	PB		12.40	13.70	15.10
		velocity	7.26	8.60	8.47	8.33	7.88	7.98	7.73	7.40	7.29	6.77	6.82	6.42	7.46		8.47	7.66	6.95
H1 lead leg	L	strides	22	14	14	15	15		15	15	15	16	16	19.2	176.2				
Heat 5 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	19-Jul-22	time	6.40	10.53	14.77	19.07	23.50	25.27	28.06		37.96	43.30	48.74		54.99	2 / 4			
reaction time	0.157	interval		4.13	4.24	4.30	4.43		4.56		9.90	5.34	5.44	6.25			12.67		
		velocity	7.03	8.47	8.25	8.14	7.90	7.91	7.68		7.07	6.55	6.43	6.40	7.27		8.29		
H1 lead leg	L	strides	22	15	15	15	15		15			17	17	19.5	150.5				

FINAL - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis)

date	30-Jun-22	time	6.46	10.68	14.84	19.08	23.44	25.32	27.96	32.66	37.58	42.58	47.80	53.90	7 / 2			
reaction time	0.143	interval		4.22	4.16	4.24	4.36		4.52	4.70	4.92	5.00	5.22	6.10		12.62	13.58	15.14
		velocity	6.97	8.29	8.41	8.25	8.03	7.90	7.74	7.45	7.11	7.00	6.70	6.56	7.42	8.32	7.73	6.94
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	16	16	19.7	181.7			

Henson (2022) - Athlete First: 2022 year end hurdle report

FINAL - 2022 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)

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

Henson (2022) - Athlete First: 2022 year end hurdle report

FINAL - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)

date	04-Oct-19	time	6.42	10.61	14.87	19.24	23.79		28.38	33.16	38.00	42.91	47.91	53.74	5 / 3			
reaction time	0.137	interval		4.19	4.26	4.37	4.55		4.59	4.78	4.84	4.91	5.00	5.83		12.82	13.92	14.75
		velocity	7.01	8.35	8.22	8.01	7.69		7.63	7.32	7.23	7.13	7.00	6.86	7.44	8.19	7.54	7.12
H1 lead leg	L	strides	23	15	15	15	15		15	16	15	16	16	19	180			

Henson (2020) - Athlete First: 2019 year end hurdle report

Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)

date	02-Oct-19	time	6.44	10.64	14.88	19.28	23.84		28.52	33.36	38.32	43.36	48.36	54.17	7 / 1			
reaction time	0.148	interval		4.20	4.24	4.40	4.56		4.68	4.84	4.96	5.04	5.00	5.81		12.84	14.08	15.00
		velocity	6.99	8.33	8.25	7.95	7.68		7.48	7.23	7.06	6.94	7.00	6.88	7.38	8.18	7.46	7.00
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	16	16	19	181			

Henson (2020) - Athlete First: 2019 year end hurdle report

Heat 5 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)

date	01-Oct-19	time	6.60	10.76	15.04	19.36	23.88			33.60	38.68	43.88	49.16	55.23	7 / 1			
reaction time	0.176	interval		4.16	4.28	4.32	4.52			9.72	5.08	5.20	5.28	6.07		12.76	14.24	15.56
		velocity	6.82	8.41	8.18	8.10	7.74			7.20	6.89	6.73	6.63	6.59	7.24	8.23	7.37	6.75
H1 lead leg	L	strides	23	15	15	15	15			16	16	16	16	19	135			

Henson (2021) - Athlete First: 2019 year end hurdle report

FINAL - 2019 Pan American Games (Lima, PER) (TV Analysis)

date	08-Aug-19	time	6.38	10.44	14.65	18.96		28.24	33.14	38.27	43.58	49.00		55.53	4 / 3			
reaction time	0.188	interval		4.06	4.21	4.31		9.28	4.90	5.13	5.31	5.42	6.53			12.58	14.18	15.86
		velocity	7.05	8.62	8.31	8.12		7.54	7.14	6.82	6.59	6.46	6.13	7.20		8.35	7.40	6.62
H1 lead leg	L	strides	23	15	15	15			16	16	17	17	21.2	155.2				

Henson (2020) - Athlete First: 2019 year end hurdle report

FINAL - 2019 Müller Anniversary Games (London, GBR) (TV Analysis)

date	21-Jul-19	time	6.52	10.70	15.00	19.40	23.92		28.64	33.48	38.40	43.36	48.36	54.16	4 / 1			
reaction time	0.165	interval		4.18	4.30	4.40	4.52		4.72	4.84	4.92	4.96	5.00	5.80		12.88	14.08	14.88
		velocity	6.90	8.37	8.14	7.95	7.74		7.42	7.23	7.11	7.06	7.00	6.90	7.39	8.15	7.46	7.06
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	16	16	19.5	181.5			

Henson (2020) - Athlete First: 2019 year end hurdle report

FINAL - 2019 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)

date	12-Jul-19	time	6.48	10.56	14.80	19.20		25.6	33.24	38.32	43.56	48.84		54.82	1 / 5			
reaction time	0.183	interval		4.08	4.24	4.40			14.04	5.08	5.24	5.28	5.98			12.72	14.04	15.60
		velocity	6.94	8.58	8.25	7.95	7.81		7.48	6.89	6.68	6.63	6.69	7.30		8.25	7.48	6.73
H1 lead leg	L	strides	22	15	15	15			16	17	17	17	19.5	136.5				

Henson (2020) - Athlete First: 2019 year end hurdle report

Cockrell, Anna (USA) (1997)

date	14-Sep-24	time	6.21	10.17	14.30	18.58	22.96		27.49	32.18	37.06	42.08	47.37		53.71	4 / 2		
reaction time	0.168	interval		3.96	4.13	4.28	4.38		4.53	4.69	4.88	5.02	5.29	6.34		12.37	13.60	15.19
		velocity	7.25	8.84	8.47	8.18	7.99		7.73	7.46	7.17	6.97	6.62	6.31	7.45	8.49	7.72	6.91
H1 lead leg	L	strides	22	14	14	14	14		14	15	15	16	16	19.7	173.7			

Omega Timing (2024) - diamond league race analysis

FINAL - 2024 Weltklasse (Züch, SUI)

date	05-Sep-24	time	6.07	9.99	14.10	18.23	22.53		27.09	31.83	36.77	41.75	46.96		53.17	4 / 2		
reaction time	0.152	interval		3.92	4.11	4.13	4.30		4.56	4.74	4.94	4.98	5.21	6.21		12.16	13.60	15.13
		velocity	7.41	8.93	8.52	8.47	8.14		7.68	7.38	7.09	7.03	6.72	6.44	7.52	8.63	7.72	6.94
H1 lead leg	L	strides	21	13	13	13	14		14	14	15	15	15	20	167			

Omega Timing (2024) - diamond league race analysis

FINAL - 2024 Golden Gala • Pietro Mennea (Roma, ITA)

date	30-Aug-24	time	6.12	10.02	14.04	18.21	22.62		27.11	31.71	36.54	41.48	46.54		52.59	4 / 1		
reaction time	0.161	interval		3.90	4.02	4.17	4.41		4.49	4.60	4.83	4.94	5.06	6.05		12.09	13.50	14.83
		velocity	7.35	8.97	8.71	8.39	7.94		7.80	7.61	7.25	7.09	6.92	6.61	7.61	8.68	7.78	7.08
H1 lead leg	L	strides	22	13			14		14	14	15	15	15	19	141			

Omega Timing (2024) - diamond league race analysis

FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL)

date	25-Aug-24	time	6.20	10.13	14.20	18.48	22.94		27.51	32.29	37.14	42.04	46.94		52.88	5 / 2		
reaction time	0.167	interval		3.93	4.07	4.28	4.46		4.57	4.78	4.85	4.90	4.90	5.94		12.28	13.81	14.65
		velocity	7.26	8.91	8.60	8.18	7.85		7.66	7.32	7.22	7.14	7.14	6.73	7.56	8.55	7.60	7.17
H1 lead leg	L	strides	22	13	13	14	14		14	14	15	15	15	19	168			

Omega Timing (2024) - diamond league race analysis

FINAL - 2024 Olympic Games (Paris, FRA)

date	08-Aug-24	time	6.10	9.98	13.94	18.09	22.40		26.72	31.28	35.96	40.84	45.84		51.87	7 / 2		
reaction time	0.158	interval		3.88	3.96	4.15	4.31		4.32	4.56	4.68	4.88	5.00	6.03		11.99	13.19	14.56
		velocity	7.38	9.02	8.84	8.43	8.12		8.10	7.68	7.48	7.17	7.00	6.63	7.71	8.76	7.96	7.21

Paris 2024 Olympic Games - Results Book (2024)

H1 lead leg	R	strides	22	13	14	14	14	14	14	14	15	15	15	19	169			
Semi-Final 3 - 2024 Olympic Games (Paris, FRA)																		
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																		
date	06-Aug-24	time	6.14	10.10	14.25	18.59	23.06	27.52	32.13	36.91	41.87	46.91	52.90	7 / 2				
reaction time	0.178	interval	3.96	4.15	4.34	4.47	4.46	4.61	4.78	4.96	5.04	5.99			12.45	13.54	14.78	
		velocity	7.33	8.84	8.43	8.06	7.83	7.85	7.59	7.32	7.06	6.94	6.68	7.56	8.43	7.75	7.10	
H1 lead leg	R	strides	22	13	14	14	14	14	14	14	15	15	19	168				
Heat 4 - 2024 Olympic Games (Paris, FRA)																		
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																		
date	04-Aug-24	time	6.29	10.39	14.71	19.08	23.54	28.03	32.73	37.56	42.68	47.76	53.91	8 / 1				
reaction time	0.209	interval	4.10	4.32	4.37	4.46	4.49	4.70	4.83	5.12	5.08	6.15			12.79	13.65	15.03	
		velocity	7.15	8.54	8.10	8.01	7.85	7.80	7.45	7.25	6.84	6.89	6.50	7.42	8.21	7.69	6.99	
H1 lead leg	R	strides	22	13	13	14	14	14	14	14	15	15	19	167				
FINAL - 2024 USA Olympic Trials (Eugene, OR)																		
<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																		
date	30-Jun-24	time	6.23	10.14	14.22	18.48	22.83	24.85	27.40	32.05	36.86	41.81	46.74	52.64	6 / 2			
reaction time		interval	3.91	4.08	4.26	4.35	4.57	4.65	4.81	4.95	4.93	5.90	PB		12.25	13.57	14.69	
		velocity	7.22	8.95	8.58	8.22	8.05	7.66	7.53	7.28	7.07	7.10	6.78	7.60	8.57	7.74	7.15	
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	15	19	172				
Semi-Final 3 - 2024 USA Olympic Trials (Eugene, OR)																		
<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																		
date	29-Jun-24	time	6.22	10.06	14.14	18.48	22.83	24.83	27.33	31.99	36.89	41.91	47.02	52.95	5 / 1			
reaction time		interval	3.84	4.08	4.34	4.35	4.50	4.66	4.90	5.02	5.11	5.93	PB		12.26	13.51	15.03	
		velocity	7.23	9.11	8.58	8.06	8.05	7.78	7.51	7.14	6.97	6.85	6.75	7.55	8.56	7.77	6.99	
H1 lead leg	R	strides	22	14	14	14	14	14	15	15	15	15	19	171				
Heat 3 - 2024 USA Olympic Trials (Eugene, OR)																		
<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																		
date	27-Jun-24	time	6.26	10.09	14.25	18.47	22.84	24.92	27.57	32.53	37.71	43.13	48.53	54.71	3 / 1			
reaction time		interval	3.83	4.16	4.22	4.37	4.73	4.96	5.18	5.42	5.40	6.18			12.21	14.06	16.00	
		velocity	7.19	9.14	8.41	8.29	8.01	8.03	7.40	7.06	6.76	6.46	6.48	6.47	7.31	8.60	7.47	6.56
H1 lead leg		strides																
FINAL - 2023 Prefontaine Classic (Eugene, OR)																		
<i>Omega Timing (2023) - diamond league race analysis</i>																		
date	17-Sep-23	time	6.07	10.07	14.20	18.41	22.87	27.58	32.45	37.43	42.63	48.04	54.48	4 / 5				
reaction time	0.139	interval	4.00	4.13	4.21	4.46	4.71	4.87	4.98	5.20	5.41	6.44			12.34	14.04	15.59	
		velocity	7.41	8.75	8.47	8.31	7.85	7.43	7.19	7.03	6.73	6.47	6.21	7.34	8.51	7.48	6.74	
H1 lead leg	R	strides	22	14		14		15	15	15	15	16	126					
FINAL - 2023 Memorial van Damme (Brussels, BEL)																		
<i>Omega Timing (2023) - diamond league race analysis</i>																		
date	08-Sep-23	time	6.12	9.98	14.06	18.26	22.65	27.38	32.21	37.15	42.34	47.82	54.29	2 / 4				
reaction time	0.218	interval	3.86	4.08	4.20	4.39	4.73	4.83	4.94	5.19	5.48	6.47			12.14	13.95	15.61	
		velocity	7.35	9.07	8.58	8.33	7.97	7.40	7.25	7.09	6.74	6.39	6.18	7.37	8.65	7.53	6.73	
H1 lead leg	R	strides	22	14	14			15	15	15	15	16	19.7	145.7				
FINAL - 2023 Xiamen Diamond League (Xiamen, CHN)																		
<i>Omega Timing (2023) - diamond league race analysis</i>																		
date	02-Sep-23	time	6.06	9.92	14.02	18.31	22.80	27.58	32.39	37.49	42.71	48.04	54.56	4 / 6				
reaction time	0.182	interval	3.86	4.10	4.29	4.49	4.78	4.81	5.10	5.22	5.33	6.52			12.25	14.08	15.65	
		velocity	7.43	9.07	8.54	8.16	7.80	7.32	7.28	6.86	6.70	6.57	6.13	7.33	8.57	7.46	6.71	
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	16	16	19.7	174.7				
FINAL - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																		
<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																		
date	24-Aug-23	time	6.17	10.12	14.11	18.05	22.39	26.92	31.49	41.47	46.88	53.34	9 / 5					
reaction time	0.189	interval	3.95	3.99	3.94	4.34	4.53	4.57	9.98	5.41	6.46	PB		11.88	13.44	15.39		
		velocity	7.29	8.86	8.77	8.88	8.06	7.73	7.66	7.01	6.47	6.19	7.50	8.84	7.81	6.82		
H1 lead leg	R	strides	22	14	14	14	14	15	15		16	20	144					
Semi-Final 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																		
<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																		
date	22-Aug-23	time	6.27	10.31	14.38	18.48	22.96	27.76	32.53	37.37	42.45	47.65	53.63	7 / 2				
reaction time	0.199	interval	4.04	4.07	4.10	4.48	4.80	4.77	4.84	5.08	5.20	5.98	PB		12.21	14.05	15.12	
		velocity	7.18	8.66	8.60	8.54	7.81	7.29	7.34	7.23	6.89	6.73	6.69	7.46	8.60	7.47	6.94	
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	16	19	173				
Heat 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																		
<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																		
date	21-Aug-23	time	6.33	10.36	14.43	18.75	23.33	28.00	32.83	37.83	43.06	48.46	54.68	9 / 2				
reaction time	0.211	interval	4.03	4.07	4.32	4.58	4.67	4.83	5.00	5.23	5.40	6.22			12.42	14.08	15.63	
		velocity	7.11	8.68	8.60	8.10	7.64	7.49	7.25	7.00	6.69	6.48	6.43	7.32	8.45	7.46	6.72	
H1 lead leg	R	strides	22	14	14	15	15	15	15	15	16	16	19.2	176.2				
FINAL - 2023 USATF National Championships (Eugene, OR) (TV Analysis)																		
<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																		
date	09-Jul-23	time	6.24	10.21	14.51	18.95	23.52	28.16	32.83	37.70	42.87	48.08	54.24	6 / 3				
reaction time		interval	3.97	4.30	4.44	4.57	4.64	4.67	4.87	5.17	5.21	6.16			12.71	13.88	15.25	
		velocity	7.21	8.82	8.14	7.88	7.66	7.54	7.49	7.19	6.77	6.72	6.49	7.37	8.26	7.56	6.89	
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	16	16	20	175				
FINAL - 2022 USATF National Championships (Eugene, OR)																		
<i>USATF (2022) - Results powered by Karmarush</i>																		
date	25-Jun-22	time	6.17	10.08	14.21	18.52	23.05	25.07	27.67	32.27	37.31	42.44	47.73	54.03	53.98	7 / 4		
reaction time		interval	3.91	4.13	4.31	4.53	4.62	4.60	5.04	5.13	5.29	6.25			12.35	13.75	15.46	

H1 lead leg	L	velocity	7.29	8.95	8.47	8.12	7.73	7.98	7.58	7.61	6.94	6.82	6.62	6.40	7.41	8.50	7.64	6.79	
		strides	22	14	14	15	15		15	16	15	16			142				
Semi-Final 2 - 2022 USATF National Championships (Eugene, OR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	24-Jun-22	time	6.23	10.23	14.50	19.06	23.83	25.85	28.76	33.80	38.83	44.00	49.26		55.54	5 / 2			
reaction time		interval		4.00	4.27	4.56	4.77		4.93	5.04	5.03	5.17	5.26	6.28			12.83	14.74	15.46
		velocity	7.22	8.75	8.20	7.68	7.34	7.74	7.10	6.94	6.96	6.77	6.65	6.37	7.20		8.18	7.12	6.79
H1 lead leg	L	strides	22	14	14	15	15		15	16	16	16	16	20	179				
FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	04-Aug-21	time	6.28	10.44	14.64	19.00	23.52		28.12	32.80	37.76	42.80	47.96		54.22	8 / 7		(no official time given)	
reaction time		interval		4.16	4.20	4.36	4.52		4.60	4.68	4.96	5.04	5.16	6.26	DQ		12.72	13.80	15.16
		velocity	7.17	8.41	8.33	8.03	7.74		7.61	7.48	7.06	6.94	6.78	6.39	7.38		8.25	7.61	6.93
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	16		160				
Semi-Final 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>			
date	02-Aug-21	time	6.33	10.52	14.93	19.33	23.93		28.70	33.40	38.23	43.16	48.30		54.17	8 / 2			
reaction time	0.174	interval		4.19	4.41	4.40	4.60		4.77	4.70	4.83	4.93	5.14	5.87			13.00	14.07	14.90
		velocity	7.11	8.35	7.94	7.95	7.61		7.34	7.45	7.25	7.10	6.81	6.81	7.38		8.08	7.46	7.05
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	16	19.7	177.7				
Heat 1 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>			
date	31-Jul-21	time	6.30	10.43	14.70	19.23	23.86		28.70	33.50	38.68	43.77	49.13		55.37	7 / 3			
reaction time	0.213	interval		4.13	4.27	4.53	4.63		4.84	4.80	5.18	5.09	5.36	6.24			12.93	14.27	15.63
		velocity	7.14	8.47	8.20	7.73	7.56		7.23	7.29	6.76	6.88	6.53	6.41	7.22		8.12	7.36	6.72
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	16	20	180				
FINAL - 2020 USA Olympic Trials (Eugene, OR)																<i>Athlete Tracking (2021) - Women's 400mH - Unofficial Split Times</i>			
date	27-Jun-21	time	6.32	10.46	14.69	19.10	23.56	25.53	28.14	32.81	37.60	42.51	47.61		53.70	9 / 3			
reaction time	0.201	interval		4.14	4.23	4.41	4.46		4.58	4.67	4.79	4.91	5.10	6.09	PB		12.78	13.71	14.80
		velocity	7.12	8.45	8.27	7.94	7.85	7.83	7.64	7.49	7.31	7.13	6.86	6.57	7.45		8.22	7.66	7.09
H1 lead leg	L	strides		15	15	15	15		15	15	15	16	16		137				
Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	26-Jun-21	time	6.30	10.51	14.91	19.45	24.15		29.06	33.96	38.97	43.94	49.01		55.10	8 / 3			
reaction time	0.177	interval		4.21	4.40	4.54	4.70		4.91	4.90	5.01	4.97	5.07	6.09			13.15	14.51	15.05
		velocity	7.14	8.31	7.95	7.71	7.45		7.13	7.14	6.99	7.04	6.90	6.57	7.26		7.98	7.24	6.98
H1 lead leg	L	strides		15	15	15	15		16	15	16	16	16		139				
Heat 3 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	25-Jun-21	time	6.40	10.70	15.20	19.73	24.50		29.46	34.70	39.73	44.90	50.26		56.83	7 / 2			
reaction time	0.196	interval		4.30	4.50	4.53	4.77		4.96	5.24	5.03	5.17	5.36	6.57			13.33	14.97	15.56
		velocity	7.03	8.14	7.78	7.73	7.34		7.06	6.68	6.96	6.77	6.53	6.09	7.04		7.88	7.01	6.75
H1 lead leg	L	strides	22	15	15	15	15		15	16	15	16	16	20	180				
FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	12-Jun-21	time	6.27	10.53	14.87	19.40	24.13		28.93	33.80	38.67	43.67	48.67		54.68	6 / 1			
reaction time	0.166	interval		4.26	4.34	4.53	4.73		4.80	4.87	4.87	5.00	5.00	6.01	PB		13.13	14.40	14.87
		velocity	7.18	8.22	8.06	7.73	7.40		7.29	7.19	7.19	7.00	7.00	6.66	7.32		8.00	7.29	7.06
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	19.7	178.7				
FINAL - 2019 Pan American Games (Lima, PER) (TV Analysis)																<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	08-Aug-19	time	6.34	10.38	14.83	19.38	24.03		28.79	33.72	38.76	43.89			55.50	8 / 2			
reaction time	0.247	interval		4.04	4.45	4.55	4.65		4.76	4.93	5.04	5.13					13.04	14.34	
		velocity	7.10	8.66	7.87	7.69	7.53		7.35	7.10	6.94	6.82			7.21		8.05	7.32	
H1 lead leg	L	strides	22	14	15	15	15		15	15	16	16		143					
FINAL - 2018 USATF National Championships (Des Moines, IA) (TV Analysis)																<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	24-Jun-18	time	6.17	10.17	14.34	18.68	23.29			33.06	38.30	43.74	49.45		56.14	8 / 5			
reaction time		interval		4.00	4.17	4.34	4.61			9.77	5.24	5.44	5.71	6.69			12.51	14.38	16.39
		velocity	7.29	8.75	8.39	8.06	7.59			7.16	6.68	6.43	6.13	5.98	7.13		8.39	7.30	6.41
H1 lead leg	L	strides	22	14	15	15	15				16	17	17		131				
FINAL - 2018 NCAA Championships (Eugene, OR) (TV Analysis)																<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	09-Jun-18	time	6.43	10.43		19.16	23.73		28.56	33.63	38.80	44.06	49.40		55.71	5 / 2			
reaction time		interval		4.00		8.73	4.57		4.83	5.07	5.17	5.26	5.34	6.31			12.73	14.47	15.77
		velocity	7.00	8.75		8.02	7.66		7.25	6.90	6.77	6.65	6.55	6.34	7.18		8.25	7.26	6.66
H1 lead leg	L	strides		14		15			16	16	16	16	20.5	113.5					
Cojocaru, Cristieana (ROU) (1962)																<i>Behm (1995) - la tactique du 400 haies</i>			
FINAL - 1984 Olympic Games (Los Angeles, CA)																			
date	08-Aug-84	time	6.3	10.6	15.0	19.4	24.1		28.8	33.5	38.7	44.0	49.3		55.41	2 / 3			
reaction time	0.237	interval		4.30	4.40	4.40	4.70		4.70	4.70	5.20	5.30	5.30	6.11			13.10	14.10	15.80
		velocity	7.14	8.14	7.95	7.95	7.45		7.45	7.45	6.73	6.60	6.60	6.55	7.22		8.02	7.45	6.65
H1 lead leg		strides	22	15	15	15	15		15	15	16	16	17	21	182				
Coleman, Ayana (USA) (1979)																			

FINAL - 1996 USATF National Junior Championships (Delaware, OH)

USATF Women's Sprint Development (1996)

date	29-Jun-96	time	7.04	11.73	16.48	21.33	26.29		31.35	37.05	43.08	49.16	55.44		63.74	1 / 8			
reaction time		interval		4.69	4.75	4.85	4.96		5.06	5.70	6.03	6.08	6.28	8.30			14.29	15.72	18.39
		velocity	6.39	7.46	7.37	7.22	7.06		6.92	6.14	5.80	5.76	5.57	4.82	6.28		7.35	6.68	5.71
H1 lead leg		strides																	

Couckuyt, Paulien (BEL) (1997)

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

FINAL - 2024 Memorial van damme (Brussels, BEL)																			
Omega Timing (2024) - diamond league race analysis																			
date	14-Sep-24	time	6.40	10.46	14.66	19.05	23.57		28.31	33.35	38.49	43.76	49.18		55.66	1 / 6			
reaction time	0.172	interval		4.06	4.20	4.39	4.52		4.74	5.04	5.14	5.27	5.42	6.48			12.65	14.30	15.83
		velocity	7.03	8.62	8.33	7.97	7.74		7.38	6.94	6.81	6.64	6.46	6.17	7.19		8.30	7.34	6.63
H1 lead leg	L	strides	23				15		16	16	17	17	18	21.2	143.2				

FINAL - 2024 Athletissima (Lausanne, SUI)

Omega Timing (2024) - diamond league race analysis

date	22-Aug-24	time	6.32	10.35	14.53	18.83	23.28		28.05	32.99	38.16	43.48	49.06		55.53	1 / 6			
reaction time	0.193	interval		4.03	4.18	4.30	4.45		4.77	4.94	5.17	5.32	5.58	6.47			12.51	14.16	16.07
		velocity	7.12	8.68	8.37	8.14	7.87		7.34	7.09	6.77	6.58	6.27	6.18	7.20		8.39	7.42	6.53
H1 lead leg	L	strides	23	15	15	15	15				16	17	17	21.5	154.5				

Semi-Final 3 - 2024 Olympic Games (Paris, FRA)

Paris 2024 Olympic Games - Results Book (2024)

date	06-Aug-24	time	6.29	10.37	14.56	18.84	23.24		27.84	32.67	37.71	43.00	48.37		54.64	9 / 5			
reaction time	0.175	interval		4.08	4.19	4.28	4.40		4.60	4.83	5.04	5.29	5.37	6.27			12.55	13.83	15.70
		velocity	7.15	8.58	8.35	8.18	7.95		7.61	7.25	6.94	6.62	6.52	6.38	7.32		8.37	7.59	6.69
H1 lead leg	L	strides	23	15	15	15	15		16						99				

Heat 2 - 2024 Olympic Games (Paris, FRA)

Paris 2024 Olympic Games - Results Book (2024)

date	04-Aug-24	time	6.45	10.57	14.83	19.16	23.68		28.48	33.50	38.56	43.68	48.84		54.90	2 / 4			
reaction time	0.228	interval		4.12	4.26	4.33	4.52		4.80	5.02	5.06	5.12	5.16	6.06			12.71	14.34	15.34
		velocity	6.98	8.50	8.22	8.08	7.74		7.29	6.97	6.92	6.84	6.78	6.60	7.29		8.26	7.32	6.84
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	20	186				

Semi-Final 3 - 2024 European Athletics Championships (Roma, ITA)

European Athletics (2024) - 2024 european athletics championships - results book

date	10-Jun-24	time	6.40	10.62	14.92	19.20	23.74		28.41	33.33	38.33	43.71	49.08		55.24	9 / 4			
reaction time	0.212	interval		4.22	4.30	4.28	4.54		4.67	4.92	5.00	5.38	5.37	6.16			12.80	14.13	15.75
		velocity	7.03	8.29	8.14	8.18	7.71		7.49	7.11	7.00	6.51	6.52	6.49	7.24		8.20	7.43	6.67
H1 lead leg	L	strides	23	15	15	15	15		16	16	17		17	21	170				

Heat 2 - 2024 European Athletics Championships (Roma, ITA)

European Athletics (2024) - 2024 european athletics championships - results book

date	09-Jun-24	time		10.53	14.82	19.27	23.84		28.69	33.66	38.76	44.16	49.55		55.73	3 / 3			
reaction time	0.205	interval			4.29	4.45	4.57		4.85	4.97	5.10	5.40	5.39	6.18				14.39	15.89
		velocity		7.60	8.16	7.87	7.66		7.22	7.04	6.86	6.48	6.49	6.47	7.18			7.30	6.61
H1 lead leg		strides																	

Semi-Final 2 - 2022 European Athletics Championships (Munich, GER)

European Athletics (2022) - european athletics championships race analysis

date	18-Aug-22	time	6.23	10.30	14.56	18.86	23.31	25.36	28.05	33.06	38.37	43.90	49.45		56.14	8 / 6			
reaction time	0.232	interval		4.07	4.26	4.30	4.45		4.74	5.01	5.31	5.53	5.55	6.69			12.63	14.20	16.39
		velocity	7.22	8.60	8.22	8.14	7.87	7.89	7.38	6.99	6.59	6.33	6.31	5.98	7.13		8.31	7.39	6.41
H1 lead leg	L	strides	23			15	15		16	16	18	17	18	21	159				

Semi-Final 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)

Henson (2022) - Athlete First: 2022 year end hurdle report

date	20-Jul-22	time	6.30	10.33	14.63	18.90	23.36	25.42	28.13	32.93	38.20	43.50	48.96		55.42	8 / 5			
reaction time	0.201	interval		4.03	4.30	4.27	4.46		4.77	4.80	5.27	5.30	5.46	6.46			12.60	14.03	16.03
		velocity	7.14	8.68	8.14	8.20	7.85	7.87	7.34	7.29	6.64	6.60	6.41	6.19	7.22		8.33	7.48	6.55
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	21	187				

Heat 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)

Henson (2022) - Athlete First: 2022 year end hurdle report

date	19-Jul-22	time	6.40	10.53	14.80	19.03	23.50	25.35	28.30	33.17	38.37	43.70	49.13		55.42	5 / 4			
reaction time	0.168	interval		4.13	4.27	4.23	4.47		4.80	4.87	5.20	5.33	5.43	6.29			12.63	14.14	15.96
		velocity	7.03	8.47	8.20	8.27	7.83	7.89	7.29	7.19	6.73	6.57	6.45	6.36	7.22		8.31	7.43	6.58
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	21	187				

FINAL - 2021 Meeting de Paris (Paris, FRA) (TV Analysis)

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

date	28-Aug-21	time	6.37	10.48	14.82		23.95		28.75	33.71	38.95	44.30	49.95		56.36	2 / 7			
reaction time	0.169	interval		4.11	4.34		9.13		4.80	4.96	5.24	5.35	5.65	6.41					16.24
		velocity	7.06	8.52	8.06		7.67		7.29	7.06	6.68	6.54	6.19	6.24	7.10				6.47
H1 lead leg	L	strides	23	15	15	16			16	16	16	17	18	21	173				

Semi-Final 1 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)

Henson (2024) - Athlete First: 2021 year end hurdle report

date	02-Aug-21	time	6.40	10.36	14.56	18.75	23.06		27.75	32.53	37.55	42.82	48.26		54.47	5 / 3			
reaction time	0.164	interval		3.96	4.20	4.19	4.31		4.69	4.78	5.02	5.27	5.44	6.21	NR PB		12.35	13.78	15.73
		velocity	7.03	8.84	8.33	8.35	8.12		7.46	7.32	6.97	6.64	6.43	6.44	7.34		8.50	7.62	6.68
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	21	187				

Heat 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)

Henson (2024) - Athlete First: 2021 year end hurdle report

date	31-Jul-21	time	6.43	10.57	14.93	19.36	24.08		28.90	33.86	38.76	43.93	49.07		54.90	9 / 3			
reaction time	0.182	interval		4.14	4.36	4.43	4.72		4.82	4.96	4.90	5.17	5.14	5.83	NR PB		12.93	14.50	15.21
		velocity	7.00	8.45	8.03	7.90	7.42		7.26	7.06	7.14	6.77	6.81	6.86	7.29		8.12	7.24	6.90

H1 lead leg	L	strides	23	15	15	15	16	16	16	16	17	17	20	186						
Craft, Angela (USA) (1979)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1996 USATF National Junior Championships (Delaware, OH) <i>USATF Women's Sprint Development (1996)</i>																				
date	29-Jun-96	time	7.27	12.14	16.98	21.73	26.52		31.66	36.94	42.34	48.07	54.06		61.31	8 / 6				
reaction time		interval	4.87	4.84	4.75	4.79		5.14	5.28	5.40	5.73	5.99	7.25				14.46	15.21	17.12	
		velocity	6.19	7.19	7.23	7.37	7.31		6.81	6.63	6.48	6.11	5.84	5.52	6.52		7.26	6.90	6.13	
H1 lead leg		strides																		
da Silva, Chayenne (BRA) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Repechage 2 - 2024 Olympic Games (Paris, FRA) <i>Paris 2024 Olympic Games - Results Book (2024)</i>																				
date	05-Aug-24	time	6.51	10.88	15.27	19.73	24.35		29.09	34.01	39.16	44.37	49.81		56.56	8 / 7				
reaction time	0.186	interval	4.37	4.39	4.46	4.62		4.74	4.92	5.15	5.21	5.44	6.75				13.22	14.28	15.80	
		velocity	6.91	8.01	7.97	7.85	7.58		7.38	7.11	6.80	6.72	6.43	5.93	7.07		7.94	7.35	6.65	
H1 lead leg	L	strides	23	15	15	15	16		16	17	17	17	17	21	189					
Heat 1 - 2024 Olympic Games (Paris, FRA) <i>Paris 2024 Olympic Games - Results Book (2024)</i>																				
date	04-Aug-24	time	6.36	10.54	14.82	19.17	23.65		28.44	33.48	38.63	44.01	49.54		56.52	4 / 7				
reaction time	0.156	interval	4.18	4.28	4.35	4.48		4.79	5.04	5.15	5.38	5.53	6.98				12.81	14.31	16.06	
		velocity	7.08	8.37	8.18	8.05	7.81		7.31	6.94	6.80	6.51	6.33	5.73	7.08		8.20	7.34	6.54	
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	21	187					
Heat 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis) <i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>																				
date	31-Jul-21	time	6.70	10.96	15.53	20.13	24.90		29.77	34.86	40.04	45.46		57.55	4 / 8					
reaction time	0.165	interval	4.26	4.57	4.60	4.77		4.87	5.09	5.18	5.42						13.43	14.73		
		velocity	6.72	8.22	7.66	7.61	7.34		7.19	6.88	6.76	6.46		6.95			7.82	7.13		
H1 lead leg	L	strides	23	15	15	15	16		16	17	17	17		151						
Danvers-Smith, Tasha (GBR) (1977)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2008 Olympic Games (Beijing, CHN) <i>Behm (2008) - Pekin 2008: Le quatrache masculin - féminin</i>																				
date	20-Aug-08	time	6.4	10.6	14.8	19.1	23.6		28.1	32.6	37.4	42.3	47.6		53.84	7 / 3				
reaction time	0.189	interval	4.20	4.20	4.30	4.50		4.50	4.50	4.80	4.90	5.30	6.24		PB		12.70	13.50	15.00	
		velocity	7.03	8.33	8.33	8.14	7.78		7.78	7.78	7.29	7.14	6.60	6.41	7.43		8.27	7.78	7.00	
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	17	17	21	183					
FINAL - 2007 IAAF World Athletic Final (Stuttgart, GER) <i>Graubner (2007) - http://www.fgs.uni-halle.de</i>																				
date	23-Sep-07	time	6.45	10.59	14.87	19.29	23.79		28.49	33.33	38.41	43.80	49.35		55.76	3 / 7				
reaction time	0.158	interval	4.14	4.28	4.42	4.50		4.70	4.84	5.08	5.39	5.55	6.41				12.84	14.04	16.02	
		velocity	6.98	8.45	8.18	7.92	7.78		7.45	7.23	6.89	6.49	6.31	6.24	7.17		8.18	7.48	6.55	
H1 lead leg		strides																		
FINAL - 2007 IAAF World Championships (Osaka, JPN) <i>Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers</i>																				
date	30-Aug-07	time	6.35	10.37	14.62	18.91	23.31		27.85	32.55	37.62	42.81	48.33		54.94	2 / 8				
reaction time	0.155	interval	4.02	4.25	4.29	4.40		4.54	4.70	5.07	5.19	5.52	6.61				12.56	13.64	15.78	
		velocity	7.09	8.71	8.24	8.16	7.95		7.71	7.45	6.90	6.74	6.34	6.05	7.28		8.36	7.70	6.65	
H1 lead leg	R	strides	22	15	15	15	15		15	15	17	17	17	21	184					
Danvers, Tasha (GBR) (1977)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2006 European Championships (Göteborg, SWE) <i>Behm (2006) - Göteborg 2006: Le quatrache</i>																				
date	09-Aug-06	time	6.4	10.5	14.7	19.3	23.9		28.7	33.6	38.6	43.8	49.3		55.56	1 / 7				
reaction time		interval	4.10	4.20	4.60	4.60		4.80	4.90	5.00	5.20	5.50	6.26				12.90	14.30	15.70	
		velocity	7.03	8.54	8.33	7.61	7.61		7.29	7.14	7.00	6.73	6.36	6.39	7.20		8.14	7.34	6.69	
H1 lead leg	R	strides	22	14	14	15	15		15	15	15	16	17	20	178					
FINAL - 2002 European Championships (Munich, GER) <i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																				
date	08-Aug-02	time	6.65	10.83	15.11	19.59	24.17		28.91	33.89	39.19	44.69	50.35		56.93	1 / 7				
reaction time	0.244	interval	4.18	4.28	4.48	4.58		4.74	4.98	5.30	5.50	5.66	6.58				12.94	14.30	16.46	
		velocity	6.77	8.37	8.18	7.81	7.64		7.38	7.03	6.60	6.36	6.18	6.08	7.03		8.11	7.34	6.38	
H1 lead leg		strides																		
FINAL - 2001 European Cup (Bremen, GER) <i>Graubner (2007) - http://www.fgs.uni-halle.de</i>																				
date	23-Jun-01	time	6.56	10.69	14.87	19.21	23.69		28.53	33.53	38.67	43.98	54.86		62.97	1 / 8				
reaction time		interval	4.13	4.18	4.34	4.48		4.84	5.00	5.14	5.31	10.88	8.11				12.65	14.32	21.33	
		velocity	6.86	8.47	8.37	8.06	7.81		7.23	7.00	6.81	6.59	3.22	4.93	6.35		8.30	7.33	4.92	
H1 lead leg		strides																		
FINAL - 2000 Olympic Games (Sydney, AUS) <i>Behm (2000) - Sydney 2000: Compte-rendu du 400m haies</i>																				
date	27-Sep-00	time	6.2	10.4	14.7	19.2	23.7		28.2	33.1	38.0	43.1	48.7		55.00	1 / 8				
reaction time	0.174	interval	4.20	4.30	4.50	4.50		4.50	4.90	4.90	5.10	5.60	6.30				13.00	13.90	15.60	
		velocity	7.26	8.33	8.14	7.78	7.78		7.78	7.14	7.14	6.86	6.25	6.35	7.27		8.08	7.55	6.73	
H1 lead leg	L	strides	21	15	14	14	14		15	15	15	15	16	17	171					
Dauwens, Axelle (BEL) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2016 Memorial van Damme (Brussels, BEL) (TV Analysis) <i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>																				
date	09-Sep-16	time	6.48	10.72	15.08	19.52	24.08		28.92	34.04	39.40	44.92	50.88		58.34	8 / 9				
reaction time	0.172	interval	4.24	4.36	4.44	4.56		4.84	5.12	5.36	5.52	5.96	7.46				13.04	14.52	16.84	
		velocity	6.94	8.25	8.03	7.88	7.68		7.23	6.84	6.53	6.34	5.87	5.36	6.86		8.05	7.23	6.24	
H1 lead leg	L	strides	22	15	15	15	15		16	17	17	17	18		167					

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Debois, Nadine (FRA) (1961)																		
FINAL - 1987 Meeting International de Dijon (Dijon, FRA)																		<i>Veney - split times from PJ</i>
date	13-Jun-87	time	7.2	11.7	16.3	21.0	25.8	30.7	35.6	40.5	45.4	50.7		56.54	1 / 2			
reaction time		interval	4.50	4.60	4.70	4.80		4.90	4.90	4.90	4.90	5.30	5.84			13.80	14.60	15.10
		velocity	6.25	7.78	7.61	7.45	7.29	7.14	7.14	7.14	7.14	6.60	6.85	7.07		7.61	7.19	6.95
H1 lead leg		strides																
Delaune, Florence (FRA) (1978)																		
FINAL - 1997 European Cup (Munich, GER)																		<i>Jung (2003) - http://www.fgs.uni-halle.de</i>
date	21-Jun-97	time	7.21	11.94	16.70	21.45	26.27	31.21	36.09	41.25	46.71	52.04		57.77	1 / 6			
reaction time		interval	4.73	4.76	4.75	4.82		4.94	4.88	5.16	5.46	5.33	5.73			14.24	14.64	15.95
		velocity	6.24	7.40	7.35	7.37	7.26	7.09	7.17	6.78	6.41	6.57	6.98	6.92		7.37	7.17	6.58
H1 lead leg		strides																
Demes, Eileen (GER) (1997)																		
Semi-Final 3 - 2024 European Athletics Championships (Roma, ITA)																		<i>European Athletics (2024) - 2024 european athletics championships - results book</i>
date	10-Jun-24	time	6.37	10.47	14.63	18.94	23.54	28.19	33.00	38.07	43.47	49.18		55.64	4 / 5			
reaction time	0.150	interval	4.10	4.16	4.31	4.60		4.65	4.81	5.07	5.40	5.71	6.46			12.57	14.06	16.18
		velocity	7.06	8.54	8.41	8.12	7.61	7.53	7.28	6.90	6.48	6.13	6.19	7.19		8.35	7.47	6.49
H1 lead leg	R	strides	22	15	15	15	15	15	16	16	16	17	20.7	182.7				
Heat 2 - 2024 European Athletics Championships (Roma, ITA)																		<i>European Athletics (2024) - 2024 european athletics championships - results book</i>
date	09-Jun-24	time	10.67	14.85	19.09	23.65	28.34	33.15	38.24	43.45	48.96		55.25	8 / 1				
reaction time	0.233	interval	4.18	4.24	4.56		4.69	4.81	5.09	5.21	5.51	6.29	PB			14.06	15.81	
		velocity	7.50	8.37	8.25	7.68	7.46	7.28	6.88	6.72	6.35	6.36	7.24			7.47	6.64	
H1 lead leg		strides																
Semi-Final 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																		<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>
date	22-Aug-23	time	6.44	10.51	14.71	19.04	23.52	28.20	33.00	38.06	43.30	48.94		55.29	5 / 5			
reaction time	0.166	interval	4.07	4.20	4.33	4.48		4.64	4.80	5.06	5.24	5.64	6.35			12.56	13.94	15.94
		velocity	6.99	8.60	8.33	8.08	7.81	7.54	7.29	6.92	6.68	6.21	6.30	7.23		8.36	7.53	6.59
H1 lead leg	R	strides	22	14	14	14	14	15	15	16	16	17	20	178				
Heat 4 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																		<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>
date	21-Aug-23	time	6.50	10.73	14.90	19.06	23.56	28.20	33.00	38.06	43.30	48.94		55.29	5 / 5			
reaction time	0.169	interval	4.23	4.17	4.16	4.50		4.64	4.80	5.06	5.24	5.64	6.35			12.56	13.94	15.94
		velocity	6.92	8.27	8.39	8.41	7.78	7.54	7.29	6.92	6.68	6.21	6.30	7.23		8.36	7.53	6.59
H1 lead leg	R	strides	22	14	14	14	15	15	15	16	16	17	20	178				
Heat 1 - 2022 European Athletics Championships (Munich, GER)																		<i>European Athletics (2022) - european athletics championships race analysis</i>
date	17-Aug-22	time	6.63	11.00	15.59	20.27	24.92	26.97	29.60	34.46	39.67	44.93	50.54	57.11	4 / 7			
reaction time	0.251	interval	4.37	4.59	4.68	4.65		4.68	4.86	5.21	5.26	5.61	6.57			13.64	14.19	16.08
		velocity	6.79	8.01	7.63	7.48	7.53	7.42	7.48	7.20	6.72	6.65	6.24	6.09	7.00	7.70	7.40	6.53
H1 lead leg	L	strides	22	15		15		15	15	16	16	17	20	151				
Demus, Lashinda (USA) (1983)																		
FINAL - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis)																		<i>Henson (2021) - Athlete First: major championships report</i>
date	15-Aug-13	time	6.00	9.96	14.15	18.54	22.93	27.31	31.92	36.77	42.04	47.58		54.27	4 / 3			
reaction time	0.156	interval	3.96	4.19	4.39	4.39		4.38	4.61	4.85	5.27	5.54	6.69			12.54	13.38	15.66
		velocity	7.50	8.84	8.35	7.97	7.97	7.99	7.59	7.22	6.64	6.32	5.98	7.37		8.37	7.85	6.70
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	15	17	21	183				
FINAL - 2012 Olympic Games (London, GBR)																		<i>Hillier (2012) - uka 2012 olympic games report: 400m hurdles</i>
date	08-Aug-12	time	6.07	10.06	14.25	18.68	23.06	24.86	27.55	32.04	36.69	41.64	46.77	52.77	7 / 1			
reaction time	0.170	interval	3.99	4.19	4.43	4.38		4.49	4.49	4.65	4.95	5.13	6.00			12.61	13.36	14.73
		velocity	7.41	8.77	8.35	7.90	7.99	8.05	7.80	7.80	7.53	7.07	6.82	6.67	7.58	8.33	7.86	7.13
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	20	180				
FINAL - 2011 IAAF World Championships (Daegu, KOR)																		<i>Behm (2011) - Le quatrache: Démus enfin!</i>
date	01-Sep-11	time	6.0	10.0	14.1	18.4	22.9	27.4	32.0	36.5	41.4	46.5		52.47	3 / 1			
reaction time	0.149	interval	4.00	4.10	4.30	4.50		4.50	4.60	4.50	4.90	5.10	5.97	AR		12.40	13.60	14.50
		velocity	7.50	8.75	8.54	8.14	7.78	7.78	7.61	7.78	7.14	6.86	6.70	7.62		8.47	7.72	7.24
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	20	180				
FINAL - 2009 IAAF World Championships (Berlin, GER)																		<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>
date	20-Aug-09	time	6.16	10.11	14.23	18.59	23.05	27.51	32.02	36.65	41.70	46.99		52.96	5 / 2			
reaction time	0.159	interval	3.95	4.12	4.36	4.46		4.46	4.51	4.63	5.05	5.29	5.97			12.43	13.43	14.97
		velocity	7.31	8.86	8.50	8.03	7.85	7.85	7.76	7.56	6.93	6.62	6.70	7.55		8.45	7.82	7.01
H1 lead leg		strides	15	15	15	15		15	15	15	17	17	19.7	139				
Semi-Final 3 - 2009 IAAF World Championships (Berlin, GER)																		<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>
date	18-Aug-09	time	6.22	10.21	14.44	18.83	23.40	27.99	32.67	37.50	42.74	48.23		54.25	6 / 1			
reaction time	0.162	interval	3.99	4.23	4.39	4.57		4.59	4.68	4.83	5.24	5.49	6.02			12.61	13.84	15.56
		velocity	7.23	8.77	8.27	7.97	7.66	7.63	7.48	7.25	6.68	6.38	6.64	7.37		8.33	7.59	6.75
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	17	17	19.7	181.7				

Heat 5 - 2009 IAAF World Championships (Berlin, GER)*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*

date	17-Aug-09	time	6.27	10.25	14.48	18.91	23.48	28.10	32.88	37.92	43.14	48.63	54.66	5 / 1			
reaction time	0.152	interval		3.98	4.23	4.43	4.57	4.62	4.78	5.04	5.22	5.49	6.03		12.64	13.97	15.75
		velocity	7.18	8.79	8.27	7.90	7.66	7.58	7.32	6.94	6.70	6.38	6.63	7.32	8.31	7.52	6.67
H1 lead leg		strides															

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

date	29-Jun-08	time	6.34	10.40	14.65	18.92	23.34	27.89	32.62	37.45	42.84	48.32	54.76	6 / 4			
reaction time		interval		4.06	4.25	4.27	4.42	4.55	4.73	4.83	5.39	5.48	6.44		12.58	13.70	15.70
		velocity	7.10	8.62	8.24	8.20	7.92	7.69	7.40	7.25	6.49	6.39	6.21	7.30	8.35	7.66	6.69
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	17	162				

FINAL - 2005 IAAF World Championships (Helsinki, FIN)*Behm (2005) - Helsinki 2005; Les haies - La revanche des lutins*

date	13-Aug-05	time	6.2	10.4	14.6	18.8	23.1	27.7	32.2	36.8	41.8	46.9	53.27	8 / 2			
reaction time	0.176	interval		4.20	4.20	4.20	4.30	4.60	4.50	4.60	5.00	5.10	6.37		12.60	13.40	14.70
		velocity	7.26	8.33	8.33	8.33	8.14	7.61	7.78	7.61	7.00	6.86	6.28	7.51	8.33	7.84	7.14
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	20	180			

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

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

FINAL - 2003 USATF National Championships (Palo Alto, CA)*USATF Women's Sprint Development (2003)*

date	21-Jun-03	time	6.34	10.51	14.75	19.09	23.49	27.98	32.77	37.75	43.28	49.38	59.05	4 / 8			
reaction time		interval		4.17	4.24	4.34	4.40	4.49	4.79	4.98	5.53	6.10	9.67		12.75	13.68	16.61
		velocity	7.10	8.39	8.25	8.06	7.95	7.80	7.31	7.03	6.33	5.74	4.14	6.77	8.24	7.68	6.32
H1 lead leg		strides															

Deng Xiaoping (CHN) (1989)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 2013 Chinese National Grand Prix (Zhaoqing, CHN)***Deng (2015) - training practice research of Deng Xiaoping, a women's 400-meter hurdler*

date	08-Apr-13	time	6.6	11.0	15.7	20.3	25.2	30.0	35.0	40.2	45.3	50.7	57.29	1 / 1			
reaction time		interval		4.40	4.70	4.60	4.90	4.80	5.00	5.20	5.10	5.40	6.59		13.70	14.70	15.70
		velocity	6.82	7.95	7.45	7.61	7.14	7.29	7.00	6.73	6.86	6.48	6.07	6.98	7.66	7.14	6.69
H1 lead leg		strides	24	16	16	16	16	16	16	16	16	17	169				

Deniau, Lydie (FRA) (1971)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 1992 French National Championships (Narbonne, FRA)***Veney - split times from PJ*

date	28-Jun-92	time	6.96	11.60	16.28	20.96	25.76	30.76	35.76	40.96	46.16	51.76	58.42	1 / 2			
reaction time		interval		4.64	4.68	4.68	4.80	5.00	5.00	5.20	5.20	5.60	6.66		14.00	14.80	16.00
		velocity	6.47	7.54	7.48	7.48	7.29	7.00	7.00	6.73	6.73	6.25	6.01	6.85	7.50	7.09	6.56
H1 lead leg		strides	23	15	16	16	16	17	17	17	17	18	22	194			

Derycke, Sylvaine (FRA) (1982)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****Heat 2 - 2001 European Junior Championships (Grosseto, ITA)***Leynier (2001) - Athl'haies - Championnats d'Europe Juniors*

date	20-Jul-01	time	6.6	11.3	16.1	21.1	26.4	31.7	37.1	42.7	48.4	54.3	61.52	1 / 5			
reaction time		interval		4.7	4.8	5.0	5.3	5.3	5.4	5.6	5.7	5.9	7.2		14.50	16.00	17.20
		velocity	6.82	7.45	7.29	7.00	6.60	6.60	6.48	6.25	6.14	5.93	5.54	6.50	7.24	6.56	6.10
H1 lead leg		strides															

Dherbecourt, Isabelle (FRA) (1973)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 1996 Tarare, FRA***Veney - split times from PJ*

date	06-Jul-96	time	7.1	11.6	16.0	20.5	25.2	30.0	35.0	40.2	45.4	51.1	57.06	1 / 2			
reaction time		interval		4.50	4.40	4.50	4.70	4.80	5.00	5.20	5.20	5.70	5.96		13.40	14.50	16.10
		velocity	6.34	7.78	7.95	7.78	7.45	7.29	7.00	6.73	6.73	6.14	6.71	7.01	7.84	7.24	6.52
H1 lead leg		strides	24	16	16	16	16	16	17	17	18	18	174				

Di Chengqian (CHN) (1999)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****Heat 1 - 2019 Chinese National Grand Prix Final (Daqing, CHN)***CAA Hurdle Development (2019)*

date	22-Aug-19	time	7.07	11.95	16.93	22.12	27.49	33.20	39.12	45.46		59.00	66.19	3 / 6			
reaction time	0.228	interval		4.88	4.98	5.19	5.37	5.71	5.92	6.34		13.54	7.19		15.05	17.00	19.88
		velocity	6.36	7.17	7.03	6.74	6.52	6.13	5.91	5.52		5.17	5.56	6.04	6.98	6.18	5.28
H1 lead leg	L	strides	23	16	16	16	16	17	17	19		21.2	161.2				

FINAL - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)*CAA Hurdle Development (2019)*

date	08-Apr-19	time	6.88	11.50	16.26	21.24	26.42	31.86	37.50	43.26	49.56		63.58	5 / 8			
reaction time	0.197	interval		4.62	4.76	4.98	5.18	5.44	5.64	5.76	6.30		6.29		14.36	16.26	
		velocity	6.54	7.58	7.35	7.03	6.76	6.43	6.21	6.08	5.56		6.29		7.31	6.46	
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	19		157				

Heat 2 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)*CAA Hurdle Development (2019)*

date	07-Apr-19	time	6.74	11.33	16.03	20.80	25.78	31.03	36.48	42.06	47.92	53.75	60.53	6 / 1			
reaction time	0.273	interval		4.59	4.70	4.77	4.98	5.25	5.45	5.58	5.86	5.83	6.78		14.06	15.68	17.27
		velocity	6.68	7.63	7.45	7.34	7.03	6.67	6.42	6.27	5.97	6.00	5.90	6.61	7.47	6.70	6.08
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	17	21	193			

Heat 2 - 2018 Chinese National Championships (Taiyuan, CHN)*Henson (2018) - coaching observations*

date	15-Sep-18	time	6.89	11.48	16.27	21.47								74.18	4 / 6			
reaction time		interval		4.59	4.79	5.20												14.58
		velocity	6.53	7.63	7.31	6.73								5.39				7.20
H1 lead leg	L	strides	23	16	16	18								73				

Diallo, Fatoumata Bintu (POR) (2000)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****Semi-Final 2 - 2024 Olympic Games (Paris, FRA)***Paris 2024 Olympic Games - Results Book (2024)*

date	06-Aug-24	time	6.34	10.62	15.10	19.58	24.14		28.74	33.44	38.31	43.37	48.56		54.93	8 / 6				
reaction time	0.168	interval		4.28	4.48	4.48	4.56		4.60	4.70	4.87	5.06	5.19	6.37				13.24	13.86	15.12
		velocity	7.10	8.18	7.81	7.81	7.68		7.61	7.45	7.19	6.92	6.74	6.28	7.28			7.93	7.58	6.94
H1 lead leg	R	strides	24	16	16	16	16		16	17	17	17	18	21.2	194.2					

Heat 1 - 2024 Olympic Games (Paris, FRA)*Paris 2024 Olympic Games - Results Book (2024)*

date	04-Aug-24	time	6.28	10.47	14.73	18.98	23.38		27.98	32.89	37.94	43.24	48.52		54.75	3 / 2				
reaction time	0.192	interval		4.19	4.26	4.25	4.40		4.60	4.91	5.05	5.30	5.28	6.23				12.70	13.91	15.63
		velocity	7.17	8.35	8.22	8.24	7.95		7.61	7.13	6.93	6.60	6.63	6.42	7.31			8.27	7.55	6.72
H1 lead leg	R	strides	24	16	16	16	16		16	17	17	18	18	22	196					

FINAL - 2024 European Athletics Championships (Roma, ITA)*European Athletics (2024) - 2024 european athletics championships - results book*

date	11-Jun-24	time	6.42	10.63	14.96	19.38	23.88		28.57	33.58	38.62	43.96	49.44		55.65	3 / 8				
reaction time	0.166	interval		4.21	4.33	4.42	4.50		4.69	5.01	5.04	5.34	5.48	6.21				12.96	14.20	15.86
		velocity	7.01	8.31	8.08	7.92	7.78		7.46	6.99	6.94	6.55	6.39	6.44	7.19			8.10	7.39	6.62
H1 lead leg	R	strides	24	16	16				17				18	21.5	112.5					

Semi-Final 1 - 2024 European Athletics Championships (Roma, ITA)*European Athletics (2024) - 2024 european athletics championships - results book*

date	10-Jun-24	time	6.38	10.60	14.98	19.37	23.83		28.52	33.40	38.29	43.33	48.64		54.65	4 / 4				
reaction time	0.183	interval		4.22	4.38	4.39	4.46		4.69	4.88	4.89	5.04	5.31	6.01	NR PB			12.99	14.03	15.24
		velocity	7.05	8.29	7.99	7.97	7.85		7.46	7.17	7.16	6.94	6.59	6.66	7.32			8.08	7.48	6.89
H1 lead leg	R	strides	24	16	16	16	16		16	16	17	17	18	21.5	193.5					

Heat 3 - 2024 European Athletics Championships (Roma, ITA)*European Athletics (2024) - 2024 european athletics championships - results book*

date	09-Jun-24	time	6.44	10.80	15.32	19.98	24.72		29.60	34.42	39.40	44.55	49.70		55.81	7 / 4				
reaction time	0.177	interval		4.36	4.52	4.66	4.74		4.88	4.82	4.98	5.15	5.15	6.11				13.54	14.44	15.28
		velocity	6.99	8.03	7.74	7.51	7.38		7.17	7.26	7.03	6.80	6.80	6.55	7.17			7.75	7.27	6.87
H1 lead leg		strides																		

Dille, Monique (FRA)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 1986 French National Championships (Aix les Bains, FRA)***Veney - split times from PJ*

date	10-Aug-86	time	6.9	11.3	16.1	20.9	25.9		30.9	36.2	41.6	47.2	52.9		59.50	1 / 6				
reaction time		interval		4.40	4.80	4.80	5.00		5.00	5.30	5.40	5.60	5.70	6.60				14.00	15.30	16.70
		velocity	6.52	7.95	7.29	7.29	7.00		7.00	6.60	6.48	6.25	6.14	6.06	6.72			7.50	6.86	6.29
H1 lead leg		strides																		

Ding Xiaoxue (CHN) (1998)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****Heat 1 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)***CAA Hurdle Development (2019)*

date	07-Apr-19	time	7.11	11.93	16.92	22.06	27.44		33.10	39.06	45.48				67.07	2 / 9				
reaction time	0.295	interval		4.82	4.99	5.14	5.38		5.66	5.96	6.42							14.95	17.00	
		velocity	6.33	7.26	7.01	6.81	6.51		6.18	5.87	5.45				5.96			7.02	6.18	
H1 lead leg	L	strides	25	17	17	17	18		18	19	20				151					

Heat 2 - 2018 Chinese National Championships (Taiyuan, CHN)*Henson (2018) - coaching observations*

date	15-Sep-18	time	6.90	11.66	16.31	21.12	26.11		31.28	36.60	42.16	48.01	54.22		61.56	6 / 5				
reaction time		interval		4.76	4.65	4.81	4.99		5.17	5.32	5.56	5.85	6.21	7.34				14.22	15.48	17.62
		velocity	6.52	7.35	7.53	7.28	7.01		6.77	6.58	6.29	5.98	5.64	5.45	6.50			7.38	6.78	5.96
H1 lead leg	L	strides	25	18	17	17	17		17	18	19	19	20	24	211					

Ding Yirui (CHN) (2002)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 2024 Chinese National Championships (Quzhou, CHN)***Shandong Athletics Sport Science (2024)*

date	16-Sep-24	time	6.64	10.98	15.43	19.95	24.64		29.68	34.80	40.17	45.69	51.33		57.70	4 / 3				
reaction time	0.244	interval		4.34	4.45	4.52	4.69		5.04	5.12	5.37	5.52	5.64	6.37				13.31	14.85	16.53
		velocity	6.78	8.06	7.87	7.74	7.46		6.94	6.84	6.52	6.34	6.21	6.28	6.93			7.89	7.07	6.35
H1 lead leg	L	strides	22	15	15	15	15		16	16	17	17	17	20	185					

FINAL - 2024 Chinese National Grand Prix Final (Rizhao, CHN)*Shandong Athletics Sport Science (2024)*

date	29-Jun-24	time	6.64	10.86	15.28	19.87	24.76		29.75	34.83	40.14	45.66	51.47		58.29	4 / 5				
reaction time	0.266	interval		4.22	4.42	4.59	4.89		4.99	5.08	5.31	5.52	5.81	6.82				13.23	14.96	16.64
		velocity	6.78	8.29	7.92	7.63	7.16		7.01	6.89	6.59	6.34	6.02	5.87	6.86			7.94	7.02	6.31
H1 lead leg	L	strides	22	15	15	15	16		16	16	16	17	17	20.2	185.2					

FINAL - 2024 Second Belt & Road Invitational Athletics Meeting (Chongqing, CHN)*Shandong Athletics Sport Science (2024)*

date	29-May-24	time	6.62	10.89	15.30	19.92	24.77		29.75	34.87	40.09	45.58	51.23		57.42	5 / 2				
reaction time	0.313	interval		4.27	4.41	4.62	4.85		4.98	5.12	5.22	5.49	5.65	6.19	PB			13.30	14.95	16.36
		velocity	6.80	8.20	7.94	7.58	7.22		7.03	6.84	6.70	6.38	6.19	6.46	6.97			7.89	7.02	6.42
H1 lead leg	L	strides	22	15	15	15	16		16	16	16	17	17	19.5	184.5					

FINAL - 2021 Chinese National Championships (Chongqing, CHN)*CAA Hurdle Development (2021)*

date	26-Jun-21	time	6.86	11.36	16.11	20.95	26.07	31.50	36.97	42.42	48.05	53.77	59.88	2 / 5				
reaction time	0.238	interval		4.50	4.75	4.84	5.12	5.43	5.47	5.45	5.63	5.72	6.11		14.09	16.02	16.80	
		velocity	6.56	7.78	7.37	7.23	6.84	6.45	6.40	6.42	6.22	6.12	6.55	6.68	7.45	6.55	6.25	
H1 lead leg	L	strides	22	15	15	15	16	16	16	16	17	17	19.5	184.5				

Heat 4 - 2021 Chinese National Championships (Chongqing, CHN)

CAA Hurdle Development (2021)

date	26-Jun-21	time	6.95	11.50	16.26	21.10	26.22	31.40	36.81	42.34	47.98	53.61	59.78	8 / 4				
reaction time	0.331	interval		4.55	4.76	4.84	5.12	5.18	5.41	5.53	5.64	5.63	6.17		14.15	15.71	16.80	
		velocity	6.47	7.69	7.35	7.23	6.84	6.76	6.47	6.33	6.21	6.22	6.48	6.69	7.42	6.68	6.25	
H1 lead leg	L	strides	22	15	15	15	16	16	17	17	17	17	19.5	186.5				

FINAL - 2020 Chinese Olympic Trials (Shaoxing, CHN)

CAA Hurdle Development (2021)

date	13-Jun-21	time	6.84	11.41	16.25	21.34	26.53	31.90	37.29	42.89	48.63	54.47	61.13	8 / 6				
reaction time	0.247	interval		4.57	4.84	5.09	5.19	5.37	5.39	5.60	5.74	5.84	6.66		14.50	15.95	17.18	
		velocity	6.58	7.66	7.23	6.88	6.74	6.52	6.49	6.25	6.10	5.99	6.01	6.54	7.24	6.58	6.11	
H1 lead leg	L	strides	22	15	15	16	16	16	16	17	17	17	19.2	186.2				

FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)

CAA Hurdle Development (2019)

date	03-Aug-19	time	6.84	11.33	15.98	20.69	25.64	30.86	36.24	41.77	47.50	53.12	59.63	2 / 4				
reaction time	0.245	interval		4.49	4.65	4.71	4.95	5.22	5.38	5.53	5.73	5.62	6.51	PB	13.85	15.55	16.88	
		velocity	6.58	7.80	7.53	7.43	7.07	6.70	6.51	6.33	6.11	6.23	6.14	6.71	7.58	6.75	6.22	
H1 lead leg	L	strides	23	15	15	15	16	16	17	17	17	17	21	189				

Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN)

CAA Hurdle Development (2019)

date	03-Aug-19	time	6.84	11.46	16.33	21.29	26.44	31.95	37.29	42.71	48.26	54.09	60.85	4 / 5				
reaction time	0.250	interval		4.62	4.87	4.96	5.15	5.51	5.34	5.42	5.55	5.83	6.76		14.45	16.00	16.80	
		velocity	6.58	7.58	7.19	7.06	6.80	6.35	6.55	6.46	6.31	6.00	5.92	6.57	7.27	6.56	6.25	
H1 lead leg	L	strides	23	15	16	16	17	17	17	17	17	18	21.2	194.2				

Diouf, Tacko (SEN) (1976)

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

Semi-Final 1 - 1999 IAAF World Championships (Sevilla, ESP)

Sanchez (1999) - Sevilla '99: análisis de la carreras con villas

date	23-Aug-99	time	6.15	10.46	14.85	19.29	23.93	28.86	33.75	38.63	43.48	48.63	55.17	7 / 5				
reaction time	0.218	interval		4.31	4.39	4.44	4.64	4.93	4.89	4.88	4.85	5.15	6.54		13.14	14.46	14.88	
		velocity	7.32	8.12	7.97	7.88	7.54	7.10	7.16	7.17	7.22	6.80	6.12	7.25	7.99	7.26	7.06	
H1 lead leg	R	strides	22	16	16	16	16	17	17	17	17	18	22	194				

Dong Xinyi (CHN) (2006)

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

U18 FINAL - 2022 Shandong Provincial Games (Rizhao, CHN)

Shandong Athletics Sport Science (2022)

date	03-Sep-22	time	7.46	12.58	17.92	23.24	28.75	34.27	39.88	45.50	51.36	57.28	63.49	1 / 1				
reaction time	0.262	interval		5.12	5.34	5.32	5.51	5.52	5.61	5.62	5.86	5.92	6.21		15.78	16.64	17.40	
		velocity	6.03	6.84	6.55	6.58	6.35	6.34	6.24	6.23	5.97	5.91	6.44	6.30	6.65	6.31	6.03	
H1 lead leg	L	strides	25	18	18	18	18	18	18	18	19	19	21	210				

Dou Lingyu (CHN) (2000)

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

U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)

CAA Hurdle Development (2019)

date	17-Aug-19	time	6.94	11.52	16.34	21.36	26.72	32.44	38.56	45.16	51.80	58.52	66.01	3 / 8				
reaction time	0.203	interval		4.58	4.82	5.02	5.36	5.72	6.12	6.60	6.64	6.72	7.49		14.42	17.20	19.96	
		velocity	6.48	7.64	7.26	6.97	6.53	6.12	5.72	5.30	5.27	5.21	5.34	6.06	7.28	6.10	5.26	
H1 lead leg	L	strides	25	17	17	17	18	18	19	20	20	21	24	216				

U20 Heat 1 - 2019 Chinese National Youth Games (Taiyuan, CHN)

CAA Hurdle Development (2019)

date	17-Aug-19	time	6.82	11.40	16.14	20.98	26.16	31.62	37.38	43.34	49.56	55.90	63.46	2 / 5				
reaction time	0.188	interval		4.58	4.74	4.84	5.18	5.46	5.76	5.96	6.22	6.34	7.56	PB	14.16	16.40	18.52	
		velocity	6.60	7.64	7.38	7.23	6.76	6.41	6.08	5.87	5.63	5.52	5.29	6.30	7.42	6.40	5.67	
H1 lead leg	L	strides	25	17	17	17	18	18	19	19	20	20	24	214				

Dowd, Erin (USA) (1998)

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

Heat 2 - 2024 USA Olympic Trials (Eugene, OR)

USATF and Karmarush (2024) - USA Olympic trials results and race analysis

date	27-Jun-24	time	6.72	10.92	15.29	19.76	24.27	26.37	29.00	34.07	39.60	45.32	51.44	58.41	3 / 7			
reaction time		interval		4.20	4.37	4.47	4.51	4.73	5.07	5.53	5.72	6.12	6.97	6.85	13.04	14.31	17.37	
		velocity	6.70	8.33	8.01	7.83	7.76	7.58	7.40	6.90	6.33	6.12	5.72	5.74	8.05	7.34	6.04	
H1 lead leg		strides																

Doyle, Eilidh (GBR) (1987)

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

FINAL - 2018 Weltklasse (Zürich, SUI) (TV Analysis)

Henson (2020) - Athlete First: 2018 year end hurdle report

date	30-Aug-18	time	6.52	10.76	15.08		23.96	26.0	28.68	33.48	43.64	48.92	55.05	7 / 5				
reaction time	0.176	interval		4.24	4.32		8.88		4.72	4.80	10.16	5.28	6.13					15.44
		velocity	6.90	8.25	8.10		7.88	7.69	7.42	7.29	6.89	6.63	6.53	7.27				6.80
H1 lead leg	L	strides	23	15	15				16	16		17	21	123				

FINAL - 2018 Müller Grand Prix (Birmingham, GBR) (TV Analysis)

Henson (2020) - Athlete First: 2018 year end hurdle report

date	18-Aug-18	time	6.47	10.74	15.21	19.85	24.69	29.59	34.63	39.74	45.01	50.38	56.61	3 / 4				
reaction time	0.159	interval		4.27	4.47	4.64	4.84	4.90	5.04	5.11	5.27	5.37	6.23		13.38	14.78	15.75	
		velocity	6.96	8.20	7.83	7.54	7.23	7.14	6.94	6.85	6.64	6.52	6.42	7.07	7.85	7.10	6.67	
H1 lead leg	L	strides	23	15	15	16	16	16	17	17	18	18	21	192				

FINAL - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)

Henson (2020) - Athlete First: 2018 year end hurdle report

date	21-Jul-18	time	6.40	10.68	15.16	19.52	24.00		28.72	33.64	38.76	44.32	49.68		56.18	8 / 7			
reaction time	0.149	interval		4.28	4.48	4.36	4.48		4.72	4.92	5.12	5.56	5.36	6.50			13.12	14.12	16.04
		velocity	7.03	8.18	7.81	8.03	7.81		7.42	7.11	6.84	6.29	6.53	6.15	7.12		8.00	7.44	6.55
H1 lead leg	L	strides	23	16	16	15	15		16	17	17	18	18	22	193				
FINAL - 2017 Memorial van Damme (Brussels, BEL) (TV Analysis)																<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>			
date	01-Sep-17	time	6.32	10.52	14.84	19.28	23.76	25.9	28.40	33.16	38.20	43.32	48.64		55.04	4 / 4			
reaction time	0.196	interval		4.20	4.32	4.44	4.48		4.64	4.76	5.04	5.12	5.32	6.40			12.96	13.88	15.48
		velocity	7.12	8.33	8.10	7.88	7.81	7.72	7.54	7.35	6.94	6.84	6.58	6.25	7.27		8.10	7.56	6.78
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	22	188				
FINAL - 2017 Weltklasse (Zürich, SUI) (TV Analysis)																<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>			
date	24-Aug-17	time	6.36	10.52	14.80	19.16	23.68		28.40	33.28		43.40	48.80		55.09	3 / 5			
reaction time	0.163	interval		4.16	4.28	4.36	4.52		4.72	4.88		10.12	5.40	6.29			12.80	14.12	15.52
		velocity	7.08	8.41	8.18	8.03	7.74		7.42	7.17		6.92	6.48	6.36	7.26		8.20	7.44	6.77
H1 lead leg	L	strides	23	15	15		15		16	16			18	21.7	139.7				
FINAL - 2017 Müller Grand Prix (Birmingham, GBR) (TV Analysis)																<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>			
date	20-Aug-17	time	6.36	10.56	14.80	19.04	23.40		27.96	32.88	38.08	43.36	48.72		54.89	2 / 4			
reaction time	0.158	interval		4.20	4.24	4.24	4.36		4.56	4.92	5.20	5.28	5.36	6.17			12.68	13.84	15.84
		velocity	7.08	8.33	8.25	8.25	8.03		7.68	7.11	6.73	6.63	6.53	6.48	7.29		8.28	7.59	6.63
H1 lead leg	L	strides	23	15	15	15	15		16	17	17	18	18	22	191				
FINAL - 2017 IAAF World Championships (London, GBR) (TV Analysis)																<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>			
date	10-Aug-17	time	6.32		14.80	19.16	23.68		28.32	33.24	38.40	43.68	49.16		55.71	2 / 8			
reaction time	0.157	interval			8.48	4.36	4.52		4.64	4.92	5.16	5.28	5.48	6.55			12.84	14.08	15.92
		velocity	7.12		8.25	8.03	7.74		7.54	7.11	6.78	6.63	6.39	6.11	7.18		8.18	7.46	6.60
H1 lead leg	L	strides	23			15	15		16	17	17	18	18	21.5	160.5				
FINAL - 2017 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)																<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>			
date	21-Jul-17	time	6.32	10.44	14.68	18.92	23.24		27.88	32.60	37.52	42.68	48.20		54.75	7 / 4			
reaction time	0.196	interval		4.12	4.24	4.24	4.32		4.64	4.72	4.92	5.16	5.52	6.55			12.60	13.68	15.60
		velocity	7.12	8.50	8.25	8.25	8.10		7.54	7.42	7.11	6.78	6.34	6.11	7.31		8.33	7.68	6.73
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	18	22	189				
FINAL - 2017 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis)																<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>			
date	16-Jul-17	time	6.48	10.68	15.00	19.40	23.92		28.64	33.48	38.52	43.64	48.80		54.92	8 / 3			
reaction time	0.157	interval		4.20	4.32	4.40	4.52		4.72	4.84	5.04	5.12	5.16	6.12			12.92	14.08	15.32
		velocity	6.94	8.33	8.10	7.95	7.74		7.42	7.23	6.94	6.84	6.78	6.54	7.28		8.13	7.46	6.85
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	21.2	187.2				
FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis)																<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>			
date	06-Jul-17	time	6.52	10.72	15.04	19.40	23.76		28.32	33.12	38.08	43.16	48.32		54.36	1 / 3			
reaction time	0.151	interval		4.20	4.32	4.36	4.36		4.56	4.80	4.96	5.08	5.16	6.04			12.88	13.72	15.20
		velocity	6.90	8.33	8.10	8.03	8.03		7.68	7.29	7.06	6.89	6.78	6.62	7.36		8.15	7.65	6.91
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	21.5	187.5				
FINAL - 2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>			
date	08-Jun-17	time	6.48	10.64	14.88	19.20	23.56		28.28	33.08	38.08	43.48	49.28		55.86	3 / 9			
reaction time	0.165	interval		4.16	4.24	4.32	4.36		4.72	4.80	5.00	5.40	5.80	6.58			12.72	13.88	16.20
		velocity	6.94	8.41	8.25	8.10	8.03		7.42	7.29	7.00	6.48	6.03	6.08	7.16		8.25	7.56	6.48
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	19	19	22	192				
FINAL - 2016 Memorial van Damme (Brussels, BEL) (TV Analysis)																<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>			
date	09-Sep-16	time	6.36	10.48	14.68	18.96	23.40		28.04	32.92	38.00	43.28	48.72		55.26	4 / 5			
reaction time	0.204	interval		4.12	4.20	4.28	4.44		4.64	4.88	5.08	5.28	5.44	6.54			12.60	13.96	15.80
		velocity	7.08	8.50	8.33	8.18	7.88		7.54	7.17	6.89	6.63	6.43	6.12	7.24		8.33	7.52	6.65
H1 lead leg	L	strides	23	15	15	15	15		16	17	17	18	18	21.5	190.5				
FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis)																<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>			
date	01-Sep-16	time	6.36	10.52	14.76	19.12	23.52		28.16	33.00	37.92	43.04	48.36		54.55	4 / 3			
reaction time	0.184	interval		4.16	4.24	4.36	4.40		4.64	4.84	4.92	5.12	5.32	6.19			12.76	13.88	15.36
		velocity	7.08	8.41	8.25	8.03	7.95		7.54	7.23	7.11	6.84	6.58	6.46	7.33		8.23	7.56	6.84
H1 lead leg	L	strides	23	15	15		15		16	16	16	17	17	21	171				
FINAL - 2016 Athletissima (Laussane, SUI) (TV Analysis)																<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>			
date	25-Aug-16	time	6.36	10.56	14.80	19.12	23.56		28.28	33.08	38.04	43.20	48.40		54.45	3 / 2			
reaction time	0.157	interval		4.20	4.24	4.32	4.44		4.72	4.80	4.96	5.16	5.20	6.05			12.76	13.96	15.32
		velocity	7.08	8.33	8.25	8.10	7.88		7.42	7.29	7.06	6.78	6.73	6.61	7.35		8.23	7.52	6.85
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	21	187				
FINAL - 2016 Olympic Games (Rio de Janeiro, BRA) (TV Analysis)																<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>			
date	18-Aug-16	time	6.44	10.64	14.92	19.24	23.68		28.32	33.12	38.12	43.24	48.48		54.61	1 / 8			
reaction time	0.171	interval		4.20	4.28	4.32	4.44		4.64	4.80	5.00	5.12	5.24	6.13			12.80	13.88	15.36
		velocity	6.99	8.33	8.18	8.10	7.88		7.54	7.29	7.00	6.84	6.68	6.53	7.32		8.20	7.56	6.84
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	21	187				

FINAL - 2016 London Anniversary Games (London, GBR) (TV Analysis)

date	22-Jul-16	time	6.36	10.60	14.80	19.00	23.40	27.96	32.73	37.67	42.73	48.10	54.70	4 / 4			
reaction time	0.162	interval		4.24	4.20	4.20	4.40	4.56	4.77	4.94	5.06	5.37	6.60		12.64	13.73	15.37
		velocity	7.08	8.25	8.33	8.33	7.95	7.68	7.34	7.09	6.92	6.52	6.06	7.31	8.31	7.65	6.83
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	18	22	189			

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

FINAL - 2016 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)

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

Henson (2020) - Athlete First: 2016 year end hurdle report

FINAL - 2016 Birmingham Diamond League (Birmingham, GBR) (TV Analysis)

date	05-Jun-16	time	6.47	10.60	14.83	19.10	23.50	28.20	32.97	37.90	43.07	48.37	54.57	5 / 2			
reaction time	0.171	interval		4.13	4.23	4.27	4.40	4.70	4.77	4.93	5.17	5.30	6.20		12.63	13.87	15.40
		velocity	6.96	8.47	8.27	8.20	7.95	7.45	7.34	7.10	6.77	6.60	6.45	7.33	8.31	7.57	6.82
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	17	21.7	187.7			

Henson (2020) - Athlete First: 2016 year end hurdle report

FINAL - 2016 Golden Gala Pietro Mennea (Roma, ITA) (TV Analysis)

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

Henson (2020) - Athlete First: 2016 year end hurdle report

FINAL - 2016 Doha Diamond League (Doha, QAT) (TV Analysis)

date	06-May-16	time	6.40	10.56	14.84	19.12	23.56	28.24	33.00	37.96	43.04	48.32	54.53	3 / 1			
reaction time	0.191	interval		4.16	4.28	4.28	4.44	4.68	4.76	4.96	5.08	5.28	6.21		12.72	13.88	15.32
		velocity	7.03	8.41	8.18	8.18	7.88	7.48	7.35	7.06	6.89	6.63	6.44	7.34	8.25	7.56	6.85
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	17	21.2	187.2			

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

Child, Eilidh (GBR) (1987)

FINAL - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)

date	26-Aug-15	time	6.40	10.52	14.80	19.08	23.44	28.16	32.96	38.04	43.24	48.60	54.78	3 / 6			
reaction time	0.161	interval		4.12	4.28	4.28	4.36	4.61	4.76	4.96	5.16	5.36	6.18		12.68	13.88	15.64
		velocity	7.03	8.50	8.18	8.18	8.03	7.35	7.35	6.89	6.73	6.53	6.47	7.30	8.28	7.56	6.71
H1 lead leg	L	strides		15		15	15			17	18	18	98				

Henson (2021) - Athlete First: major championships report

FINAL - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis)

date	15-Aug-13	time	6.31	10.38	14.65	19.08	23.58	28.19	33.08	38.08	43.23	48.61	54.86	8 / 5 4			
reaction time	0.175	interval		4.07	4.27	4.43	4.50	4.61	4.89	5.00	5.15	5.38	6.25		12.77	14.00	15.53
		velocity	7.13	8.60	8.20	7.90	7.78	7.59	7.16	7.00	6.80	6.51	6.40	7.29	8.22	7.50	6.76
H1 lead leg	L	strides	23		16	16	16	17	17		17	18	21.2	161.2			

Henson (2021) - Athlete First: major championships report

FINAL - 2010 Commonwealth Games (Dehli, IND)

date	10-Oct-10	time	6.5	10.8	15.2	19.7	24.2	26.2	28.8	33.7	38.7	44.1	49.5	55.62	5 / 2			
reaction time	0.238	interval		4.30	4.40	4.50	4.50	4.60	4.90	5.00	5.40	5.40	6.12		13.20	14.00	15.80	
		velocity	6.92	8.14	7.95	7.78	7.78	7.63	7.61	7.14	7.00	6.48	6.48	6.54	7.19	7.95	7.50	6.65
H1 lead leg		strides																

Arnold (2010) - 400mH planning and peaking

Heat 2 - 2010 Commonwealth Games (Dehli, IND)

date	09-Oct-10	time	6.3	10.7	15.1	19.5	24.0	26.0	28.8	33.8	39.1	44.5	49.9	56.16	7 / 2			
reaction time	0.202	interval		4.40	4.40	4.50	4.50	4.80	5.00	5.30	5.40	5.40	6.26		13.20	14.30	16.10	
		velocity	7.14	7.95	7.95	7.95	7.78	7.69	7.29	7.00	6.60	6.48	6.48	6.39	7.12	7.95	7.34	6.52
H1 lead leg		strides																

Arnold (2010) - 400mH planning and peaking

FINAL - 2010 European Championships (Barcelona, ESP)

date	30-Jul-10	time	6.04	10.64	15.04	19.42	24.02	28.76	33.62	38.76	44.08	49.50	55.51	2 / 8				
reaction time	0.199	interval		4.40	4.38	4.60		4.74	4.86	5.14	5.32	5.42	6.01		14.20	15.88		
		velocity	7.52	7.95	7.99	7.61		7.38	7.20	6.81	6.58	6.46	6.66	7.21		7.39	6.61	
H1 lead leg	L	strides																

Arnold (2010) - 400mH planning and peaking

Semi-Final 1 - 2010 European Championships (Barcelona, ESP)

date	28-Jul-10	time	6.48	10.78	15.10	19.50	23.96	28.64	33.48	38.38	43.64	49.20	55.27	4 / 4			
reaction time	0.169	interval		4.30	4.32	4.40	4.46	4.68	4.84	4.90	5.26	5.56	6.07		13.02	13.98	15.72
		velocity	6.94	8.14	8.10	7.95	7.85	7.48	7.23	7.14	6.65	6.29	6.59	7.24	8.06	7.51	6.68
H1 lead leg	L	strides															

Arnold (2010) - 400mH planning and peaking

Heat 3 - 2010 European Championships (Barcelona, ESP)

date	27-Jul-10	time	6.56	10.82	15.20	19.56	24.04	28.70	33.52	38.54	44.06	49.70	55.82	8 / 2			
reaction time	0.331	interval		4.26	4.38	4.36	4.48	4.66	4.82	5.02	5.52	5.64	6.12		13.00	13.96	16.18
		velocity	6.86	8.22	7.99	8.03	7.81	7.51	7.26	6.97	6.34	6.21	6.54	7.17	8.08	7.52	6.49
H1 lead leg	L	strides															

Arnold (2010) - 400mH planning and peaking

Dudgeon, Sinead (GBR) (1976)

FINAL - 2002 European Championships (Munich, GER)

date	08-Aug-02	time	6.61	11.16	15.65	20.22	24.99	29.99	35.23	40.76	46.56		59.39	8 / 8			
reaction time	0.184	interval		4.55	4.49	4.57	4.77	5.00	5.24	5.53	5.80				13.61	15.01	
		velocity	6.81	7.69	7.80	7.66	7.34	7.00	6.68	6.33	6.03		6.74		7.71	7.00	
		strides															

Arnold (2010) - 400mH planning and peaking

Graubner (2009) - <http://www.fgs.uni-halle.de>

H1 lead leg strides

Semi-Final 1 - 1999 IAAF World Championships (Sevilla, ESP)

date	23-Aug-99	time	6.06	10.27	14.60	18.98	23.59	28.46	33.48	38.73	43.97	49.38	<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>			55.69	2 / 6			
reaction time	0.173	interval		4.21	4.33	4.38	4.61	4.87	5.02	5.25	5.24	5.41	6.31				12.92	14.50	15.90	
		velocity	7.43	8.31	8.08	7.99	7.59	7.19	6.97	6.67	6.68	6.47	6.34	7.18			8.13	7.24	6.60	
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	17	20	186						

Dulin, Mandie (USA) (1977)

FINAL - 1996 USATF National Junior Championships (Delaware, OH)																			<i>USATF Women's Sprint Development (1996)</i>		
date	29-Jun-96	time	7.11	11.77	16.35	21.12	25.94	31.10	36.49	42.21	47.94	53.70	60.19	6 / 3							
reaction time		interval		4.66	4.58	4.77	4.82	5.16	5.39	5.72	5.73	5.76	6.49				14.01	15.37	17.21		
		velocity	6.33	7.51	7.64	7.34	7.26	6.78	6.49	6.12	6.11	6.08	6.16	6.65			7.49	6.83	6.10		
H1 lead leg		strides																			

Dyson, Sandra (GBR) (1944)

FINAL - 1971 West German Athletics - 400m Hurdles Test (Bonn, FRG)																			<i>Keydel (1971) - die 400m hürden machten das rennen</i>		
date	15-May-71	time	6.8	11.4	16.2	21.2	26.7	32.0	37.6	43.4	49.2	54.9	61.1	1 / 1							
reaction time		interval		4.60	4.80	5.00	5.50	5.30	5.60	5.80	5.80	5.70	6.20				14.40	16.40	17.30		
		velocity	6.62	7.61	7.29	7.00	6.36	6.60	6.25	6.03	6.03	6.14	6.45	6.55			7.29	6.40	6.07		
H1 lead leg		strides	24	17	17	17	19	19	19	19	19	19	189								

Edeh, Rosey (CAN) (1966)

FINAL - 1996 Olympic Games (Atlanta, GA)																			<i>Behm (1996) - 400m haies</i>		
date	31-Jul-96	time	6.6	10.7	15.0	19.4	23.9	28.4	33.2	38.1	43.1	48.5	54.39	7 / 6							
reaction time	0.324	interval		4.10	4.30	4.40	4.50	4.50	4.80	4.90	5.00	5.40	5.89				12.80	13.80	15.30		
		velocity	6.82	8.54	8.14	7.95	7.78	7.78	7.29	7.14	7.00	6.48	6.79	7.35			8.20	7.61	6.86		
H1 lead leg		strides	22	15	15	15	15	15	15	15	15	17	17	161							

Semi-Final 2 - 1993 IAAF World Championships (Stuttgart, GER)

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

Ellenberger, Gisela (FRG) (1950)

FINAL - 1971 West German Athletics - 400m Hurdles Test (Bonn, FRG)																			<i>Keydel (1971) - die 400m hürden machten das rennen</i>		
date	15-May-71	time	7.4	12.6	17.7	22.8	28.0	33.7	39.8	45.6	51.3	56.9	62.0	1 / 2							
reaction time		interval		5.20	5.10	5.10	5.20	5.70	6.10	5.80	5.70	5.60	5.10				15.40	17.00	17.10		
		velocity	6.08	6.73	6.86	6.86	6.73	6.14	5.74	6.03	6.14	6.25	7.84	6.45			6.82	6.18	6.14		
H1 lead leg		strides	24	17	17	17	17	19	19	19	19	19	187								

El Moutawakel, Nawal (MAR) (1962)

FINAL - 1984 Olympic Games (Los Angeles, CA)																			<i>Behm (1995) - la tactique du 400 haies</i>		
date	08-Aug-84	time	6.4	10.6	14.8	19.1	23.7	28.3	33.2	38.2	43.4	48.6	54.61	3 / 1							
reaction time	0.176	interval		4.20	4.20	4.30	4.60	4.60	4.90	5.00	5.20	5.20	6.01	OR PB			12.70	14.10	15.40		
		velocity	7.03	8.33	8.33	8.14	7.61	7.61	7.14	7.00	6.73	6.73	6.66	7.32			8.27	7.45	6.82		
H1 lead leg		strides	17	17	17	17	17	17	17	18	18	19	22.5	179.5							

Ennadi, Noura (MAR) (1999)

Semi-Final 3 - 2024 Olympic Games (Paris, FRA)																			<i>Paris 2024 Olympc Games - Results Book (2024)</i>		
date	06-Aug-24	time	6.47	10.63	14.83	19.14	23.61	28.27	33.15	38.22	43.52	48.88	55.50	8 / 8							
reaction time	0.175	interval		4.16	4.20	4.31	4.47	4.66	4.88	5.07	5.30	5.36	6.62				12.67	14.01	15.73		
		velocity	6.96	8.41	8.33	8.12	7.83	7.51	7.17	6.90	6.60	6.53	6.04	7.21			8.29	7.49	6.68		
H1 lead leg	R	strides	23	15	15	15	15	16	17	17	17	17	116								

Heat 5 - 2024 Olympic Games (Paris, FRA)

Heat 5 - 2024 Olympic Games (Paris, FRA)																			<i>Paris 2024 Olympc Games - Results Book (2024)</i>		
date	04-Aug-24	time	6.72	11.07	15.51	19.99	24.61	29.36	34.23	39.28	44.23	49.36	55.26	4 / 2							
reaction time	0.198	interval		4.35	4.44	4.48	4.62	4.75	4.87	5.05	4.95	5.13	5.90				13.27	14.24	15.13		
		velocity	6.70	8.05	7.88	7.81	7.58	7.37	7.19	6.93	7.07	6.82	6.78	7.24			7.91	7.37	6.94		
H1 lead leg	R	strides	23	15	15	15	15	15	16	16	17	17	19.7	183.7							

FINAL - 2024 Meeting International Mohammed VI d'Athlétisme (Marrakech, MAR) (TV Analysis)

FINAL - 2024 Meeting International Mohammed VI d'Athlétisme (Marrakech, MAR) (TV Analysis)																			<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>		
date	19-May-24	time	6.73	11.06	15.49	19.91	24.59	34.35	39.38	44.61	49.94	56.15	3 / 7								
reaction time	0.177	interval		4.33	4.43	4.42	4.68	9.76	5.03	5.23	5.33	6.21				13.18	14.44	15.59			
		velocity	6.69	8.08	7.90	7.92	7.48	7.17	6.96	6.69	6.57	6.44	7.12			7.97	7.27	6.74			
H1 lead leg	R	strides	23	15	15	15	15	15	17	17	17	20.2	169.2								

Semi-Final 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)

Semi-Final 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																			<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>		
date	22-Aug-23	time	6.61	11.07	15.41	19.68	24.25	34.06	39.07	44.21	49.34	55.15	2 / 6								
reaction time	0.184	interval		4.46	4.34	4.27	4.57	9.81	5.01	5.14	5.13	5.81				13.07	14.38	15.28			
		velocity	6.81	7.85	8.06	8.20	7.66	7.14	6.99	6.81	6.82	6.88	7.25			8.03	7.30	6.87			
H1 lead leg	L	strides	24	15	15	15	15	17	17	17	17	105									

Heat 5 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)

Heat 5 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																			<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>		
date	21-Aug-23	time	6.67	11.16	15.50	19.77	24.36	34.03	39.03	44.10	49.26	55.21	2 / 5								
reaction time	0.178	interval		4.49	4.34	4.27	4.59	9.67	5.00	5.07	5.16	5.95				13.10	14.26	15.23			

H1 lead leg	L	velocity	6.75	7.80	8.06	8.20	7.63		7.24	7.00	6.90	6.78	6.72	7.25		8.02	7.36	6.89	
		strides	24		15	15	15			17	17	17	20	140					
FINAL - 2023 Meeting International Mohammed VI d'Athlétisme (Rabat, MAR)															<i>Omega Timing (2023) - diamond league race analysis</i>				
date	28-May-23	time	6.44	10.66	15.02	19.55	24.31		29.31	34.37	39.41	44.52	49.71	55.83	1 / 7				
reaction time	0.183	interval		4.22	4.36	4.53	4.76		5.00	5.06	5.04	5.11	5.19	6.12		PB	13.11	14.82	15.34
		velocity	6.99	8.29	8.03	7.73	7.35		7.00	6.92	6.94	6.85	6.74	6.54		7.16	8.01	7.09	6.84
H1 lead leg	R	strides	23	15		15	15		17			17	17	20	139				
Fahr, Annina (SUI) (1993)																			
Heat 2 - 2024 European Athletics Championships (Roma, ITA)															<i>European Athletics (2024) - 2024 european athletics championships - results book</i>				
date	09-Jun-24	time		10.84	15.19	19.71	24.41		29.19	34.05	39.36	44.74	50.03	56.59	5 / 6				
reaction time	0.208	interval		4.33	4.52	4.49	4.65		4.78	4.86	5.31	5.38	5.29	6.56			14.34	15.98	
		velocity		7.38	8.05	7.74	7.45		7.32	7.20	6.59	6.51	6.62	6.10		7.07		7.32	6.57
H1 lead leg		strides																	
Semi-Final 2 - 2022 European Athletics Championships (Munich, GER)															<i>European Athletics (2022) - european athletics championships race analysis</i>				
date	18-Aug-22	time	6.41	10.74	15.26	19.75	24.40	26.50	29.17	34.18	39.42	44.83	50.52	57.07	1 / 7				
reaction time	0.188	interval		4.33	4.52	4.49	4.65		4.77	5.01	5.24	5.41	5.69	6.55			13.34	14.43	16.34
		velocity	7.02	8.08	7.74	7.80	7.53	7.55	7.34	6.99	6.68	6.47	6.15	6.11		7.01	7.87	7.28	6.43
H1 lead leg	L	strides	23			16	16		16			18	18	22	129				
Heat 1 - 2022 European Athletics Championships (Munich, GER)															<i>European Athletics (2022) - european athletics championships race analysis</i>				
date	17-Aug-22	time	6.42	10.83	15.35	19.83	24.56	26.63	29.30	34.10	39.20	44.46	49.83	56.16	2 / 1				
reaction time	0.178	interval		4.41	4.52	4.48	4.73		4.74	4.80	5.10	5.26	5.37	6.33		PB	13.41	14.27	15.73
		velocity	7.01	7.94	7.74	7.81	7.40	7.51	7.38	7.29	6.86	6.65	6.52	6.32		7.12	7.83	7.36	6.68
H1 lead leg	L	strides	23	16	16	16	16		16	16	16	17	17	21	190				
Fahr, Chloe (USA) (2001)																			
Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)															<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>				
date	29-Jun-24	time	6.62	10.92	15.26	19.68	24.28	26.51	29.35	34.38	39.61	45.17	50.76	73.14	1 / 9				
reaction time		interval		4.30	4.34	4.42	4.60		5.07	5.03	5.23	5.56	5.59	22.38			13.06	14.70	16.38
		velocity	6.80	8.14	8.06	7.92	7.61	7.54	6.90	6.96	6.69	6.29	6.26	1.79		5.47	8.04	7.14	6.41
H1 lead leg	L	strides	25	16	16	16	17		17	17	18	18	18	178					
Heat 2 - 2024 USA Olympic Trials (Eugene, OR)															<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>				
date	27-Jun-24	time	6.75	11.07	15.51	20.08	24.74	26.84	29.50	34.65	40.08	45.64	51.09	57.26	6 / 6				
reaction time		interval		4.32	4.44	4.57	4.66		4.76	5.15	5.43	5.56	5.45	6.17			13.33	14.57	16.44
		velocity	6.67	8.10	7.88	7.66	7.51	7.45	7.35	6.80	6.45	6.29	6.42	6.48		6.99	7.88	7.21	6.39
H1 lead leg		strides																	
Farmer-Patrick, Sandra (USA) (1962)																			
FINAL - 1996 USA Olympic Trials (Atlanta, GA)															<i>USATF Women's Sprint Development (1996)</i>				
date	16-Jun-96	time	6.49	10.75	15.08	19.41	23.93	25.86	28.63	33.47	38.17	43.07	48.10	54.07	5 / 3				
reaction time		interval		4.26	4.33	4.33	4.52		4.70	4.84	4.70	4.90	5.03	5.97			12.92	14.06	14.63
		velocity	6.93	8.22	8.08	8.08	7.74	7.73	7.45	7.23	7.45	7.14	6.96	6.70		7.40	8.13	7.47	7.18
H1 lead leg	R	strides	24	15	15	15	15		15	16	16	16	16	19	182				
FINAL - 1993 IAAF World Championships (Stuttgart, GER)															<i>Graubner (2008) - http://www.fgs.uni-halle.de</i>				
date	19-Aug-93	time	6.52	10.57	14.72	18.93	23.31		27.90	32.79	37.38	42.20	47.04	52.79	6 / 2				
reaction time	0.300	interval		4.05	4.15	4.21	4.38		4.59	4.89	4.59	4.82	4.84	5.75		AR	12.41	13.86	14.25
		velocity	6.90	8.64	8.43	8.31	7.99		7.63	7.16	7.63	7.26	7.23	6.96		7.58	8.46	7.58	7.37
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	16	16	19.5	181.5				
Semi-Final 3 - 1993 IAAF World Championships (Stuttgart, GER)															<i>Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)</i>				
date	17-Aug-93	time	6.38	10.52	14.68	18.98	23.42		27.91	32.56	37.44	42.47	47.12	53.88	3 / 1				
reaction time		interval		4.14	4.16	4.30	4.44		4.49	4.65	4.88	5.03	4.65	6.76			12.60	13.58	14.56
		velocity	7.05	8.45	8.41	8.14	7.88		7.80	7.53	7.17	6.96	7.53	5.92		7.42	8.33	7.73	7.21
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	16	16	19.2	181.2				
FINAL - 1992 Olympic Games (Barcelona, ESP)															<i>Knight (1992) - 1992 Olympic report: the hurdling events</i>				
date	05-Aug-92	time	6.5	10.5	13.7	19.1	23.5		28.2	33.0	37.8	42.8	47.6	53.69	4 / 2				
reaction time		interval		4.00	3.20	5.40	4.40		4.70	4.80	4.80	5.00	4.80	6.09			12.60	13.90	14.60
		velocity	6.92	8.75	10.94	6.48	7.95		7.45	7.29	7.29	7.00	7.29	6.57		7.45	8.33	7.55	7.19
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	19.2	183				
Heat 1 - 1992 Olympic Games (Barcelona, ESP)															<i>Lyle (1992) - miscellaneous coaching notes</i>				
date	02-Aug-92	time	6.90	11.11	15.46	19.91	24.51		29.21	33.95	39.07	44.13	49.33	55.12	6 / 1				
reaction time		interval		4.21	4.35	4.45	4.60		4.70	4.74	5.12	5.06	5.20	5.79			13.01	14.04	15.38
		velocity	6.52	8.31	8.05	7.87	7.61		7.45	7.38	6.84	6.92	6.73	6.91		7.26	8.07	7.48	6.83
H1 lead leg		strides																	
Febbraio, Surita (RSA) (1973)																			
FINAL - 2003 IAAF World Championships (Paris, FRA)															<i>Behm (2003) - Paris 2003:Le quatrache masculin - féminin</i>				
date	28-Aug-03	time	6.4	10.5	14.7	19.2	23.7		28.4	33.2	38.1	43.4	49.0	55.90	8 / 8				
reaction time	0.168	interval		4.10	4.20	4.50	4.50		4.70	4.80	4.90	5.30	5.60	6.90			12.80	14.00	15.80
		velocity	7.03	8.54	8.33	7.78	7.78		7.45	7.29	7.14	6.60	6.25	5.80		7.16	8.20	7.50	6.65

H1 lead leg L strides 23 15 15 15 15 15 15 15 16 16 16 20 181

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

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

FINAL - 1987 IAAF World Championships (Rome, ITA)*Sušanka (1990) - time analysis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)*

date 03-Sep-87 time 6.61 10.77 15.09 19.45 23.94 28.64 33.42 38.44 43.43 48.50 54.19 8 / 2
 reaction time interval 4.16 4.32 4.36 4.49 4.70 4.78 5.02 4.99 5.07 5.69 12.84 13.97 15.08
 velocity 6.81 8.41 8.10 8.03 7.80 7.45 7.32 6.97 7.01 6.90 7.03 7.38 8.18 7.52 6.96
 H1 lead leg L strides 23 15 15 15 15 16 16 16 16 16 19.9 182.9

Semi-Final 2 - 1987 IAAF World Championships (Rome, ITA)*Sušanka (1990) - time analysis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)*

date 01-Sep-87 time 6.60 10.76 14.97 19.24 23.69 28.42 33.28 38.34 43.62 49.04 55.08 8 / 2
 reaction time interval 4.16 4.21 4.27 4.45 4.73 4.86 5.06 5.28 5.42 6.04 12.64 14.04 15.76
 velocity 6.82 8.41 8.31 8.20 7.87 7.40 7.20 6.92 6.63 6.46 6.62 8.31 7.48 6.66
 H1 lead leg L strides 23 15 15 15 15 16 16 16 17 17 19.4 184.4

Heat 2 - 1987 IAAF World Championships (Rome, ITA)*Sušanka (1990) - time analysis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)*

date 31-Aug-87 time 6.55 10.68 14.96 19.32 23.81 28.74 33.83 39.10 44.46 49.92 56.31 1 / 2
 reaction time interval 4.13 4.28 4.36 4.49 4.93 5.09 5.27 5.36 5.46 6.39 12.77 14.51 16.09
 velocity 6.87 8.47 8.18 8.03 7.80 7.10 6.88 6.64 6.53 6.41 6.26 8.22 7.24 6.53
 H1 lead leg strides 23 15 15 15 15 16 17 17 17 18 20 188

Semi-Final 1 - 1983 IAAF World Championships (Helsinki, FIN)*Knoke (1984) - the hurdles*

date 09-Aug-83 time 6.60 11.04 15.54 20.26 25.09 29.55 35.02 40.04 45.24 50.53 56.63 3 / 5
 reaction time interval 4.44 4.50 4.72 4.83 4.46 5.47 5.02 5.20 5.29 6.10 13.66 14.76 15.51
 velocity 6.82 7.88 7.78 7.42 7.25 7.85 6.40 6.97 6.73 6.62 6.56 7.06 7.69 7.11 6.77
 H1 lead leg L strides 23 15 15 16 16 16 16 16 17 20 154

Heat 4 - 1983 IAAF World Championships (Helsinki, FIN)*Knoke (1984) - the hurdles*

date 08-Aug-83 time 6.81 11.22 15.80 20.54 25.42 30.09 35.02 40.04 45.23 50.59 56.47 1 / 1
 reaction time interval 4.41 4.58 4.74 4.88 4.67 4.93 5.02 5.19 5.36 5.88 **PB** 13.73 14.48 15.57
 velocity 6.61 7.94 7.64 7.38 7.17 7.49 7.10 6.97 6.74 6.53 6.80 7.08 7.65 7.25 6.74
 H1 lead leg strides

Folorunso, Ayomide (ITA) (1996)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 2024 Memorial van damme (Brussels, BEL)***Omega Timing (2024) - diamond league race analysis*

date 14-Sep-24 time 6.51 10.80 15.15 19.55 24.04 28.71 33.55 38.53 43.63 48.99 55.37 8 / 5
 reaction time 0.204 interval 4.29 4.35 4.40 4.49 4.67 4.84 4.98 5.10 5.36 6.38 13.04 14.00 15.44
 velocity 6.91 8.16 8.05 7.95 7.80 7.49 7.23 7.03 6.86 6.53 6.27 7.22 8.05 7.50 6.80
 H1 lead leg R strides 23 15 15 15 15 16 16 16 16 20.5 122.5

FINAL - 2024 Weltklasse (Züich, SUI)*Omega Timing (2024) - diamond league race analysis*

date 05-Sep-24 time 6.35 10.51 14.74 18.96 23.25 27.77 32.54 37.59 42.96 48.57 55.26 2 / 5
 reaction time 0.205 interval 4.16 4.23 4.22 4.29 4.52 4.77 5.05 5.37 5.61 6.69 12.61 13.58 16.03
 velocity 7.09 8.41 8.27 8.29 8.16 7.74 7.34 6.93 6.52 6.24 5.98 7.24 8.33 7.73 6.55
 H1 lead leg R strides 23 15 15 15 16 16 16 18 21 124

FINAL - 2024 Golden Gala • Pietro Mennea (Roma, ITA)*Omega Timing (2024) - diamond league race analysis*

date 30-Aug-24 time 6.29 10.45 14.73 19.03 23.41 28.03 32.82 37.83 43.07 48.54 55.00 2 / 6
 reaction time 0.168 interval 4.16 4.28 4.30 4.38 4.62 4.79 5.01 5.24 5.47 6.46 12.74 13.79 15.72
 velocity 7.15 8.41 8.18 8.14 7.99 7.58 7.31 6.99 6.68 6.40 6.19 7.27 8.24 7.61 6.68
 H1 lead leg R strides 23 15 15 15 16 16 16 16 17 134

FINAL - 2024 Athletissima (Lausanne, SUI)*Omega Timing (2024) - diamond league race analysis*

date 22-Aug-24 time 6.30 10.43 14.58 18.88 23.35 28.00 32.81 37.80 43.02 48.51 55.08 8 / 5
 reaction time 0.203 interval 4.13 4.15 4.30 4.47 4.65 4.81 4.99 5.22 5.49 6.57 12.58 13.93 15.70
 velocity 7.14 8.47 8.43 8.14 7.83 7.53 7.28 7.01 6.70 6.38 6.09 7.26 8.35 7.54 6.69
 H1 lead leg R strides 23 15 15 15 15 16 16 16 16 17 21 185

Semi-Final 2 - 2024 Olympic Games (Paris, FRA)*Paris 2024 Olympic Games - Results Book (2024)*

date 06-Aug-24 time 6.30 10.42 14.74 19.07 23.43 27.98 32.73 37.71 42.99 48.42 54.92 3 / 5
 reaction time 0.166 interval 4.12 4.32 4.33 4.36 4.55 4.75 4.98 5.28 5.43 6.50 12.77 13.66 15.69
 velocity 7.14 8.50 8.10 8.08 8.03 7.69 7.37 7.03 6.63 6.45 6.15 7.28 8.22 7.69 6.69
 H1 lead leg R strides 23 15 15 15 15 16 16 16 17 17 20.7 185.7

Repechage 1 - 2024 Olympic Games (Paris, FRA)*Paris 2024 Olympic Games - Results Book (2024)*

date 05-Aug-24 time 6.37 10.46 14.65 18.91 23.33 27.91 32.71 37.72 42.96 48.50 55.07 4 / 1
 reaction time 0.193 interval 4.09 4.19 4.26 4.42 4.58 4.80 5.01 5.24 5.54 6.57 12.54 13.80 15.79
 velocity 7.06 8.56 8.35 8.22 7.92 7.64 7.29 6.99 6.68 6.32 6.09 7.26 8.37 7.61 6.65
 H1 lead leg R strides 23 15 15 15 15 16 16 16 17 17 22 187

Heat 2 - 2024 Olympic Games (Paris, FRA)*Paris 2024 Olympic Games - Results Book (2024)*

date 04-Aug-24 time 6.36 10.53 14.80 19.19 23.77 28.46 33.34 38.29 43.43 48.74 55.03 7 / 6

reaction time	0.195	interval	4.17	4.27	4.39	4.58	4.69	4.88	4.95	5.14	5.31	6.29	12.83	14.15	15.40		
		velocity	7.08	8.39	8.20	7.97	7.64	7.46	7.17	7.07	6.81	6.59	6.36	7.27	8.18	7.42	6.82
H1 lead leg	R	strides	23	15	15	15	15	16	16	16	16	17	21	185			
FINAL - 2024 European Athletics Championships (Roma, ITA)													<i>European Athletics (2024) - 2024 european athletics championships - results book</i>				
date	11-Jun-24	time	6.60	10.82	15.21	19.69	24.27	28.87	33.61	38.53	43.79	49.04	55.20	2 / 5			
reaction time	0.173	interval	4.22	4.39	4.48	4.58	4.60	4.74	4.92	5.26	5.25	6.16	13.09	13.92	15.43		
		velocity	6.82	8.29	7.97	7.81	7.64	7.61	7.38	7.11	6.65	6.67	6.49	7.25	8.02	7.54	6.80
H1 lead leg	L	strides	23	15	15	15	15	16	16	16	17	21	122				
Semi-Final 1 - 2024 European Athletics Championships (Roma, ITA)													<i>European Athletics (2024) - 2024 european athletics championships - results book</i>				
date	10-Jun-24	time	6.37	10.57	14.91	19.23	23.73	28.36	33.11	37.85	42.97	48.24	54.52	7 / 3			
reaction time	0.190	interval	4.20	4.34	4.32	4.50	4.63	4.75	4.74	5.12	5.27	6.28	12.86	13.88	15.13		
		velocity	7.06	8.33	8.06	8.10	7.78	7.56	7.37	7.38	6.84	6.64	6.37	7.34	8.16	7.56	6.94
H1 lead leg	L	strides	23	15	15	15	15	16	16	16	17	17	21	186			
FINAL - 2024 Bauhaus Galan (Stockholm, SWE)													<i>Omega Timing (2024) - diamond league race analysis</i>				
date	02-Jun-24	time	6.41	10.74	15.04	19.39	23.84	28.49	33.29	38.37	43.69	49.28	55.99	2 / 6			
reaction time	0.174	interval	4.33	4.30	4.35	4.45	4.65	4.80	5.08	5.32	5.59	6.71	12.98	13.90	15.99		
		velocity	7.02	8.08	8.14	8.05	7.87	7.53	7.29	6.89	6.58	6.26	5.96	7.14	8.09	7.55	6.57
H1 lead leg	L	strides	23	15	15	15	16	16	16	16	18	21	141				
FINAL - 2024 Bislett Games (Oslo, NOR) (TV Analysis)													<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>				
date	30-May-24	time	6.32	10.35	14.55	18.86	23.26	28.03	32.92	38.12	43.67	49.38	56.06	3 / 7			
reaction time	0.168	interval	4.03	4.20	4.31	4.40	4.77	4.89	5.20	5.55	5.71	6.68	12.54	14.06	16.46		
		velocity	7.12	8.68	8.33	8.12	7.95	7.34	7.16	6.73	6.31	6.13	5.99	7.14	8.37	7.47	6.38
H1 lead leg	L	strides	23	15	15	15	16	16	16	16	17	17	21	187			
FINAL - 2023 Prefontaine Classic (Eugene, OR)													<i>Omega Timing (2023) - diamond league race analysis</i>				
date	17-Sep-23	time	6.28	10.51	14.83	19.23	23.78	28.48	33.29	38.25	43.37	48.63	54.68	8 / 6			
reaction time	0.182	interval	4.23	4.32	4.40	4.55	4.70	4.81	4.96	5.12	5.26	6.05	12.95	14.06	15.34		
		velocity	7.17	8.27	8.10	7.95	7.69	7.45	7.28	7.06	6.84	6.65	6.61	7.32	8.11	7.47	6.84
H1 lead leg	L	strides	23	15	15	15	16	16	16	16	16	16	132				
FINAL - 2023 Memorial van Damme (Brussels, BEL)													<i>Omega Timing (2023) - diamond league race analysis</i>				
date	08-Sep-23	time	6.29	10.42	14.73	19.09	23.61	28.28	33.09	38.06	43.17	48.42	54.42	8 / 5			
reaction time	0.213	interval	4.13	4.31	4.36	4.52	4.67	4.81	4.97	5.11	5.25	6.00	12.80	14.00	15.33		
		velocity	7.15	8.47	8.12	8.03	7.74	7.49	7.28	7.04	6.85	6.67	6.67	7.35	8.20	7.50	6.85
H1 lead leg	L	strides	24	15	15	15	16	16	16	16	16	17	20	155			
FINAL - 2023 Xiamen Diamond League (Xiamen, CHN)													<i>Omega Timing (2023) - diamond league race analysis</i>				
date	02-Sep-23	time	6.31	10.45	14.72	19.11	23.61	28.31	33.10	38.05	43.08	48.16	54.08	3 / 4			
reaction time	0.185	interval	4.14	4.27	4.39	4.50	4.70	4.79	4.95	5.03	5.08	5.92	12.80	13.99	15.06		
		velocity	7.13	8.45	8.20	7.97	7.78	7.45	7.31	7.07	6.96	6.89	6.76	7.40	8.20	7.51	6.97
H1 lead leg	L	strides	23	15	15	15	16	16	16	16	16	17	20	185			
FINAL - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)													<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	24-Aug-23	time	6.41	10.74	15.01	19.27	23.72	33.13	38.06	43.14	48.34	54.19	2 / 6				
reaction time	0.192	interval	4.33	4.27	4.26	4.45	9.41	4.93	5.08	5.20	5.85	12.86	13.86	15.21			
		velocity	7.02	8.08	8.20	8.22	7.87	7.44	7.10	6.89	6.73	6.84	7.38	8.16	7.58	6.90	
H1 lead leg	L	strides	23	15	15	15	16	16	16	16	17	20	153				
Semi-Final 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)													<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	22-Aug-23	time	6.27	10.38	14.61	18.92	23.32	32.60	37.47	42.50	47.76	53.89	5 / 4				
reaction time	0.190	interval	4.11	4.23	4.31	4.40	9.28	4.87	5.03	5.26	6.13	NR	12.65	13.68	15.16		
		velocity	7.18	8.52	8.27	8.12	7.95	7.54	7.19	6.96	6.65	6.53	7.42	8.30	7.68	6.93	
H1 lead leg	L	strides	23	15	15	15	16	16	16	16	17	20.5	153.5				
Heat 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)													<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	21-Aug-23	time	6.43	10.40	14.70	18.90	23.36	28.03	32.80	37.63	42.73	47.97	54.30	9 / 3			
reaction time	0.189	interval	3.97	4.30	4.20	4.46	4.67	4.77	4.83	5.10	5.24	6.33	12.47	13.90	15.17		
		velocity	7.00	8.82	8.14	8.33	7.85	7.49	7.34	7.25	6.86	6.68	6.32	7.37	8.42	7.55	6.92
H1 lead leg	L	strides	23	15	15	15	16	16	16	16	16	17	20.2	185.2			
FINAL - 2023 Athletissima (Lausanne, SUI)													<i>Omega Timing (2023) - diamond league race analysis</i>				
date	30-Jun-23	time	6.26	10.41	14.66	19.04	23.53	28.17	33.01	38.07	43.23	48.66	55.12	8 / 3			
reaction time	0.222	interval	4.15	4.25	4.38	4.49	4.64	4.84	5.06	5.16	5.43	6.46	12.78	13.97	15.65		
		velocity	7.19	8.43	8.24	7.99	7.80	7.54	7.23	6.92	6.78	6.45	6.19	7.26	8.22	7.52	6.71
H1 lead leg	L	strides	23	15	15	15	15	15	16	16	17	17	21	155			
FINAL - 2023 Golden Gala Pietro Mennea (Firenze, ITA)													<i>Omega Timing (2023) - diamond league race analysis</i>				
date	02-Jun-23	time	6.25	10.33	14.61	18.87	23.23	27.69	32.49	37.55	42.91	48.64	55.34	2 / 7			
reaction time	0.190	interval	4.08	4.28	4.26	4.36	4.46	4.80	5.06	5.36	5.73	6.70	12.62	13.62	16.15		
		velocity	7.20	8.58	8.18	8.22	8.03	7.85	7.29	6.92	6.53	6.11	5.97	7.23	8.32	7.71	6.50
H1 lead leg	L	strides	23	15	15	15	15	15	16	16	16	17	21.2	184.2			
FINAL - 2022 Weltklasse (Zürich, SUI) (TV Analysis)													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				

															H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Fontanive, Petra (SUI) (1988)															FINAL - 2017 Weltklasse (Zürich, SUI) (TV Analysis)													<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>			
date	24-Aug-17	time	6.32	10.60	15.04	19.56	24.24		28.96	33.84		43.88	48.96		54.66	4 / 4															
reaction time	0.157	interval		4.28	4.44	4.52	4.68		4.72	4.88		10.04	5.08	5.70				13.24	14.28	15.12											
		velocity	7.12	8.18	7.88	7.74	7.48		7.42	7.17		6.97	6.89	7.02				7.32	7.93	7.35	6.94										
H1 lead leg	L	strides	23	16	16		16		17	17			17	21				143													
FINAL - 2016 Hürden-und Sprintmeeting (Basel, SUI) (300m Hurdles)															<i>Swiss Athletics (2016) - sprint and hurdle analysis</i>																
date	07-May-16	time	6.70	11.08	15.56	20.20	25.16		30.24	35.14					41.38	/ 3															
reaction time		interval		4.38	4.48	4.64	4.96		5.08	4.90			6.24						13.50	14.94											
		velocity	6.72	7.99	7.81	7.54	7.06		6.89	7.14			7.21	7.25				7.78	7.03												
H1 lead leg		strides																													
Forcadell, Laia (ESP) (1982)															FINAL - 2007 European Cup (Munich, GER)													<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>			
date	23-Jun-07	time	6.93	11.29	15.74	20.42	25.22		30.22	35.42	40.61	45.87	51.21		57.05	/ 6															
reaction time	0.258	interval		4.36	4.45	4.68	4.80		5.00	5.20	5.19	5.26	5.34	5.84	PB				13.49	15.00	15.79										
		velocity	6.49	8.03	7.87	7.48	7.29		7.00	6.73	6.74	6.65	6.55	6.85	7.01				7.78	7.00	6.65										
H1 lead leg		strides																													
Foster, Charlynn (USA) (1980)															FINAL - 1996 USATF National Junior Championships (Delaware, OH)													<i>USATF Women's Sprint Development (1996)</i>			
date	29-Jun-08	time	6.74	11.22	15.91	20.73	25.53		30.58	35.84	41.08	46.71	52.56		58.93	5 / 1															
reaction time		interval		4.48	4.69	4.82	4.80		5.05	5.26	5.24	5.63	5.85	6.37	PB				13.99	15.11	16.72										
		velocity	6.68	7.81	7.46	7.26	7.29		6.93	6.65	6.68	6.22	5.98	6.28	6.79				7.51	6.95	6.28										
H1 lead leg		strides																													
Fra, Daniela (ESP) (2000)															Heat 2 - 2024 European Athletics Championships (Roma, ITA)													<i>European Athletics (2024) - 2024 european athletics championships - results book</i>			
date	09-Jun-24	time		10.57	14.87	19.31	23.87		28.54	33.46	38.45	43.76	49.19		55.71	6 / 2															
reaction time	0.197	interval			4.30	4.44	4.56		4.67	4.92	4.99	5.31	5.43	6.52	PB				14.15	15.73											
		velocity		7.57	8.14	7.88	7.68		7.49	7.11	7.01	6.59	6.45	6.13	7.18				7.42	6.68											
H1 lead leg		strides																													
Franklin, Autumn (USA) (1994)															FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)													<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>			
date	10-Jul-16	time	6.54	10.78	14.98	19.32	23.66		28.23	33.03	37.97	43.14	48.48		54.65	4 / 6															
reaction time	0.172	interval		4.24	4.20	4.34	4.34		4.57	4.80	4.94	5.17	5.34	6.17	PB				12.78	13.71	15.45										
		velocity	6.88	8.25	8.33	8.06	8.06		7.66	7.29	7.09	6.77	6.55	6.48	7.32				8.22	7.66	6.80										
H1 lead leg	R	strides	24	16	16	16	16		16	17	17	18	18	21.5	195.5																
Fu Yijia (CHN) (2001)															Heat 3 - 2021 Chinese National Championships (Chongqing, CHN)													<i>CAA Hurdle Development (2021)</i>			
date	26-Jun-21	time	7.06	11.71	16.48	21.39	26.49		31.69	36.95	42.20	47.85	54.01		60.54	7 / 5															
reaction time	0.243	interval		4.65	4.77	4.91	5.10		5.20	5.26	5.25	5.65	6.16	6.53					14.33	15.56	17.06										
		velocity	6.37	7.53	7.34	7.13	6.86		6.73	6.65	6.67	6.19	5.68	6.13	6.61				7.33	6.75	6.15										
H1 lead leg	R	strides	24	16	16	17	17		17	17	17	18	19	21.5	199.5																
FINAL - 2020 Chinese Olympic Trials (Shaoxing, CHN)															<i>CAA Hurdle Development (2021)</i>																
date	13-Jun-21	time	6.84	11.58	16.38	21.42	26.63		31.93	37.30	42.86	48.81	54.79		61.52	1 / 8															
reaction time	0.244	interval		4.74	4.80	5.04	5.21		5.30	5.37	5.56	5.95	5.98	6.73					14.58	15.88	17.49										
		velocity	6.58	7.38	7.29	6.94	6.72		6.60	6.52	6.29	5.88	5.85	5.94	6.50				7.20	6.61	6.00										
H1 lead leg	R	strides	23	16	16	17	17		17	17	17	18	18	21.7	197.7																
U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)															<i>CAA Hurdle Development (2019)</i>																
date	17-Aug-19	time	7.12	11.84	16.72	21.70	26.88		32.30	37.98	43.78	49.92	56.58		63.84	9 / 6															
reaction time	0.408	interval		4.72	4.88	4.98	5.18		5.42	5.68	5.80	6.14	6.66	7.26					14.58	16.28	18.60										
		velocity	6.32	7.42	7.17	7.03	6.76		6.46	6.16	6.03	5.70	5.26	5.51	6.27				7.20	6.45	5.65										
H1 lead leg	L	strides	24	17	17	17	17		17	18	18	19	20	22	206																
U20 Heat 1 - 2019 Chinese National Youth Games (Taiyuan, CHN)															<i>CAA Hurdle Development (2019)</i>																
date	17-Aug-19	time	7.06	11.92	16.90	21.94	27.14		32.46	38.02	43.72	49.80	55.90		63.00	5 / 3															
reaction time	0.258	interval		4.86	4.98	5.04	5.20		5.32	5.56	5.70	6.08	6.10	7.10					14.88	16.08	17.88										
		velocity	6.37	7.20	7.03	6.94	6.73		6.58	6.29	6.14	5.76	5.74	5.63	6.35				7.06	6.53	5.87										
H1 lead leg	L	strides	24	17	17	17	17		17	18	18	19	19	21.2	204.2																
Fuho, Saeki (JPN)															FINAL - 2023 Japanese National High School Championships (Sapporo, JPN)													<i>Takashima (2023) - national high school sports festival - biomechanics data</i>			
date	04-Aug-23	time	6.86	11.31	16.00	20.94	25.96		31.13	36.47	42.18	47.98	53.99		60.75	9 / 6															
reaction time	0.260	interval		4.45	4.69	4.94	5.02		5.17	5.34	5.71	5.80	6.01	6.76					14.08	15.53	17.52										
		velocity	6.56	7.87	7.46	7.09	6.97		6.77	6.55	6.13	6.03	5.82	5.92	6.58				7.46	6.76	5.99										
H1 lead leg		strides		15	15	17	17		17	17	19	19	19	23	178																
Fujii, Yui (JPN)															FINAL - 2019 Shimane High School Championships (Izumo, JPN)													<i>Shimizu (2019) - shimane high school championships 2019 - biomechanics data analysis</i>			
date	25-May-19	time	7.69	13.04	18.73	24.53	30.32		36.30	42.49	48.96	55.56	62.25		69.45	6 / 3															
reaction time		interval		5.35	5.69	5.80	5.79		5.98	6.19	6.47	6.60	6.69	7.20					16.84	17.96	19.76										

H1 lead leg	velocity	5.85	6.54	6.15	6.03	6.04		5.85	5.65	5.41	5.30	5.23	5.56	5.76		6.24	5.85	5.31	
	strides	26	19	19	19	19		19	19	20	21	21	25	227					
Fujjoka, Shiho (JPN)																			
FINAL - 2019 Shimane High School Championships (Izumo, JPN)																			
<i>Shimizu (2019) - shimane high school championships 2019 - biomechanics data analysis</i>																			
date	25-May-19	time	7.77	13.62	19.56	25.46	31.42		37.75	44.32	50.71	57.25	63.77		70.60		9 / 7		
reaction time		interval		5.85	5.94	5.90	5.96		6.33	6.57	6.39	6.54	6.52	6.83			17.69	18.86	19.45
		velocity	5.79	5.98	5.89	5.93	5.87		5.53	5.33	5.48	5.35	5.37	5.86	5.67		5.94	5.57	5.40
H1 lead leg		strides	26	19	19	19	19		21	21	21	21	21	23	230				
Fukushima, Eriko (JPN)																			
FINAL - 2017 Japanese National High School Championships (Yamagata, JPN)																			
<i>Kota (2017) - 70th high school championships: JAF scientific committee- biomechanics data</i>																			
date	31-Jul-17	time	6.94	11.49	16.22	21.05	26.04		31.38	36.77	42.29	47.91	53.54		59.75		9 / 5		
reaction time	0.218	interval		4.55	4.73	4.83	4.99		5.34	5.39	5.52	5.62	5.63	6.21			14.11	15.72	16.77
		velocity	6.48	7.69	7.40	7.25	7.01		6.55	6.49	6.34	6.23	6.22	6.44	6.69		7.44	6.68	6.26
H1 lead leg		strides		17	17	17	17		18	18	19	19	19	161					
Furuya, Saki (JPN)																			
FINAL - 2022 Shimane High School Championships (Izumo, JPN)																			
<i>Shimizu (2022) - shimane high school championships 2022 - biomechanics data analysis</i>																			
date	27-May-22	time	7.78	13.13	18.73	24.38	30.22		36.18	42.27	48.63	54.93	61.33		68.78		6 / 3		
reaction time		interval		5.35	5.60	5.65	5.84		5.96	6.09	6.36	6.30	6.40	7.45			16.60	17.89	19.06
		velocity	5.78	6.54	6.25	6.19	5.99		5.87	5.75	5.50	5.56	5.47	5.37	5.82		6.33	5.87	5.51
H1 lead leg		strides	25	18	19	19	19		19	19	20	20	21	24.5	223.5				
Gallego, Sara (ESP) (2000)																			
FINAL - 2022 European Athletics Championships (Munich, GER)																			
<i>European Athletics (2022) - european athletics championships race analysis</i>																			
date	19-Aug-22	time	6.30	10.47	14.83	19.29	23.82	25.82	28.45	33.30	38.33	43.36	48.70		54.97		6 / 4		
reaction time	0.143	interval		4.17	4.36	4.46	4.53		4.63	4.85	5.03	5.03	5.34	6.27			12.99	14.01	15.40
		velocity	7.14	8.39	8.03	7.85	7.73	7.75	7.56	7.22	6.96	6.96	6.55	6.38	7.28		8.08	7.49	6.82
H1 lead leg	L	strides	23	15			16		16	16	17	17	17	21.7	158.7				
Semi-Final 1 - 2022 European Athletics Championships (Munich, GER)																			
<i>European Athletics (2022) - european athletics championships race analysis</i>																			
date	18-Aug-22	time	6.28	10.47	14.84	19.28	23.83	25.83	28.43	33.28	38.40	43.49	48.92		55.16		6 / 1		
reaction time	0.165	interval		4.19	4.37	4.44	4.55		4.60	4.85	5.12	5.09	5.43	6.24			13.00	14.00	15.64
		velocity	7.17	8.35	8.01	7.88	7.69	7.74	7.61	7.22	6.84	6.88	6.45	6.41	7.25		8.08	7.50	6.71
H1 lead leg	L	strides	22	15	16	16	16		16	16	17	17	18	21.7	190.7				
Semi-Final 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																			
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																			
date	20-Jul-22	time	6.27	10.40	14.87	19.33	23.92	25.94	28.53	33.30	38.20	43.18	48.37		54.49		7 / 5		
reaction time	0.136	interval		4.13	4.47	4.46	4.59		4.61	4.77	4.90	4.98	5.19	6.12			13.06	13.97	15.07
		velocity	7.18	8.47	7.83	7.85	7.63	7.71	7.59	7.34	7.14	7.03	6.74	6.54	7.34		8.04	7.52	6.97
H1 lead leg	L	strides	24	15	16	16	16		16	16	17	17	21	174					
Heat 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																			
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																			
date	19-Jul-22	time	6.50	10.70	15.03	19.53	24.20	26.08	28.90	33.70	38.70	43.76	48.96		55.09		7 / 3		
reaction time	0.125	interval		4.20	4.33	4.50	4.67		4.70	4.80	5.00	5.06	5.20	6.13			13.03	14.17	15.26
		velocity	6.92	8.33	8.08	7.78	7.49	7.67	7.45	7.29	7.00	6.92	6.73	6.53	7.26		8.06	7.41	6.88
H1 lead leg	L	strides	23	15	16	16	16		16	16	17	17	20.2	189.2					
FINAL - 2018 IAAF World Junior Championships (Tampere, FIN) (TV Analysis)																			
<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																			
date	13-Jul-18	time	6.76	11.20	15.66	20.26	25.00		29.86	34.86	39.93	45.26	50.73		57.11		6 / 4		
reaction time	0.190	interval		4.44	4.46	4.60	4.74		4.86	5.00	5.07	5.33	5.47	6.38	NJR PB		13.50	14.60	15.87
		velocity	6.66	7.88	7.85	7.61	7.38		7.20	7.00	6.90	6.57	6.40	6.27	7.00		7.78	7.19	6.62
H1 lead leg	R	strides	24	17	17	17	17		17	17	17	18	18	161					
Garcia, Carla (ESP) (2001)																			
Heat 2 - 2022 European Athletics Championships (Munich, GER)																			
<i>European Athletics (2022) - european athletics championships race analysis</i>																			
date	17-Aug-22	time	6.40	10.63	15.00	19.51	24.12	26.21	29.03	34.20	39.47	44.85	50.51		57.03		7 / 4		
reaction time	0.135	interval		4.23	4.37	4.51	4.61		4.91	5.17	5.27	5.38	5.66	6.52			13.11	14.69	16.31
		velocity	7.03	8.27	8.01	7.76	7.59	7.63	7.13	6.77	6.64	6.51	6.18	6.13	7.01		8.01	7.15	6.44
H1 lead leg	L	strides	23	15			15		16	17	17	17	18	21	159				
Garozzo, Aliya Rae (USA) (2001)																			
Semi-Final 1 - 2024 USA Olympic Trials (Eugene, OR)																			
<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																			
date	29-Jun-24	time	6.57	10.90	15.43	20.02	24.81	27.02	29.94	35.33	40.63	46.20	51.48		57.35		1 / 7		
reaction time		interval		4.33	4.53	4.59	4.79		5.13	5.39	5.30	5.57	5.28	5.87			13.45	15.31	16.15
		velocity	6.85	8.08	7.73	7.63	7.31	7.40	6.82	6.49	6.60	6.28	6.63	6.81	6.97		7.81	6.86	6.50
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	16	16	19	182				
Heat 4 - 2024 USA Olympic Trials (Eugene, OR)																			
<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																			
date	27-Jun-24	time	6.67	11.03	15.62	20.53	25.54	27.80	30.69	35.97	41.38	46.87	52.21		58.12		7 / 5		
reaction time		interval		4.36	4.59	4.91	5.01		5.15	5.28	5.41	5.49	5.34	5.91			13.86	15.44	16.24
		velocity	6.75	8.03	7.63	7.13	6.99	7.19	6.80	6.63	6.47	6.38	6.55	6.77	6.88		7.58	6.80	6.47
H1 lead leg	R	strides	24	15	16	16	16		16	16	16	16	16	167					
Garrett, Akala (USA) (2005)																			
FINAL - 2024 USA Olympic Trials (Eugene, OR)																			
<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																			

date	30-Jun-24	time	6.53	10.69	15.02	19.41	23.96	25.96	28.70	33.55	38.74	43.90	48.95	55.01	1 / 7			
reaction time		interval		4.16	4.33	4.39	4.55		4.74	4.85	5.19	5.16	5.05	6.06		12.88	14.14	15.40
		velocity	6.89	8.41	8.08	7.97	7.69	7.70	7.38	7.22	6.74	6.78	6.93	6.60	7.27	8.15	7.43	6.82
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	19.5	183.5			

Semi-Final 3 - 2024 USA Olympic Trials (Eugene, OR)

USATF and Karmarush (2024) - USA Olympic trials results and race analysis

date	29-Jun-24	time	6.49	10.50	14.58	18.87	23.29	25.28	27.87	32.78	37.92	43.08	48.57	55.34	8 / 3			
reaction time		interval		4.01	4.08	4.29	4.42		4.58	4.91	5.14	5.16	5.49	6.77		12.38	13.91	15.79
		velocity	6.93	8.73	8.58	8.16	7.92	7.91	7.64	7.13	6.81	6.78	6.38	5.91	7.23	8.48	7.55	6.65
H1 lead leg	R	strides		15	15	15	15		16	16	17	17	17	20	163			

Heat 3 - 2024 USA Olympic Trials (Eugene, OR)

USATF and Karmarush (2024) - USA Olympic trials results and race analysis

date	27-Jun-24	time	6.48	10.60	14.86	19.37	23.99	26.04	28.69	33.58	38.80	44.07	49.48	55.67	5 / 2			
reaction time		interval		4.12	4.26	4.51	4.62		4.70	4.89	5.22	5.27	5.41	6.19		12.89	14.21	15.90
		velocity	6.94	8.50	8.22	7.76	7.58	7.68	7.45	7.16	6.70	6.64	6.47	6.46	7.19	8.15	7.39	6.60
H1 lead leg		strides																

FINAL - 2024 NCAA Championships (Eugene, OR) (TV Analysis)

Henson (2024) - Athlete First: 2024 year end hurdle report

date	08-Jun-24	time	6.50	10.63	14.89	19.23	23.73		28.40	33.24	38.24	43.21	48.59	54.84	8 / 4			
reaction time		interval		4.13	4.26	4.34	4.50		4.67	4.84	5.00	4.97	5.38	6.25		12.73	14.01	15.35
		velocity	6.92	8.47	8.22	8.06	7.78		7.49	7.23	7.00	7.04	6.51	6.40	7.29	8.25	7.49	6.84
H1 lead leg	R	strides		15	15	15	15		15	16	16	16	17	140				

Geldenhuis, Zenéy (RSA) (2000)

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

Semi-Final 1 - 2024 Olympic Games (Paris, FRA)

Paris 2024 Olympc Games - Results Book (2024)

date	06-Aug-24	time	6.34	10.54	14.67	18.99	23.39		27.93	32.71	37.73	42.84	48.00	53.90	8 / 3			
reaction time	0.175	interval		4.20	4.13	4.32	4.40		4.54	4.78	5.02	5.11	5.16	5.90	PB	12.65	13.72	15.29
		velocity	7.10	8.33	8.47	8.10	7.95		7.71	7.32	6.97	6.85	6.78	6.78	7.42	8.30	7.65	6.87
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	16	16	19.2	180.2			

Heat 3 - 2024 Olympic Games (Paris, FRA)

Paris 2024 Olympc Games - Results Book (2024)

date	04-Aug-24	time	6.40	10.65	15.10	19.51	24.10		28.80	33.61	38.59	43.74	48.82	54.73	3 / 3			
reaction time	0.170	interval		4.25	4.45	4.41	4.59		4.70	4.81	4.98	5.15	5.08	5.91		13.11	14.10	15.21
		velocity	7.03	8.24	7.87	7.94	7.63		7.45	7.28	7.03	6.80	6.89	6.77	7.31	8.01	7.45	6.90
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	16	19	179			

FINAL - 2024 Meeting International Mohammed VI d'Athlétisme (Marrakech, MAR) (TV Analysis)

Henson (2024) - Athlete First: 2024 year end hurdle report

date	19-May-24	time	6.53	10.76	15.14	19.61	24.14		28.91	33.79	39.03	44.30	49.54	55.28	1 / 4			
reaction time	0.163	interval		4.23	4.38	4.47	4.53		4.77	4.88	5.24	5.27	5.24	5.74		13.08	14.18	15.75
		velocity	6.89	8.27	7.99	7.83	7.73		7.34	7.17	6.68	6.64	6.68	6.97	7.24	8.03	7.40	6.67
H1 lead leg	R	strides	23	15	15	15	15		15		16	16	16	19	165			

Gerhard, Heidi (FRG) (1941)

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

FINAL - 1971 West German Athletics - 400m Hurdles Test (Bonn, FRG)

Keydel (1971) - die 400m hürden machten das rennen

date	15-May-71	time	7.4	12.6	17.7	22.9	28.2		33.9	39.7	45.6	51.5	57.5	65.0	1 / 5			
reaction time		interval		5.20	5.10	5.20	5.30		5.70	5.80	5.90	5.90	6.00	7.50		15.50	16.80	17.80
		velocity	6.08	6.73	6.86	6.73	6.60		6.14	6.03	5.93	5.93	5.83	5.33	6.15	6.77	6.25	5.90
H1 lead leg		strides	23	17	17	17	17		19	19	19	19	19	186				

Giger, Yasmin (SUI) (1999)

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

FINAL - 2024 Weltklasse (Züich, SUI)

Omega Timing (2024) - diamond league race analysis

date	05-Sep-24	time	6.34	10.50	14.82	19.21	23.74		28.55	33.51	38.66	44.08	49.75	56.19	1 / 8			
reaction time	0.155	interval		4.16	4.32	4.39	4.53		4.81	4.96	5.15	5.42	5.67	6.44		12.87	14.30	16.24
		velocity	7.10	8.41	8.10	7.97	7.73		7.28	7.06	6.80	6.46	6.17	6.21	7.12	8.16	7.34	6.47
H1 lead leg	R	strides	23	15		15			16	16		17	18	20	140			

Repechage 3 - 2024 Olympic Games (Paris, FRA)

Paris 2024 Olympc Games - Results Book (2024)

date	05-Aug-24	time	6.40	10.69	15.04	19.48	24.04		28.71	33.57	38.55	43.77	49.06	55.18	3 / 5			
reaction time	0.157	interval		4.29	4.35	4.44	4.56		4.67	4.86	4.98	5.22	5.29	6.12		13.08	14.09	15.49
		velocity	7.03	8.16	8.05	7.88	7.68		7.49	7.20	7.03	6.70	6.62	6.54	7.25	8.03	7.45	6.78
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	20.2	184.2			

Heat 5 - 2024 Olympic Games (Paris, FRA)

Paris 2024 Olympc Games - Results Book (2024)

date	04-Aug-24	time	6.39	10.59	14.85	19.27	23.82		28.54	33.47	38.60	43.90	49.29	55.44	6 / 4			
reaction time	0.138	interval		4.20	4.26	4.42	4.55		4.72	4.93	5.13	5.30	5.39	6.15		12.88	14.20	15.82
		velocity	7.04	8.33	8.22	7.92	7.69		7.42	7.10	6.82	6.60	6.49	6.50	7.22	8.15	7.39	6.64
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	0.7	166.7			

Semi-Final 1 - 2024 European Athletics Championships (Roma, ITA)

European Athletics (2024) - 2024 european athletics championships - results book

date	10-Jun-24	time	6.66	11.01	15.46	19.95	24.57		29.33	34.22	39.10	44.11	49.27	55.05	9 / 5			
reaction time	0.225	interval		4.35	4.45	4.49	4.62		4.76	4.89	4.88	5.01	5.16	5.78	PB	13.29	14.27	15.05
		velocity	6.76	8.05	7.87	7.80	7.58		7.35	7.16	7.17	6.99	6.78	6.92	7.27	7.90	7.36	6.98
H1 lead leg	R	strides	23	15	15	15	15		16	16		16	19.5	150.5				

Heat 3 - 2024 European Athletics Championships (Roma, ITA)

European Athletics (2024) - 2024 european athletics championships - results book

date	09-Jun-24	time	6.50	10.79	15.23	19.84	24.63		29.44	34.34	39.32	44.46	49.64	55.33	2 / 2			
reaction time	0.172	interval		4.29	4.44	4.61	4.79		4.81	4.90	4.98	5.14	5.18	5.69		13.34	14.50	15.30

H1 lead leg	velocity	6.92	8.16	7.88	7.59	7.31		7.28	7.14	7.03	6.81	6.76	7.03	7.23		7.87	7.24	6.86	
	strides																		
Semi-Final 3 - 2022 European Athletics Championships (Munich, GER)															<i>European Athletics (2022) - european athletics championships race analysis</i>				
date	18-Aug-22	time	6.51	10.92	15.36	20.04	24.80	26.96	29.72	34.71	40.05	45.41	50.94		57.13		2 / 8		
reaction time	0.197	interval		4.41	4.44	4.68	4.76		4.92	4.99	5.34	5.36	5.53	6.19			13.53	14.67	16.23
		velocity	6.91	7.94	7.88	7.48	7.35	7.42	7.11	7.01	6.55	6.53	6.33	6.46	7.00		7.76	7.16	6.47
H1 lead leg	R	strides	23	15					16			17	17	19.7		107.7			
Heat 2 - 2022 European Athletics Championships (Munich, GER)															<i>European Athletics (2022) - european athletics championships race analysis</i>				
date	17-Aug-22	time	6.48	10.79	15.18	19.75	24.40	26.49	29.26	34.24	39.50	44.93	50.64		56.69		3 / 2		
reaction time	0.225	interval		4.31	4.39	4.57	4.65		4.86	4.98	5.26	5.43	5.71	6.05			13.27	14.49	16.40
		velocity	6.94	8.12	7.97	7.66	7.53	7.55	7.20	7.03	6.65	6.45	6.13	6.61	7.06		7.91	7.25	6.40
H1 lead leg	R	strides	23	15					16	16	16	18	17	20		156			
Semi-Final 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	20-Jul-22	time	6.53	10.84	15.30	19.73	24.40	26.41		34.20	39.33	44.70			56.31		2 / 8		
reaction time	0.154	interval		4.31	4.46	4.43	4.67			9.80	5.13	5.37					13.20	14.47	
		velocity	6.89	8.12	7.85	7.90	7.49	7.57		7.14	6.82	6.52			7.10		7.95	7.26	
H1 lead leg	R	strides	23	15	15	15	15				16	17			116				
FINAL - 2022 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	09-Jun-22	time	6.53	10.83	15.30		24.70	26.64	29.57	34.60	39.70	45.13			56.52		1 / 9		
reaction time	0.155	interval		4.30	4.47		9.40		4.87	5.03	5.10	5.43							
		velocity	6.89	8.14	7.83		7.45	7.51	7.19	6.96	6.86	6.45			7.08				
H1 lead leg	R	strides	23	15	15	15			15	16	16	17			132				
Heat 4 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)															<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>				
date	31-Jul-21	time	6.66	10.90	15.33	19.93	24.77		29.80	35.00	40.20				57.03		9 / 6		
reaction time	0.165	interval		4.24	4.43	4.60	4.84		5.03	5.20	5.20						13.27	15.07	
		velocity	6.76	8.25	7.90	7.61	7.23		6.96	6.73	6.73				7.01		7.91	6.97	
H1 lead leg	R	strides	23	15	15	15	15		16	16	16				131				
FINAL - 2020 Galà dei Castelli (Bellinzona, SUI) (TV Analysis)															<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>				
date	15-Sep-20	time	6.60	10.92	15.36				29.68	34.72		45.20	50.52		56.42		2 / 4		
reaction time		interval		4.32	4.44				14.32	5.04		10.48	5.32	5.90					15.80
		velocity	6.82	8.10	7.88				7.33	6.94		6.68	6.58	6.78	7.09				6.65
H1 lead leg	R	strides	23	15	15					16			17	20.2		106.2			
FINAL - 2018 IAAF World Junior Championships (Tampere, FIN) (TV Analysis)															<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>				
date	13-Jul-18	time	6.40	10.70	15.06	19.66	24.36		29.20	34.16	39.30	44.66	50.40		56.98		8 / 3		
reaction time	0.179	interval		4.30	4.36	4.60	4.70		4.84	4.96	5.14	5.36	5.74	6.58			13.26	14.50	16.24
		velocity	7.03	8.14	8.03	7.61	7.45		7.23	7.06	6.81	6.53	6.10	6.08	7.02		7.92	7.24	6.47
H1 lead leg	R	strides	23	15	15	15	15		15	16	16		17		147				
Glenn, Rachel (USA) (2002)																			
FINAL - 2024 USA Olympic Trials (Eugene, OR)															<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>				
date	30-Jun-24	time	6.33	10.29	14.52	18.82	23.25	25.28	27.85	32.54	37.42	42.41	47.39		53.46		4 / 5		
reaction time		interval		3.96	4.23	4.30	4.43		4.60	4.69	4.88	4.99	4.98	6.07	PB		12.49	13.72	14.85
		velocity	7.11	8.84	8.27	8.14	7.90	7.91	7.61	7.46	7.17	7.01	7.03	6.59	7.48		8.41	7.65	7.07
H1 lead leg	R	strides	21	14	14	14	14		14	14	15	15	15	18.7		168.7			
Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)															<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>				
date	29-Jun-24	time	6.33	10.42	14.54	18.90	23.31	25.33	27.83	32.54	37.56	42.66	47.77		53.68		5 / 2		
reaction time		interval		4.09	4.12	4.36	4.41		4.52	4.71	5.02	5.10	5.11	5.91	PB		12.57	13.64	15.23
		velocity	7.11	8.56	8.50	8.03	7.94	7.90	7.74	7.43	6.97	6.86	6.85	6.77	7.45		8.35	7.70	6.89
H1 lead leg	L	strides	21	14	14	13	14		14	15	15	15	15	18.2		168.2			
Heat 4 - 2024 USA Olympic Trials (Eugene, OR)															<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>				
date	27-Jun-24	time	6.51	10.69	14.93	19.26	23.62	25.65	28.31	33.10	38.18	43.53	48.87		55.03		4 / 1		
reaction time		interval		4.18	4.24	4.33	4.36		4.69	4.79	5.08	5.35	5.34	6.16			12.75	13.84	15.77
		velocity	6.91	8.37	8.25	8.08	8.03	7.80	7.46	7.31	6.89	6.54	6.55	6.49	7.27		8.24	7.59	6.66
H1 lead leg	L	strides	22	14	14	14	14		14	15	15	16	16	19		173			
FINAL - 2024 NCAA Championships (Eugene, OR) (TV Analysis)															<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>				
date	08-Jun-24	time	6.30	10.42	14.64	18.97	23.36		27.86	32.74	37.70	42.75	47.96		54.11		6 / 3		
reaction time		interval		4.12	4.22	4.33	4.39		4.50	4.88	4.96	5.05	5.21	6.15			12.67	13.77	15.22
		velocity	7.14	8.50	8.29	8.08	7.97		7.78	7.17	7.06	6.93	6.72	6.50	7.39		8.29	7.63	6.90
H1 lead leg	R	strides	21	14	14	14	14		14	15	15	15	15	18.7		169.7			
Gloor, Rita (FRG)																			
FINAL - 1971 West German Athletics - 300m Hurdles Test (Bonn, FRG)															<i>Keydel (1971) - 300 ou 400 haies pour les femmes?</i>				
date	15-May-71	time	4.1	7.8	11.5	15.3	19.1		23.2	27.5	31.9	36.8	41.6		45.0		1 / 2		
reaction time		interval		3.7	3.7	3.8	3.8		4.1	4.3	4.4	4.9	4.8	3.4			11.20	12.20	14.10
		velocity																	
H1 lead leg		strides	13	13	13	13	13		13	13	13	15	15		134				

Glover, Sandra (USA) (1968)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2007 IAAF World Athletic Final (Stuttgart, GER)														<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>				
date	23-Sep-07	time	6.88	11.34	15.84	20.50	25.14	29.88	34.68	39.65	44.70	49.85	55.82	7 / 8				
reaction time	0.332	interval		4.46	4.50	4.66	4.64	4.74	4.80	4.97	5.05	5.15	5.97		13.62	14.18	15.17	
		velocity	6.54	7.85	7.78	7.51	7.54	7.38	7.29	7.04	6.93	6.80	6.70	7.17		7.71	7.40	6.92
H1 lead leg		strides																

FINAL - 2005 IAAF World Championships (Helsinki, FIN)

FINAL - 2005 IAAF World Championships (Helsinki, FIN)														<i>Behm (2005) - Helsinki 2005; Les haies - La revanche des lutins</i>				
date	13-Aug-05	time	6.3	10.5	14.8	19.2	23.5	28.0	32.5	37.2	42.1	47.1	53.32	3 / 3				
reaction time	0.200	interval		4.20	4.30	4.40	4.30	4.50	4.50	4.70	4.90	5.00	6.22		PB	12.90	13.30	14.60
		velocity	7.14	8.33	8.14	7.95	8.14	7.78	7.78	7.45	7.14	7.00	6.43	7.50		8.14	7.89	7.19
H1 lead leg	L	strides	23	16	16	16	16	16	16	17	17	17	21	191				

FINAL - 2004 Seiko Super Grand Prix (Yokohama, JPN)

FINAL - 2004 Seiko Super Grand Prix (Yokohama, JPN)														<i>Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers</i>				
date	23-Sep-04	time	6.61	10.91	15.26	19.73	24.22	28.82	33.47	38.34	43.48	48.74	54.86	1 / 1				
reaction time		interval		4.30	4.35	4.47	4.49	4.60	4.65	4.87	5.14	5.26	6.12		13.12	13.74	15.27	
		velocity	6.81	8.14	8.05	7.83	7.80	7.61	7.53	7.19	6.81	6.65	6.54	7.29		8.00	7.64	6.88
H1 lead leg		strides		16	16	16	16	16	16	17	17	17	147					

FINAL - 2003 IAAF World Championships (Paris, FRA)

FINAL - 2003 IAAF World Championships (Paris, FRA)														<i>Behm (2003) - Paris 2003:Le quatrache masculin - féminin</i>				
date	28-Aug-03	time	6.3	10.3	14.6	19.1	23.6	28.1	32.8	37.5	42.5	47.5	53.65	6 / 2				
reaction time	2.060	interval		4.00	4.30	4.50	4.50	4.50	4.70	4.70	5.00	5.00	6.15		12.80	13.70	14.70	
		velocity	7.14	8.75	8.14	7.78	7.78	7.78	7.45	7.45	7.00	7.00	6.50	7.46		8.20	7.66	7.14
H1 lead leg	L	strides	23	16	16	16	16	16	16	17	17	17	20	190				

FINAL - 2003 USATF National Championships (Palo Alto, CA)

FINAL - 2003 USATF National Championships (Palo Alto, CA)														<i>USATF Women's Sprint Development (2003)</i>				
date	21-Jun-03	time	6.36	10.58	14.82	19.22	23.62	28.32	32.85	37.57	42.68	48.20	55.12	3 / 3				
reaction time		interval		4.22	4.24	4.40	4.40	4.70	4.53	4.72	5.11	5.52	6.92		12.86	13.63	15.35	
		velocity	7.08	8.29	8.25	7.95	7.95	7.45	7.73	7.42	6.85	6.34	5.78	7.26		8.16	7.70	6.84
H1 lead leg		strides																

FINAL - 2002 IAAF World Cup (Madrid, ESP)

FINAL - 2002 IAAF World Cup (Madrid, ESP)														<i>Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas</i>				
date	20-Sep-02	time	6.27	10.54	14.95	19.38	24.08	28.69	33.42	38.23	43.23	48.29	54.46	6 / 2				
reaction time	0.198	interval		4.27	4.41	4.43	4.70	4.61	4.73	4.81	5.00	5.06	6.17		13.11	14.04	14.87	
		velocity	7.18	8.20	7.94	7.90	7.45	7.59	7.40	7.28	7.00	6.92	6.48	7.34		8.01	7.48	7.06
H1 lead leg	L	strides	23	16	16	16	16	16	16	17	17	17	20	190				

Semi-Final 1 - 2001 IAAF World Championships (Edmonton, CAN)

Semi-Final 1 - 2001 IAAF World Championships (Edmonton, CAN)														<i>Behm (2001) - profil des finales d'Edmonton</i>			
date	08-Aug-01	time	6.4	10.7	15.1	19.5	24.0	28.5	33.3	38.2	43.2	48.6	55.04	2 / 4			
reaction time	0.174	interval		4.3	4.4	4.4	4.5	4.5	4.8	4.9	5.0	5.4	6.44		13.10	13.80	15.30
		velocity	7.03	8.14	7.95	7.95	7.78	7.78	7.29	7.14	7.00	6.48	6.21		8.02	7.61	6.86
H1 lead leg		strides	24	16	16	16	16	17	18	18	18	18	177				

FINAL - 1999 IAAF World Championships (Sevilla, ESP)

FINAL - 1999 IAAF World Championships (Sevilla, ESP)														<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>				
date	25-Aug-99	time	6.44	10.64	14.97	19.30	23.83	28.37	32.99	37.64	42.55	47.60	53.65	1 / 5				
reaction time	0.150	interval		4.20	4.33	4.33	4.53	4.54	4.62	4.65	4.91	5.05	6.05		PB	12.86	13.69	14.61
		velocity	6.99	8.33	8.08	8.08	7.73	7.71	7.58	7.53	7.13	6.93	6.61	7.46		8.16	7.67	7.19
H1 lead leg	L	strides	24	16	16	16	16	16	16	17	17	17	20	191				

Semi-Final 2 - 1999 IAAF World Championships (Sevilla, ESP)

Semi-Final 2 - 1999 IAAF World Championships (Sevilla, ESP)														<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>				
date	23-Aug-99	time	6.19	10.46	14.81	19.17	23.72	28.25	32.96	37.77	42.76	47.90	54.17	4 / 3				
reaction time	0.151	interval		4.27	4.35	4.36	4.55	4.53	4.71	4.81	4.99	5.14	6.27		12.98	13.79	14.94	
		velocity	7.27	8.20	8.05	8.03	7.69	7.73	7.43	7.28	7.01	6.81	6.38	7.38		8.09	7.61	7.03
H1 lead leg	L	strides	24	16	16	16	16	16	16	17	17	17	19.5	190.5				

Glynn, Abbey (USA) (2001)

Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)														<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>				
date	29-Jun-24	time	6.51	10.83	14.99	19.43	23.96	26.02	28.54	33.35	38.40	43.74	49.50	56.08	9 / 6			
reaction time		interval		4.32	4.16	4.44	4.53	4.58	4.81	5.05	5.34	5.76	6.58		12.92	13.92	16.15	
		velocity	6.91	8.10	8.41	7.88	7.73	7.69	7.64	7.28	6.93	6.55	6.08	6.08	7.13	8.13	7.54	6.50
H1 lead leg	L	strides		15	15	15	15	15	15	15	15	16	18	139				

Heat 1 - 2024 USA Olympic Trials (Eugene, OR)

Heat 1 - 2024 USA Olympic Trials (Eugene, OR)														<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>				
date	27-Jun-24	time	6.43	10.62	14.96	19.52	24.11	26.31	28.88	33.88	39.24	44.65	50.44	56.94	4 / 3			
reaction time		interval		4.19	4.34	4.56	4.59	4.77	5.00	5.36	5.41	5.79	6.50		13.09	14.36	16.56	
		velocity	7.00	8.35	8.06	7.68	7.63	7.60	7.34	7.00	6.53	6.47	6.04	6.15	7.02	8.02	7.31	6.34
H1 lead leg	L	strides	21	15	15	15	15	15	15	15	15	16	16	158				

FINAL - 2024 NCAA Championships (Eugene, OR) (TV Analysis)

FINAL - 2024 NCAA Championships (Eugene, OR) (TV Analysis)														<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>				
date	08-Jun-24	time	6.67	10.88	15.22	19.68	24.31	28.98	33.82	38.84	44.17	49.71	55.75	2 / 8				
reaction time		interval		4.21	4.34	4.46	4.63	4.67	4.84	5.02	5.33	5.54	6.04		13.01	14.14	15.89	
		velocity	6.75	8.31	8.06	7.85	7.56	7.49	7.23	6.97	6.57	6.32	6.62	7.17		8.07	7.43	6.61
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	15	16	16	160				

FINAL - 2023 NCAA Championships (Austin, TX) (TV Analysis)

FINAL - 2023 NCAA Championships (Austin, TX) (TV Analysis)														<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>			
date	10-Jun-23	time	6.74	11.04	15.55	20.18	24.89	29.66	34.60	39.57	44.85	50.18	56.01	3 / 8			
reaction time		interval		4.30	4.51	4.63	4.71	4.77	4.94	4.97	5.28	5.33	5.83		13.44	14.42	15.58

H1 lead leg	L	velocity	6.68	8.14	7.76	7.56	7.43		7.34	7.09	7.04	6.63	6.57	6.86	7.14		7.81	7.28	6.74
		strides	22	15	15	15	15		15	15	15	17	17		161				
Gnafáki, Dimitra (GRE) (1997)																			
Heat 2 - 2024 European Athletics Championships (Roma, ITA)																			
										<i>European Athletics (2024) - 2024 european athletics championships - results book</i>									
date	09-Jun-24	time	10.76	15.15	19.67	24.40		29.22	34.24	39.50	44.91	50.31		56.62		4 / 7			
reaction time	0.172	interval		4.39	4.52	4.73		4.82	5.02	5.26	5.41	5.40	6.31				14.57	16.07	
		velocity	7.43	7.97	7.74	7.40		7.26	6.97	6.65	6.47	6.48	6.34	7.06			7.21	6.53	
H1 lead leg		strides																	
Semi-Final 1 - 2022 European Athletics Championships (Munich, GER)																			
										<i>European Athletics (2022) - european athletics championships race analysis</i>									
date	18-Aug-22	time	6.47	10.75	15.22	19.77	24.47	26.58	29.30	34.30	39.61	44.73	50.06		56.14		1 / 4		
reaction time	0.206	interval		4.28	4.47	4.55	4.70		4.83	5.00	5.31	5.12	5.33	6.08	PB		13.30	14.53	15.76
		velocity	6.96	8.18	7.83	7.69	7.45	7.52	7.25	7.00	6.59	6.84	6.57	6.58	7.13		7.89	7.23	6.66
H1 lead leg	L	strides	23			15	16		16	17	17	17	17	20	158				
Heat 3 - 2022 European Athletics Championships (Munich, GER)																			
										<i>European Athletics (2022) - european athletics championships race analysis</i>									
date	17-Aug-22	time	6.57	10.85	15.15	19.70	24.38	26.52	29.27	34.31	39.55	44.90	50.26		56.45		7 / 2		
reaction time	0.178	interval		4.28	4.30	4.55	4.68		4.89	5.04	5.24	5.35	5.36	6.19	PB		13.13	14.61	15.95
		velocity	6.85	8.18	8.14	7.69	7.48	7.54	7.16	6.94	6.68	6.54	6.53	6.46	7.09		8.00	7.19	6.58
H1 lead leg	L	strides	23	15			16		16	16	16	17	17	20.2	156.2				
Gonzalez, Melissa (COL) (1994)																			
Semi-Final 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																			
										<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>									
date	20-Jul-22	time	6.40	10.53	14.93	19.23	23.67	25.60	28.35	33.27	38.30	43.63	49.00		55.13		1 / 7		
reaction time	0.143	interval		4.13	4.40	4.30	4.44		4.68	4.92	5.03	5.33	5.37	6.13			12.83	14.04	15.73
		velocity	7.03	8.47	7.95	8.14	7.88	7.81	7.48	7.11	6.96	6.57	6.52	6.53	7.26		8.18	7.48	6.68
H1 lead leg	L	strides	23	15	15	15	15		16		16	17	17	20	169				
Heat 4 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																			
										<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>									
date	19-Jul-22	time	6.57	10.90	15.23	19.60	24.30	26.20	29.13	34.10	39.36	44.73	50.00		56.24		5 / 4		
reaction time	0.143	interval		4.33	4.33	4.37	4.70		4.83	4.97	5.26	5.37	5.27	6.24			13.03	14.50	15.90
		velocity	6.85	8.08	8.08	8.01	7.45	7.63	7.25	7.04	6.65	6.52	6.64	6.41	7.11		8.06	7.24	6.60
H1 lead leg	L	strides	23	15	15	15	16		16	16	17	17	17	20	187				
Semi-Final 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																			
										<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>									
date	02-Aug-21	time	6.63	10.88	15.40	20.06	24.83		29.66	34.83	40.16	45.46		57.47		4 / 6			
reaction time	0.191	interval		4.25	4.52	4.66	4.77		4.83	5.17	5.33	5.30					13.43	14.77	
		velocity	6.79	8.24	7.74	7.51	7.34		7.25	6.77	6.57	6.60		6.96		7.82	7.11		
H1 lead leg	L	strides	23	15	16	16	16		16	17	17	17		153					
Heat 1 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																			
										<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>									
date	31-Jul-21	time	6.33	10.46	14.83	19.33	23.93		28.76	33.66	38.82	43.98	49.30		55.32		3 / 2		
reaction time	0.146	interval		4.13	4.37	4.50	4.60		4.83	4.90	5.16	5.16	5.32	6.02	AR PB		13.00	14.33	15.64
		velocity	7.11	8.47	8.01	7.78	7.61		7.25	7.14	6.78	6.78	6.58	6.64	7.23		8.08	7.33	6.71
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	17	17	20	185				
Gooden, Dianna (USA) (1985)																			
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)																			
										<i>USATF Women's Sprint Development (2003)</i>									
date	22-Jun-03	time	6.81	11.34	16.08	20.99	26.06		31.33	36.95	42.80	48.78		61.47		4 / 6			
reaction time		interval		4.53	4.74	4.91	5.07		5.27	5.62	5.85	5.98					14.18	15.96	
		velocity	6.61	7.73	7.38	7.13	6.90		6.64	6.23	5.98	5.85		6.51		7.40	6.58		
H1 lead leg		strides																	
Goossens, Ester (NED) (1972)																			
FINAL - 1998 European Championships (Budapest, HUN)																			
										<i>Sanchez (1998) - Budapest '98: análisis de la carreras con villas</i>									
date	23-Aug-98	time	6.52				24.10						48.50		54.62		8 / 5		
reaction time		interval					17.58						24.40	6.12	NR				
		velocity	6.90				7.96						7.17	6.54	7.32				
H1 lead leg	L	strides	23	14	14	15	15		15	15	16	16	17	20.5	180.5				
Graham, Lashanna (JAM) (2000)																			
FINAL - 2023 NCAA Championships (Austin, TX) (TV Analysis)																			
										<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>									
date	10-Jun-23	time	6.71	10.94	15.31	19.99	24.76		29.56	34.47	39.54	44.41	49.75		55.59		9 / 6		
reaction time		interval		4.23	4.37	4.68	4.77		4.80	4.91	5.07	4.87	5.34	5.84	PB		13.28	14.48	15.28
		velocity	6.71	8.27	8.01	7.48	7.34		7.29	7.13	6.90	7.19	6.55	6.85	7.20		7.91	7.25	6.87
H1 lead leg	L	strides	22.14	15	15	15	15		15	15	16	15	16		159.14				
Granat, Moa (SWE) (2004)																			
Semi-Final 3 - 2024 European Athletics Championships (Roma, ITA)																			
										<i>European Athletics (2024) - 2024 european athletics championships - results book</i>									
date	10-Jun-24	time	6.51	10.72	15.06	19.54	24.16		28.88	33.77	38.86	44.19	49.62		55.89		2 / 6		
reaction time	0.204	interval		4.21	4.34	4.48	4.62		4.72	4.89	5.09	5.33	5.43	6.27	PB		13.03	14.23	15.85
		velocity	6.91	8.31	8.06	7.81	7.58		7.42	7.16	6.88	6.57	6.45	6.38	7.16		8.06	7.38	6.62
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	16	17	21	184				
Heat 3 - 2024 European Athletics Championships (Roma, ITA)																			
										<i>European Athletics (2024) - 2024 european athletics championships - results book</i>									
date	09-Jun-24	time	6.49	10.77	15.30	19.86	24.50		29.31	34.13	39.11	44.42	49.70		55.95		8 / 6		

reaction time	0.185	interval	4.28	4.53	4.56	4.64	4.81	4.82	4.98	5.31	5.28	6.25	13.37	14.27	15.57		
		velocity	6.93	8.18	7.73	7.68	7.54	7.28	7.26	7.03	6.59	6.63	6.40	7.15	7.85	7.36	6.74
H1 lead leg		strides															
FINAL - 2024 Bauhaus Galan (Stockholm, SWE)													<i>Omega Timing (2024) - diamond league race analysis</i>				
date	02-Jun-24	time	6.52	10.73	15.08	19.61	24.25	28.91	33.86	39.14	44.58	50.07	56.65	8 / 8			
reaction time	0.154	interval	4.21	4.35	4.53	4.64	4.66	4.95	5.28	5.44	5.49	6.58	13.09	14.25	16.21		
		velocity	6.90	8.31	8.05	7.73	7.54	7.51	7.07	6.63	6.43	6.38	6.08	7.06	8.02	7.37	6.48
H1 lead leg	R	strides	23	15	15	15	15	15	15	17	17	17	164				
National FINAL - 2023 Bauhaus Galan (Stockholm, SWE)													<i>Omega Timing (2023) - diamond league race analysis</i>				
date	02-Jul-23	time	6.41	10.61	14.97	19.44	24.01	28.75	33.74	38.97	44.47	50.29	57.34	4 / 2			
reaction time	0.144	interval	4.20	4.36	4.47	4.57	4.74	4.99	5.23	5.50	5.82	7.05	13.03	14.30	16.55		
		velocity	7.02	8.33	8.03	7.83	7.66	7.38	7.01	6.69	6.36	6.01	5.67	6.98	8.06	7.34	6.34
H1 lead leg		strides															
Granqvist, Emilia (SWE) (1990)																	
FINAL - 2011 Poks Memorial (Hässelholm, SWE)																	
date	12-Jun-11	time	6.90	11.44	16.24	21.14	26.20	31.56	37.06	42.88	48.82	54.92	61.70	3 / 3			
reaction time		interval	4.54	4.80	4.90	5.06	5.36	5.50	5.82	5.94	6.10	6.78	14.24	15.92	17.86		
		velocity	6.52	7.71	7.29	7.14	6.92	6.53	6.36	6.01	5.89	5.74	5.90	6.48	7.37	6.60	5.88
H1 lead leg	L	strides	16	17	17	17	18	18	19	19	19	19	160				
FINAL - 2011 Fridrott (Stockholm, SWE)																	
date	07-Jun-11	time	6.94	11.48	16.12	21.04	26.10	31.24	36.50	41.90	47.68	53.44	60.25	1 / 1			
reaction time		interval	4.54	4.64	4.92	5.06	5.14	5.26	5.40	5.78	5.76	6.81	14.10	15.46	16.94		
		velocity	6.48	7.71	7.54	7.11	6.92	6.81	6.65	6.48	6.06	6.08	5.87	6.64	7.45	6.79	6.20
H1 lead leg	L	strides	16	16	17	17	17	17	17	17	18	18	22	175			
Grebo, Shana (FRA) (2000)																	
Semi-Final 1 - 2024 Olympic Games (Paris, FRA)																	
date	06-Aug-24	time	6.26	10.32	14.59	18.89	23.28	27.92	32.85	37.93	43.18	48.64	54.84	3 / 4			
reaction time	0.195	interval	4.06	4.27	4.30	4.39	4.64	4.93	5.08	5.25	5.46	6.20	12.63	13.96	15.79		
		velocity	7.19	8.62	8.20	8.14	7.97	7.54	7.10	6.89	6.67	6.41	6.45	7.29	8.31	7.52	6.65
H1 lead leg	L	strides	23	16	16	16	16	16	17	17	18	18	20.5	193.5			
Repechage 3 - 2024 Olympic Games (Paris, FRA)																	
date	05-Aug-24	time	6.27	10.37	14.44	18.76	23.26	28.02	32.98	38.12	43.48	48.84	54.91	7 / 1			
reaction time	0.196	interval	4.10	4.07	4.32	4.50	4.76	4.96	5.14	5.36	5.36	6.07	12.49	14.22	15.86		
		velocity	7.18	8.54	8.60	8.10	7.78	7.35	7.06	6.81	6.53	6.53	6.59	7.28	8.41	7.38	6.62
H1 lead leg	L	strides	23	15	16	16	16	16	17	18	18	18	21	194			
Heat 2 - 2024 Olympic Games (Paris, FRA)																	
date	04-Aug-24	time	6.41	10.60	14.88	19.28	23.91	28.77	33.95	39.25	44.76	50.37	56.70	6 / 7			
reaction time	0.205	interval	4.19	4.28	4.40	4.63	4.86	5.18	5.30	5.51	5.61	6.33	12.87	14.67	16.42		
		velocity	7.02	8.35	8.18	7.95	7.56	7.20	6.76	6.60	6.35	6.24	6.32	7.05	8.16	7.16	6.39
H1 lead leg	R	strides	25	16	15	16	16	17	17	17	17	18	157				
FINAL - 2024 NCAA Championships (Eugene, OR) (TV Analysis)																	
date	08-Jun-24	time	6.42	10.47	14.73	19.31	23.94	28.74	33.58	38.54	43.71	49.13	55.30	4 / 6			
reaction time		interval	4.05	4.26	4.58	4.63	4.80	4.84	4.96	5.17	5.42	6.17	PB	12.89	14.27	15.55	
		velocity	7.01	8.64	8.22	7.64	7.56	7.29	7.23	7.06	6.77	6.46	6.48	7.23	8.15	7.36	6.75
H1 lead leg	L	strides	23	15	15	17	17	17	17	17	17	18	173				
Grenwald, Lydia (FRG)																	
FINAL - 1971 West German Athletics - 300m Hurdles Test (Bonn, FRG)																	
date	15-May-71	time	4.3	8.1	12.1	16.2	20.2	24.3	28.6	33.3	38.1	42.8	45.7	1 / 4			
reaction time		interval	3.80	4.00	4.10	4.00	4.10	4.30	4.70	4.80	4.70	2.90	11.90	12.40	14.20		
		velocity															
H1 lead leg		strides	13	13	13	13	13	13	13	15	15	15	136				
Gryc, Anna (POL) (1999)																	
Heat 1 - 2024 European Athletics Championships (Roma, ITA)																	
date	09-Jun-24	time	6.60	10.96	15.49	20.07	24.86	29.84	34.83	39.94	45.30	50.72	56.91	7 / 5			
reaction time	0.219	interval	4.36	4.53	4.58	4.79	4.98	4.99	5.11	5.36	5.42	6.19	=PB	13.47	14.76	15.89	
		velocity	6.82	8.03	7.73	7.64	7.31	7.03	7.01	6.85	6.53	6.46	6.46	7.03	7.80	7.11	6.61
H1 lead leg		strides															
Gunnell, Sally (GBR) (1966)																	
FINAL - 1997 European Cup (Munich, GER)																	
date	21-Jun-97	time	6.69	10.96	15.26	19.64	24.08	28.58	33.48	38.39	43.54	48.67	54.57	1 / 1			
reaction time		interval	4.27	4.30	4.38	4.44	4.50	4.90	4.91	5.15	5.13	5.90	12.95	13.84	15.19		
		velocity	6.73	8.20	8.14	7.99	7.88	7.78	7.14	7.13	6.80	6.82	6.78	7.33	8.11	7.59	6.91
H1 lead leg		strides															
FINAL - 1994 European Championships (Helsinki, FIN)																	
date	10-Aug-94	time	6.5	10.7	14.8	19.2	23.6	28.1	32.7	37.5	42.5	47.5	53.33	1 / 1			
<i>Behm (1995) - la tactique du 400 haies</i>																	

reaction time	interval	4.20	4.10	4.40	4.40	4.50	4.60	4.80	5.00	5.00	5.83		12.70	13.50	14.80			
	velocity	6.92	8.33	8.54	7.95	7.95	7.78	7.61	7.29	7.00	7.00	6.86	7.50	8.27	7.78	7.09		
H1 lead leg	strides	22	15	15	15	15	15	16	16	17	17	163						
FINAL - 1993 IAAF World Championships (Stuttgart, GER)													<i>Graubner (2008) - http://www.fgs.uni-halle.de</i>					
date	19-Aug-93	time	6.65	10.76	14.94	17.19	23.58	28.04	32.66	37.37	42.24	47.12	52.74	4 / 1				
reaction time	0.284	interval	4.11	4.18	2.25	6.39	4.46	4.62	4.71	4.87	4.88	5.62	WR	10.54	15.47	14.46		
		velocity	6.77	8.52	8.37	15.56	5.48	7.85	7.58	7.43	7.19	7.17	7.12	7.58	9.96	6.79	7.26	
H1 lead leg	L	strides	23	15	15	15	15	15	16	16	16	16	20.2	182.2				
Semi-Final 1 - 1993 IAAF World Championships (Stuttgart, GER)													<i>Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)</i>					
date	17-Aug-93	time	6.79	10.85	14.97	19.21	23.55	28.06	33.14	37.87	43.07	48.27	53.95	6 / 1				
reaction time		interval	4.06	4.12	4.24	4.34	4.51	5.08	4.73	5.20	5.20	5.68		12.42	13.93	15.13		
		velocity	6.63	8.62	8.50	8.25	8.06	7.76	6.89	7.40	6.73	6.73	7.04	7.41	8.45	7.54	6.94	
H1 lead leg	L	strides	23	15	15	15	15	15	16	17	17	17	19.5	184.5				
FINAL - 1992 Olympic Games (Barcelona, ESP)													<i>Knight (1992) - 1992 Olympic report: the hurdling events</i>					
date	05-Aug-92	time	6.5	10.7	14.0	19.3	23.7	28.2	32.9	37.6	42.5	47.4	53.23	3 / 1				
reaction time		interval	4.20	3.30	5.30	4.40	4.50	4.70	4.70	4.90	4.90	5.83		12.80	13.60	14.50		
		velocity	6.92	8.33	10.61	6.60	7.95	7.78	7.45	7.45	7.14	7.14	6.86	7.51	8.20	7.72	7.24	
H1 lead leg	L	strides	23	15	15	15	15	15	15	16	16	16	20.2	181				
Semi-Finals 1 - 1992 Olympic Games (Barcelona, ESP)													<i>Lyle (1992) - miscellaneous coaching notes</i>					
date	03-Aug-92	time	5.92	10.08	14.26	18.39	22.94	27.69	32.37	37.32	42.49	47.63	53.78	4 / 1				
reaction time		interval	4.16	4.18	4.13	4.55	4.75	4.68	4.95	5.17	5.14	6.15		12.47	13.98	15.26		
		velocity	7.60	8.41	8.37	8.47	7.69	7.37	7.48	7.07	6.77	6.81	6.50	7.44	8.42	7.51	6.88	
H1 lead leg	L	strides	23	15	15	15	15	15	16	16	16	17	20	183				
FINAL - 1991 IAAF World Championships (Tokyo, JPN)													<i>Behm (1995) - la tactique du 400 haies</i>					
date	29-Aug-91	time	6.4	10.7	15.0	19.1	23.5	28.0	32.6	37.3	42.1	47.2	53.16	5 / 2				
reaction time		interval	4.30	4.30	4.10	4.40	4.50	4.60	4.70	4.80	5.10	5.96	NR	12.70	13.50	14.60		
		velocity	7.03	8.14	8.14	8.54	7.95	7.78	7.61	7.45	7.29	6.86	6.71	7.52	8.27	7.78	7.19	
H1 lead leg	R	strides	23	15	15	15	15	15	16	16	16	17	20.5	183.5				
FINAL - 1991 European Cup (Frankfurt, GER)													<i>Federle (2003) - http://www.fgs.uni-halle.de</i>					
date	29-Jun-91	time	6.61	10.76	15.00	19.36	23.83	28.31	33.16	38.25	43.55	48.89	54.61	1 / 2				
reaction time		interval	4.15	4.24	4.36	4.47	4.48	4.85	5.09	5.30	5.34	5.72		12.75	13.80	15.73		
		velocity	6.81	8.43	8.25	8.03	7.83	7.81	7.22	6.88	6.60	6.55	6.99	7.32	8.24	7.61	6.68	
H1 lead leg		strides																
FINAL - 1988 Olympic Games (Seoul, KOR)													<i>Arnold (1992) - Hurdling</i>					
date	28-Sep-88	time	6.64	10.81	15.09	19.45	23.94	25.94	28.39	33.11	38.07	43.20	48.28	54.03	2 / 5			
reaction time	0.188	interval	4.17	4.28	4.36	4.49	4.45	4.72	4.96	5.13	5.08	5.75	PB	12.81	13.66	15.17		
		velocity	6.78	8.39	8.18	8.03	7.80	7.71	7.87	7.42	7.06	6.82	6.89	6.96	7.40	8.20	7.69	6.92
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	17	17	17	20	184			
Semi-Final 1 - 1988 Olympic Games (Seoul, KOR)													<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>					
date	26-Sep-88	time	6.87	11.12	15.56	20.07	24.70	29.23	33.86	38.57	43.58	48.72	54.48	6 / 4				
reaction time	0.219	interval	4.25	4.44	4.51	4.63	4.53	4.63	4.71	5.01	5.14	5.76		13.20	13.79	14.86		
		velocity	6.55	8.24	7.88	7.76	7.56	7.73	7.56	7.43	6.99	6.81	6.94	7.34	7.95	7.61	7.07	
H1 lead leg		strides	23	15	15	15	15	16	15	15	15	17	20.8	181.8				
Hailey, Nnanya (USA) (1994)																		
FINAL - 2021 Weltklasse (Zürich, SUI) (TV Analysis)													<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>					
date	09-Sep-21	time	6.36	10.48		23.68	25.5	28.28	32.96	37.68	42.84	48.28	55.06	1 / 6				
reaction time	0.183	interval	4.12		13.20		4.60	4.68	4.72	5.16	5.44	6.78				15.32		
		velocity	7.08	8.50		7.95	7.84	7.61	7.48	7.42	6.78	6.43	5.90	7.26			6.85	
H1 lead leg	L	strides	23	16				17	17		18	18	23	132				
FINAL - 2021 Meeting de Paris (Paris, FRA) (TV Analysis)													<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>					
date	28-Aug-21	time	6.12	10.20	14.52	19.02	23.55	28.18		37.70	42.85	48.22	54.78	1 / 4				
reaction time	0.187	interval	4.08	4.32	4.50	4.53	4.63		9.52	5.15	5.37	6.56		12.90				
		velocity	7.35	8.58	8.10	7.78	7.73	7.56		7.35	6.80	6.52	6.10	7.30	8.14			
H1 lead leg	L	strides	23	16	16	17		17	17	18	18	19	24	185				
FINAL - 2021 Prefontaine Classic (Eugene, OR) (TV Analysis)													<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>					
date	21-Aug-21	time	6.12	10.24	14.52	18.88	23.24	25.2		37.60	42.72	48.48	55.16	1 / 6				
reaction time	0.153	interval	4.12	4.28	4.36	4.36			14.36	5.12	5.76	6.68		12.76				
		velocity	7.35	8.50	8.18	8.03	8.03	7.94		7.31	6.84	6.08	5.99	7.25	8.23			
H1 lead leg	L	strides	24	16	16	16	16				17	19	23	147				
FINAL - 2021 Müller British Grand Prix (Gateshead, GBR) (TV Analysis)													<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>					
date	13-Jul-21	time	6.30	10.44	14.82	19.28	23.84	25.8	28.58	33.44	38.38	43.46	48.98	55.16	7 / 5			
reaction time	0.181	interval	4.14	4.38	4.46	4.56		4.74	4.86	4.94	5.08	5.52	6.18		12.98	14.16	15.54	
		velocity	7.14	8.45	7.99	7.85	7.68	7.75	7.38	7.20	7.09	6.89	6.34	6.47	7.25	8.09	7.42	6.76
H1 lead leg	L	strides	24	16	16	16	16	16	17	18	17	18	21.7	195.7				

FINAL - 2021 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)

date	06-Jul-21	time	6.40	10.51	14.61	18.97	23.49	28.19	38.05	43.14	48.34	54.42	2 / 5				
reaction time	0.338	interval		4.11	4.10	4.36	4.52	4.70	9.86	5.09	5.20	6.08		12.57			
		velocity	7.03	8.52	8.54	8.03	7.74	7.45	7.10	6.88	6.73	6.58	7.35		8.35		
H1 lead leg	L	strides		16	16	16	17	17		18	18		118				

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

FINAL - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)

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

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

Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)

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

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

Heat 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)

date	25-Jun-21	time	6.33	10.40	14.60	19.10	23.76	28.47	33.23	38.17	43.37	48.63	55.05	8 / 2			
reaction time	0.291	interval		4.07	4.20	4.50	4.66	4.71	4.76	4.94	5.20	5.26	6.42		12.77	14.13	15.40
		velocity	7.11	8.60	8.33	7.78	7.51	7.43	7.35	7.09	6.73	6.65	6.23	7.27	8.22	7.43	6.82
H1 lead leg	L	strides		16	16	17	17	17	17	17	18	18	22.2	175.2			

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

Halkiá, Fani (GRE) (1979)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2006 European Championships (Göteborg, SWE)	Behm (2006) - Göteborg 2006: Le quatrache																
date	09-Aug-06	time	6.4	10.6	14.7	19.1	23.5	28.1	32.8	37.9	42.8	48.0	54.02	4 / 2			
reaction time		interval		4.20	4.10	4.40	4.40	4.60	4.70	5.10	4.90	5.20	6.02		12.70	13.70	15.20
		velocity	7.03	8.33	8.54	7.95	7.95	7.61	7.45	6.86	7.14	6.73	6.64	7.40	8.27	7.66	6.91
H1 lead leg	L	strides	22	15	15	15	15	15	16	16	16	17	20	182			

FINAL - 2004 Olympic Games (Athens, GRE)

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

Ruiz (2004) - las carreras con vallas de juegos olimpicos de atenas '04

Hall, Anna (USA) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Bislett Games (Oslo, NOR)	Omega Timing (2023) - diamond league race analysis																
date	15-Jun-23	time	6.28	10.39	14.61	18.91	23.42	28.12	33.02	38.01	43.32	49.09	55.28	8 / 5			
reaction time	0.212	interval		4.11	4.22	4.30	4.51	4.70	4.90	4.99	5.31	5.77	6.19		12.63	14.11	16.07
		velocity	7.17	8.52	8.29	8.14	7.76	7.45	7.14	7.01	6.59	6.07	6.46	7.24	8.31	7.44	6.53
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	17		139				

FINAL - 2023 Golden Gala Pietro Mennea (Firenze, ITA)

date	02-Jun-23	time	6.38	10.57	14.81	19.01	23.43	27.99	32.69	37.65	42.68	48.03	54.42	8 / 3			
reaction time	0.182	interval		4.19	4.24	4.20	4.42	4.56	4.70	4.96	5.03	5.35	6.39	PB	12.63	13.68	15.34
		velocity	7.05	8.35	8.25	8.33	7.92	7.68	7.45	7.06	6.96	6.54	6.26	7.35	8.31	7.68	6.84
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	17	19.5	173.5			

Omega Timing (2023) - diamond league race analysis

Halonen, Kristiina (FIN) (1997)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2024 European Athletics Championships (Roma, ITA)	European Athletics (2024) - 2024 european athletics championships - results book																
date	10-Jun-24	time	6.64	11.02	15.48	20.00	24.57	29.30	34.08	39.10	44.28	49.59	55.83	3 / 7			
reaction time	0.173	interval		4.38	4.46	4.52	4.57	4.73	4.78	5.02	5.18	5.31	6.24		13.36	14.08	15.51
		velocity	6.78	7.99	7.85	7.74	7.66	7.40	7.32	6.97	6.76	6.59	6.41	7.16	7.86	7.46	6.77
H1 lead leg	L	strides	23	15	15	15	16	16	16	16	17	20.5	169.5				

Heat 3 - 2024 European Athletics Championships (Roma, ITA)

date	09-Jun-24	time	6.55	10.73	15.11	19.61	24.22	28.90	33.69	38.59	43.78	49.15	55.62	3 / 3			
reaction time	0.175	interval		4.18	4.38	4.50	4.61	4.68	4.79	4.90	5.19	5.37	6.47	PB	13.06	14.08	15.46
		velocity	6.87	8.37	7.99	7.78	7.59	7.48	7.31	7.14	6.74	6.52	6.18	7.19	8.04	7.46	6.79
H1 lead leg		strides															

European Athletics (2024) - 2024 european athletics championships - results book

Semi-Final 3 - 2022 European Athletics Championships (Munich, GER)

date	18-Aug-22	time	6.59	11.00	15.51	20.10	24.83	26.94	29.65	34.55	39.71	44.89	50.30	56.82	1 / 7			
reaction time	0.194	interval		4.41	4.51	4.59	4.73	4.82	4.90	5.16	5.18	5.41	6.52		13.51	14.45	15.75	
		velocity	6.83	7.94	7.76	7.63	7.40	7.42	7.26	7.14	6.78	6.76	6.47	6.13	7.04	7.77	7.27	6.67
H1 lead leg	L	strides	23					16				17	17	21	94			

European Athletics (2022) - european athletics championships race analysis

Heat 1 - 2022 European Athletics Championships (Munich, GER)

date	17-Aug-22	time	6.46	10.82	15.27	19.82	24.58	26.66	29.33	34.14	39.18	44.37	49.86	56.70	1 / 4			
reaction time	0.171	interval		4.36	4.45	4.55	4.76	4.75	4.81	5.04	5.19	5.49	6.84		13.36	14.32	15.72	
		velocity	6.97	8.03	7.87	7.69	7.35	7.50	7.37	7.28	6.94	6.74	6.38	5.85	7.05	7.86	7.33	6.68
H1 lead leg	L	strides	23	15	15	15	16	16	16	16	17	17	21	187				

European Athletics (2022) - european athletics championships race analysis

Hamachiyo, Rinka (JPN) (2003)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese High School National Championships (Fukui, JPN)	Shibayama (2021) - national high school and U20 national championships																

date	30-Jul-21	time	6.92	11.61	16.68	21.83	27.00	32.30	37.90	43.67	49.46	55.38	61.44	2 / 6																
reaction time	0.168	interval	4.69	5.07	5.15	5.17	5.30	5.60	5.77	5.79	5.92	6.06			14.91	16.07	17.48													
		velocity	6.50	7.46	6.90	6.80	6.77	6.60	6.25	6.07	6.04	5.91	6.60		7.04	6.53	6.01													
H1 lead leg		strides	17	18	17	17	18	18	18	19	19		161																	
FINAL - 2021 Japanese U20 National Championships (Osaka, JPN)														<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																
date	27-Jun-21	time	7.06	11.78	16.52	21.40	26.46	31.61	37.09	42.69	48.62	54.60	60.75	4 / 5																
reaction time	0.191	interval	4.72	4.74	4.88	5.06	5.15	5.48	5.60	5.93	5.98	6.15	PB		14.34	15.69	17.51													
		velocity	6.37	7.42	7.38	7.17	6.92	6.80	6.39	6.25	5.90	5.85	6.50		7.32	6.69	6.00													
H1 lead leg	L	strides	25	17	17	17	17	17	18	18	19	19	184																	
Han Qing (CHN) (1970)														H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1993 Chinese National Games (Beijing, CHN)														<i>Wang (2016) - hurdle rhythm characteristic analysis and athletic training considerations</i>																
date	09-Sep-93	time	6.24	10.41	14.69	18.95	23.38	28.18	32.99	37.78	42.77	47.78	53.96	1 / 1																
reaction time		interval	4.17	4.28	4.26	4.43	4.80	4.81	4.79	4.99	5.01	6.18	AR		12.71	14.04	14.79													
		velocity	7.21	8.39	8.18	8.22	7.90	7.29	7.28	7.31	7.01	6.99	6.47		8.26	7.48	7.10													
H1 lead leg		strides	23	15	15	15	15	15	16	16	17	17	164																	
Hantzi-Neag, Hristina (GRE) (1976)														H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 European Cup (Munich, GER)														<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>																
date	23-Jun-07	time	6.63	10.90	15.25	19.89	24.59	29.41	34.41	39.57	44.88	50.21	56.44	1 / 5																
reaction time	0.184	interval	4.27	4.35	4.64	4.70	4.82	5.00	5.16	5.31	5.33	6.23			13.26	14.52	15.80													
		velocity	6.79	8.20	8.05	7.54	7.45	7.26	7.00	6.78	6.59	6.57	6.42	7.09	7.92	7.23	6.65													
H1 lead leg		strides																												
Harada, Emily (JPN)														H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Japanese National High School Championships (Sapporo, JPN)														<i>Takashima (2023) - national high school sports festival - biomechanics data</i>																
date	04-Aug-23	time	6.96	11.56	16.27	21.04	25.93	31.08	36.52	42.11	47.93	53.84	60.56	8 / 5																
reaction time	0.241	interval	4.60	4.71	4.77	4.89	5.15	5.44	5.59	5.82	5.91	6.72			14.08	15.48	17.32													
		velocity	6.47	7.61	7.43	7.34	7.16	6.80	6.43	6.26	6.01	5.92	5.95	6.61	7.46	6.78	6.06													
H1 lead leg		strides	23	17	17	17	17	17	18	18	19	19	206																	
Hardiway, Korey (USA) (1986)														H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)														<i>USATF Women's Sprint Development (2003)</i>																
date	22-Jun-03	time	7.01	11.71	16.58	21.41	26.48	32.08	38.04	44.06	49.85		63.20	1 / 8																
reaction time		interval	4.70	4.87	4.83	5.07	5.60	5.96	6.02	5.79					14.40	16.63														
		velocity	6.42	7.45	7.19	7.25	6.90	6.25	5.87	5.81	6.04		6.33		7.29	6.31														
H1 lead leg		strides																												
Harrison, Queen (USA) (1988)														H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 USA Olympic Trials (Eugene, OR)														<i>USATF Hurdle Development (2008)</i>																
date	29-Jun-08	time	6.57	10.88	15.21	19.45	23.83	28.43	33.28	38.42	43.51	48.68	54.60	8 / 2																
reaction time		interval	4.31	4.33	4.24	4.38	4.60	4.85	5.14	5.09	5.17	5.92	PB		12.88	13.83	15.40													
		velocity	6.85	8.12	8.08	8.25	7.99	7.61	7.22	6.81	6.88	6.77	6.76	7.33	8.15	7.59	6.82													
H1 lead leg	L	strides	24	15	15	15	15	15	15	16	16	17	163																	
Hata, Yuki (JPN) (2006)														H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Japanese National High School Championships (Fukuoka, JPN)														<i>Takashima (2024) - national high school sports festival - biomechanics data</i>																
date	30-Jul-24	time	6.89	11.46	16.12	20.80	25.69	30.83	36.19	41.64	47.20	52.94	59.62	8 / 4																
reaction time	0.194	interval	4.57	4.66	4.68	4.89	5.14	5.36	5.45	5.56	5.74	6.68	PB		13.91	15.39	16.75													
		velocity	6.53	7.66	7.51	7.48	7.16	6.81	6.53	6.42	6.29	6.10	5.99	6.71	7.55	6.82	6.27													
H1 lead leg		strides	23	17	17	17	17	17	17	17	17	17	198																	
Hatakeyama, Konomi (JPN) (2006)														H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Japanese National High School Championships (Fukuoka, JPN)														<i>Takashima (2024) - national high school sports festival - biomechanics data</i>																
date	30-Jul-24	time	6.57	11.21	15.92	20.64	25.48	30.63	35.92	41.32	46.71	52.19	58.23	7 / 1																
reaction time	0.183	interval	4.64	4.71	4.72	4.84	5.15	5.29	5.40	5.39	5.48	6.04	PB		14.07	15.28	16.27													
		velocity	6.85	7.54	7.43	7.42	7.23	6.80	6.62	6.48	6.49	6.39	6.62	6.87	7.46	6.87	6.45													
H1 lead leg		strides	22	15	15	16	16	17	17	17	17	17	190																	
Hatanaka, Yuki (JPN) (1991)														H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2009 Japanese National High School Championships (Nara, JPN)														<i>Matsuo (2009) - 62nd high school championships: JAF scientific committee- biomechanics</i>																
date	31-Jul-09	time	6.96	11.76	16.65	21.74	26.88	32.10	37.29	42.55	48.04	53.70	59.83	1 / 3																
reaction time		interval	4.80	4.89	5.09	5.14	5.22	5.19	5.26	5.49	5.66	6.13			14.78	15.55	16.41													
		velocity	6.47	7.29	7.16	6.88	6.81	6.70	6.74	6.65	6.38	6.18	6.53	6.69	7.10	6.75	6.40													
H1 lead leg		strides	17	17	17	17	17	17	17	17	18	18	155																	
Hattori, Rira (JPN) (2004)														H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese U20 National Championships (Osaka, JPN)														<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																
date	12-Jun-22	time	7.01	11.85	16.70	21.81	27.16	32.55	38.14	43.98	49.90	56.11	63.08	3 / 8																
reaction time	0.199	interval	4.84	4.85	5.11	5.35	5.39	5.59	5.84	5.92	6.21	6.97			14.80	16.33	17.97													
		velocity	6.42	7.23	7.22	6.85	6.54	6.49	6.26	5.99	5.91	5.64	5.74	6.34	7.09	6.43	5.84													
H1 lead leg	L	strides	24	17	17	17	18	18	19	19	19	19	187																	
Haye-Smith, Yanique (TKS) (1990)														H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Commonwealth Games (Birmingham, GBR) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	06-Aug-22	time	6.38	10.53	14.70	19.23	23.90	26.0	29.07	34.20	39.43	45.20	58.78	3 / 8																

reaction time	0.170	interval	4.15	4.17	4.53	4.67		5.17	5.13	5.23	5.77							12.85	14.97	
		velocity	7.05	8.43	8.39	7.73	7.49	7.69	6.77	6.82	6.69	6.07		6.81				8.17	7.01	
H1 lead leg	R	strides	24	16	16	16	16		17	17	18	18		158						
Hayes, Jernail (USA) (1988)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2016 Doha Diamond League (Doha, QAT) (TV Analysis)																				
<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>																				
date	06-May-16	time	6.44	10.88	15.40	20.12	24.96		30.00	35.32	40.84	46.72		60.48		1 / 8				
reaction time	0.146	interval		4.44	4.52	4.72	4.84		5.04	5.32	5.52	5.88						13.68	15.20	
		velocity	6.99	7.88	7.74	7.42	7.23		6.94	6.58	6.34	5.95		6.61				7.68	6.91	
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	18		156						
Hayes, Joanna (USA) (1976)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2003 USATF National Championships (Palo Alto, CA)																				
<i>USATF Women's Sprint Development (2003)</i>																				
date	21-Jun-03	time	6.36	10.46	14.67	18.92	23.42		28.11	33.05	37.99	43.06	48.47		54.76		8 / 2			
reaction time		interval		4.10	4.21	4.25	4.50		4.69	4.94	4.94	5.07	5.41	6.29				12.56	14.13	15.42
		velocity	7.08	8.54	8.31	8.24	7.78		7.46	7.09	7.09	6.90	6.47	6.36	7.30			8.36	7.43	6.81
H1 lead leg		strides																		
He Xueying (CHN) (2002)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)																				
<i>CAA Hurdle Development (2019)</i>																				
date	17-Aug-19	time	6.80	11.56	16.44	21.40	26.52		31.62	36.70	41.94	fell		dnf		7 / --				
reaction time		interval		4.76	4.88	4.96	5.12		5.10	5.08	5.24							14.60	15.30	
		velocity	6.62	7.35	7.17	7.06	6.84		6.86	6.89	6.68							7.19	6.86	
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	19		162						
Hechavarria, Zurian (CUB) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																				
<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>																				
date	02-Aug-21	time	6.30	10.33	14.43	18.70	23.13		27.70	32.56	37.70	43.10	48.76		55.21		3 / 4			
reaction time	0.167	interval		4.03	4.10	4.27	4.43		4.57	4.86	5.14	5.40	5.66	6.45				12.40	13.86	16.20
		velocity	7.14	8.68	8.54	8.20	7.90		7.66	7.20	6.81	6.48	6.18	6.20	7.25			8.47	7.58	6.48
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	18	22	189					
Heat 5 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																				
<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>																				
date	31-Jul-21	time	6.23	10.40	14.60	18.90	23.36		28.03	32.87	37.98	43.30	48.83		54.99		6 / 5			
reaction time	0.181	interval		4.17	4.20	4.30	4.46		4.67	4.84	5.11	5.32	5.53	6.16	PB			12.67	13.97	15.96
		velocity	7.22	8.39	8.33	8.14	7.85		7.49	7.23	6.85	6.58	6.33	6.49	7.27			8.29	7.52	6.58
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	17	17	21	186					
Semi-Final 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)																				
<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																				
date	02-Oct-19	time	6.44	10.54	14.75		23.62		28.36	33.20	38.24	43.48	48.85		55.03		7 / 4			
reaction time	0.216	interval		4.10	4.21		8.87		4.74	4.84	5.04	5.24	5.37	6.18					15.65	
		velocity	6.99	8.54	8.31		7.89		7.38	7.23	6.94	6.68	6.52	6.47	7.27				6.71	
H1 lead leg	L	strides	23	15	15				16	16	16	17	17	21.2	156.2					
Heitmann, Kersten (FRG)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1973 DLV-Test (Frankfurt-am-Main, FRG)																				
<i>Keydel (1973) - 400m Hürden test der frauen vom 26. bis 28.7.1973</i>																				
date	28-Jul-73	time	7.3	12.4	17.5	23.0	28.6		34.6	40.7	46.9	53.5		68.3		1 / 7				
reaction time		interval		5.10	5.10	5.47	5.59		6.05	6.09	6.21	6.57						15.67	17.73	
		velocity	6.16	6.86	6.86	6.40	6.26		5.79	5.75	5.64	5.33		5.86				6.70	5.92	
H1 lead leg		strides	24	17	17	17	17		17	17	18	18	19	181						
Hejnová, Zuzana (CZE) (1986)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 Bauhaus Galan (Stockholm, SWE) (TV Analysis)																				
<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>																				
date	23-Aug-20	time	6.70	11.03	15.40	19.87	24.50	26.5	29.37	34.33	39.33	44.73	50.23		56.75		7 / 7			
reaction time	0.151	interval		4.33	4.37	4.47	4.63		4.87	4.96	5.00	5.40	5.50	6.52				13.17	14.46	15.90
		velocity	6.72	8.08	8.01	7.83	7.56	7.55	7.19	7.06	7.00	6.48	6.36	6.13	7.05			7.97	7.26	6.60
H1 lead leg	R	strides	21	15	15	15	15		16	16	16	17	17	20.5	183.5					
FINAL - 2020 Inspiration Games (Zürich, SUI) (TV Analysis) (300m Hurdles)																				
<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>																				
date	09-Jul-20	time	7.33	11.63	16.03	20.53	25.30		30.20	35.13					40.97		3 / 3			
reaction time		interval		4.30	4.40	4.50	4.77		4.90	4.93				5.84	<i>(Papendal, NED)</i>			13.67	14.60	
		velocity	6.82	8.14	7.95	7.78	7.34		7.14	7.10				6.85	7.32			7.68	7.19	
H1 lead leg	R	strides	25	15	15	15	16		16	16				20	138					
FINAL - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)																				
<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																				
date	04-Oct-19	time	6.47	10.71	14.98	19.32	23.82		28.36	33.03	37.94	42.91	48.05		54.23		8 / 5			
reaction time	0.141	interval		4.24	4.27	4.34	4.50		4.54	4.67	4.91	4.97	5.14	6.18				12.85	13.71	15.02
		velocity	6.96	8.25	8.20	8.06	7.78		7.71	7.49	7.13	7.04	6.81	6.47	7.38			8.17	7.66	6.99
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	20	149						
Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)																				
<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																				
date	02-Oct-19	time	6.64	10.92	15.24	19.64	24.12		28.72	33.40	38.28	43.24	48.36		54.41		5 / 2			
reaction time	0.162	interval		4.28	4.32	4.40	4.48		4.60	4.68	4.88	4.96	5.12	6.05				13.00	13.76	14.96
		velocity	6.78	8.18	8.10	7.95	7.81		7.61	7.48	7.17	7.06	6.84	6.61	7.35			8.08	7.63	7.02
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	19.7	179.7					
FINAL - 2019 Weltklasse (Zürich, SUI) (TV Analysis)																				
<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																				

date	29-Aug-19	time	6.64	10.96	15.32	19.76	24.24	26.2	28.88	33.56	38.44	43.48	48.64	54.75	6 / 4			
reaction time	0.144	interval		4.32	4.36	4.44	4.48		4.64	4.68	4.88	5.04	5.16	6.11		13.12	13.80	15.08
		velocity	6.78	8.10	8.03	7.88	7.81	7.63	7.54	7.48	7.17	6.94	6.78	6.55	7.31	8.00	7.61	6.96
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	20	180			
FINAL - 2019 Müller Anniversary Games (London, GBR) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	21-Jul-19	time	6.60	10.88	15.24	19.68	24.20		28.80	33.48	38.28	43.24	48.28	54.33	5 / 2			
reaction time	0.150	interval		4.28	4.28	4.36	4.48		4.60	4.68	4.80	4.96	5.04	6.05		13.08	13.80	14.80
		velocity	6.82	8.18	8.03	7.88	7.74		7.61	7.48	7.29	7.06	6.94	6.61	7.36	8.03	7.61	7.09
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	20	180			
FINAL - 2019 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	12-Jul-19	time	6.58	10.86	15.14	19.50	23.98	25.9	28.58	33.34	38.28	43.34	48.46	54.55	6 / 3			
reaction time	0.162	interval		4.28	4.28	4.36	4.48		4.60	4.76	4.94	5.06	5.12	6.09		12.92	13.84	15.12
		velocity	6.84	8.18	8.18	8.03	7.81	7.72	7.61	7.35	7.09	6.92	6.84	6.57	7.33	8.13	7.59	6.94
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	20.2	180.2			
FINAL - 2019 Athletissima (Lausanne, SUI) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	05-Jul-19	time	6.54	10.88	15.22		24.14	26.1	28.74	33.36	38.16	43.10	48.16	54.11	4 / 2			
reaction time	0.149	interval		4.34	4.34		8.92		4.60	4.62	4.80	4.94	5.06	5.95				14.80
		velocity	6.88	8.06	8.06		7.85	7.66	7.61	7.58	7.29	7.09	6.92	6.72	7.39			7.09
H1 lead leg	R	strides	22	15	15				15	15	16	16	16	19.7	149.7			
FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	06-Jun-19	time	6.66	10.96	15.34	19.80	24.40		29.04	33.74	38.58	43.62	48.78	54.82	7 / 3			
reaction time	0.162	interval		4.30	4.38	4.46	4.60		4.64	4.70	4.84	5.04	5.16	6.04		13.14	13.94	15.04
		velocity	6.76	8.14	7.99	7.85	7.61		7.54	7.45	7.23	6.94	6.78	6.62	7.30	7.99	7.53	6.98
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	20	180			
FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis)															<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	07-Jun-18	time	6.56	10.80	15.16	19.64	24.20	26.2	28.76	33.52	38.44	43.50	48.80	55.16	7 / 5			
reaction time	0.145	interval		4.24	4.36	4.48	4.56		4.56	4.76	4.92	5.06	5.30	6.36		13.08	13.88	15.28
		velocity	6.86	8.25	8.03	7.81	7.68	7.63	7.58	7.35	7.11	6.92	6.60	6.29	7.25	8.03	7.56	6.87
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	20.2	180.2			
FINAL - 2018 Prefontaine Classic (Eugene, OR) (TV Analysis)															<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	26-May-18	time	6.80	11.08	15.40	19.80	24.32			33.76	38.68	43.80	49.08	55.36	6 / 6			
reaction time	0.190	interval		4.28	4.32	4.40	4.52			9.44	4.92	5.12	5.28	6.28		13.00	13.96	15.32
		velocity	6.62	8.18	8.10	7.95	7.74			7.42	7.11	6.84	6.63	6.37	7.23	8.08	7.52	6.85
H1 lead leg	R	strides	22	15	15	15	15				16	16	16	20	150			
FINAL - 2017 Memorial van Damme (Brussels, BEL) (TV Analysis)															<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>			
date	01-Sep-17	time	6.40	10.64	14.88	19.20	23.64	25.7	28.16	32.84	37.72	42.76	47.88	53.93	7 / 2			
reaction time	0.156	interval		4.24	4.24	4.32	4.44		4.52	4.68	4.88	5.04	5.12	6.05		12.80	13.64	15.04
		velocity	7.03	8.25	8.25	8.10	7.88	7.78	7.74	7.48	7.17	6.94	6.84	6.61	7.42	8.20	7.70	6.98
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	20	180			
FINAL - 2017 Weltklasse (Zürich, SUI) (TV Analysis)															<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>			
date	24-Aug-17	time	6.56	10.84	15.16	19.56	24.04		28.64	33.32	38.20	43.16	48.20	54.13	5 / 1			
reaction time	0.158	interval		4.28	4.32	4.40	4.48		4.60	4.68	4.88	4.96	5.04	5.93		13.00	13.76	14.88
		velocity	6.86	8.18	8.10	7.95	7.81		7.61	7.48	7.17	7.06	6.94	6.75	7.39	8.08	7.63	7.06
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	19.7	179.7			
FINAL - 2017 Müller Grand Prix (Birmingham, GBR) (TV Analysis)															<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>			
date	20-Aug-17	time	6.52	10.68	14.96	19.28	23.80		28.40	33.12	38.08	43.16	48.28	54.18	5 / 1			
reaction time	0.155	interval		4.16	4.28	4.32	4.52		4.60	4.72	4.96	5.08	5.12	5.90		12.76	13.84	15.16
		velocity	6.90	8.41	8.18	8.10	7.74		7.61	7.42	7.06	6.89	6.84	6.78	7.38	8.23	7.59	6.93
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	20	180			
FINAL - 2017 IAAF World Championships (London, GBR) (TV Analysis)															<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>			
date	10-Aug-17	time	6.36	10.52	14.68	18.92	23.28		27.76	32.36	37.20	42.24	47.64	54.20	6 / 4			
reaction time	0.151	interval		4.16	4.16	4.24	4.36		4.48	4.60	4.84	5.04	5.40	6.56		12.56	13.44	15.28
		velocity	7.08	8.41	8.41	8.25	8.03		7.81	7.61	7.23	6.94	6.48	6.10	7.38	8.36	7.81	6.87
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	17	20.5	181.5			
FINAL - 2017 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis)															<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>			
date	16-Jul-17	time	6.44	10.68	14.96	19.32	23.80		28.44	33.12	38.00	43.04	48.20	54.22	6 / 1			
reaction time	0.155	interval		4.24	4.28	4.36	4.48		4.64	4.68	4.88	5.04	5.16	6.02		12.88	13.80	15.08
		velocity	6.99	8.25	8.18	8.03	7.81		7.54	7.48	7.17	6.94	6.78	6.64	7.38	8.15	7.61	6.96
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	20	180			
FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis)															<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>			
date	06-Jul-17	time	6.60	10.84	15.20	19.64	24.12		28.72	33.44	38.36	43.44	48.68	54.69	2 / 5			
reaction time	0.133	interval		4.24	4.36	4.44	4.48		4.60	4.72	4.92	5.08	5.24	6.01		13.04	13.80	15.24
		velocity	6.82	8.25	8.03	7.88	7.81		7.61	7.42	7.11	6.89	6.68	6.66	7.31	8.05	7.61	6.89
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	19.7	179.7			

FINAL - 2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)

date	08-Jun-17	time	6.52	10.68	15.00	19.40	23.84	28.52	33.24	38.12	43.36	48.84	55.27	5 / 4				
reaction time	0.152	interval		4.16	4.32	4.40	4.44	4.68	4.72	4.88	5.24	5.48	6.43		12.88	13.84	15.60	
		velocity	6.90	8.41	8.10	7.95	7.88	7.48	7.42	7.17	6.68	6.39	6.22	7.24		8.15	7.59	6.73
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	17	17	20.2		182.2			

Henson (2020) - Athlete First: 2017 year end hurdle report

FINAL - 2017 Prefontaine Classic (Eugene, OR) (TV Analysis)

date	27-May-17	time	6.60	10.83	15.13	19.46	23.93	28.56	33.30	38.26	43.26	48.43	54.50	7 / 4				
reaction time	0.173	interval		4.23	4.30	4.33	4.47	4.63	4.74	4.96	5.00	5.17	6.07		12.86	13.84	15.13	
		velocity	6.82	8.27	8.14	8.08	7.83	7.56	7.38	7.06	7.00	6.77	6.59	7.34		8.16	7.59	6.94
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	20		180			

Henson (2020) - Athlete First: 2017 year end hurdle report

FINAL - 2016 Memorial van Damme (Brussels, BEL) (TV Analysis)

date	09-Sep-16	time	6.56	10.80	15.08	19.48	23.92	28.48	33.24	38.24	43.40	48.76	55.12	3 / 4				
reaction time	0.159	interval		4.24	4.28	4.40	4.44	4.56	4.76	5.00	5.16	5.36	6.36		12.92	13.76	15.52	
		velocity	6.86	8.25	8.18	7.95	7.88	7.68	7.35	7.00	6.78	6.53	6.29	7.26		8.13	7.63	6.77
H1 lead leg	L	strides	22	15	15	15	15	15	15	16	16	17	20.5		181.5			

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

FINAL - 2016 Olympic Games (Rio de Janeiro, BRA) (TV Analysis)

date	18-Aug-16	time	6.48	10.64	14.88	19.20	23.56	28.12	32.76	37.60	42.60	47.76	53.92	6 / 4				
reaction time	0.157	interval		4.16	4.24	4.32	4.36	4.56	4.64	4.84	5.00	5.16	6.16		12.72	13.56	15.00	
		velocity	6.94	8.41	8.25	8.10	8.03	7.68	7.54	7.23	7.00	6.78	6.49	7.42		8.25	7.74	7.00
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	20		180			

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

FINAL - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)

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

Henson (2021) - Athlete First: major championships report

FINAL - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis)

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

Henson (2021) - Athlete First: major championships report

FINAL - 2012 Olympic Games (London, GBR)

date	08-Aug-12	time	6.63	10.82	15.07	19.42	23.78	25.58	28.16	32.70	37.42	42.30	47.45	53.38	4 / 2			
reaction time	0.163	interval		4.19	4.25	4.35	4.36	4.38	4.54	4.72	4.88	5.15	5.93		12.79	13.28	14.75	
		velocity	6.79	8.35	8.24	8.05	8.03	7.82	7.99	7.71	7.42	7.17	6.80	6.75	7.49		8.21	7.91
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	20		180			

Hillier (2012) - uka 2012 olympic games report: 400m hurdles

FINAL - 2011 IAAF World Championships (Daegu, KOR)

date	01-Sep-11	time	6.2	10.3	14.6	18.9	23.3	27.9	32.5	37.3	42.3	47.6	54.23	4 / 7				
reaction time	0.158	interval		4.10	4.30	4.30	4.40	4.60	4.60	4.80	5.00	5.30	6.63		12.70	13.60	15.10	
		velocity	7.26	8.54	8.14	8.14	7.95	7.61	7.61	7.29	7.00	6.60	6.03	7.38		8.27	7.72	6.95
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	20		180			

Behm (2011) - Le quatrache: Démus enfin!

Semi-Final 3 - 2009 IAAF World Championships (Berlin, GER)

date	18-Aug-09	time	6.60	10.90	15.24	19.66	24.21	28.89	33.70	38.72	43.84	49.08	54.99	4 / 4				
reaction time	0.149	interval		4.30	4.34	4.42	4.55	4.68	4.81	5.02	5.12	5.24	5.91		13.06	14.04	15.38	
		velocity	6.82	8.14	8.06	7.92	7.69	7.48	7.28	6.97	6.84	6.68	6.77	7.27		8.04	7.48	6.83
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	20		180			

Graubner (2009) - biomechanical analyses at the 12th IAAF world championships

FINAL - 2008 Olympic Games (Beijing, CHN)

date	20-Aug-08	time	6.4	10.4	14.5	19.3	23.8	28.3	33.2	38.3	43.5	48.8	54.97	3 / 7				
reaction time	0.195	interval		4.00	4.10	4.80	4.50	4.50	4.90	5.10	5.20	5.30	6.17		12.90	13.90	15.60	
		velocity	7.03	8.75	8.54	7.29	7.78	7.78	7.14	6.86	6.73	6.60	6.48	7.28		8.14	7.55	6.73
H1 lead leg	R	strides	22	15	15	15	15	16	16	16	17	17	164					

Behm (2008) - Pekin 2008: Le quatrache masculin - féminin

Helberg, Amanda (USA) (1978)

date	29-Jun-96	time	7.27	11.96	16.57	21.28	26.11	31.30	36.91	42.71	48.70	54.92	62.17	3 / 7				
reaction time		interval		4.69	4.61	4.71	4.83	5.19	5.61	5.80	5.99	6.22	7.25		14.01	15.63	18.01	
		velocity	6.19	7.46	7.59	7.43	7.25	6.74	6.24	6.03	5.84	5.63	5.52	6.43		7.49	6.72	5.83
H1 lead leg		strides																

USATF Women's Sprint Development (1996)

Hemmings, Deon (JAM) (1968)

date	08-Aug-01	time	6.3	10.6	15.0	19.3	23.8	28.6	33.7	38.9	44.0	49.3	55.83	8 / 7				
reaction time	0.179	interval		4.30	4.40	4.30	4.50	4.80	5.10	5.20	5.10	5.30	6.53		13.00	14.40	15.60	
		velocity	7.14	8.14	7.95	8.14	7.78	7.29	6.86	6.73	6.86	6.60	6.13	7.16		8.08	7.29	6.73
H1 lead leg	L	strides	23	15	15	15	15	15	17	16	16	17	164					

Behm (2001) - Edmonton: Le quatrache: les finales

FINAL - 2000 Olympic Games (Sydney, AUS)

date	27-Sep-00	time	6.3	10.4	14.5	18.8	23.2	27.7	32.3	37.3	42.4	47.5	53.45	6 / 2				
reaction time	0.446	interval		4.10	4.10	4.30	4.40	4.50	4.60	5.00	5.10	5.10	5.95		12.50	13.50	15.20	

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

H1 lead leg	L	velocity	7.14	8.54	8.54	8.14	7.95	7.78	7.61	7.00	6.86	6.86	6.72	7.48	8.40	7.78	6.91	
		strides	23	15	15	15	15	15	15	16	16	16	20	181				
FINAL - 1999 IAAF World Championships (Sevilla, ESP)														<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>				
date	25-Aug-99	time	6.14	10.18	14.36	18.61	22.98	27.48	32.30	37.06	42.10	47.05	53.16	3 / 3				
reaction time	0.188	interval	4.04	4.18	4.25	4.37	4.50	4.82	4.76	5.04	4.95	6.11	12.47	13.69	14.75			
		velocity	7.33	8.66	8.37	8.24	8.01	7.78	7.26	7.35	6.94	7.07	6.55	7.52	8.42	7.67	7.12	
H1 lead leg	L	strides	23	15	15	15	15	15	16	16	17	16	20	183				
Semi-Final 1 - 1999 IAAF World Championships (Sevilla, ESP)														<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>				
date	23-Aug-99	time	5.99	10.09	14.25	18.57	23.03	27.55	32.41	37.36	42.41	47.78	54.00	3 / 1				
reaction time	0.189	interval	4.10	4.16	4.32	4.46	4.52	4.86	4.95	5.05	5.37	6.22	12.58	13.84	15.37			
		velocity	7.51	8.54	8.41	8.10	7.85	7.74	7.20	7.07	6.93	6.52	6.43	7.41	8.35	7.59	6.83	
H1 lead leg	L	strides	23	15	15	15	15	15	16	16	16	17	20	183				
Heat 4 - 1999 IAAF World Championships (Sevilla, ESP)														<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>				
date	21-Aug-99	time	6.04	10.23	14.51	18.93	23.29	27.84	32.74	37.67	42.84	48.05	54.27	5 / 1				
reaction time	0.172	interval	4.19	4.28	4.42	4.36	4.55	4.90	4.93	5.17	5.21	6.22	12.89	13.81	15.31			
		velocity	7.45	8.35	8.18	7.92	8.03	7.69	7.14	7.10	6.77	6.72	6.43	7.37	8.15	7.60	6.86	
H1 lead leg	L	strides	23	15	15	15	15	15	16	16	17	17	20	184				
FINAL - 1997 IAAF World Championships (Athens, GRE)														<i>Hommel (1999) - biomechanical research project, athens 1997: final report</i>				
date	08-Aug-97	time	6.46	10.58	14.72	19.00	23.36	27.76	32.36	37.22	42.20	47.31	53.09	4 / 2				
reaction time	0.187	interval	4.12	4.14	4.28	4.36	4.40	4.60	4.86	4.98	5.11	5.78	12.54	13.36	14.95			
		velocity	6.97	8.50	8.45	8.18	8.03	7.95	7.61	7.20	7.03	6.85	6.92	7.53	8.37	7.86	7.02	
H1 lead leg	L	strides	21	15	15	15	15	15	16	16	17	17	20	182				
FINAL - 1996 Olympic Games (Atlanta, GA)														<i>McFarlane (2000) - the science of hurdling and speed</i>				
date	31-Jul-96	time	6.32	10.27	14.35	18.62	22.92	27.46	32.12	36.94	41.92	46.99	52.82	5 / 1				
reaction time	0.348	interval	3.95	4.08	4.27	4.30	4.54	4.66	4.82	4.98	5.07	5.83	OR / AR	12.30	13.50	14.87		
		velocity	7.12	8.86	8.58	8.20	8.14	7.71	7.51	7.26	7.03	6.90	6.86	7.57	8.54	7.78	7.06	
H1 lead leg		strides	23	15	15	15	15	15	15	16	16	17	162					
FINAL - 1995 IAAF World Championships (Göteborg, SWE)														<i>Behm (1999) - Les chiffres: Les podiums de tous le championnats</i>				
date	11-Aug-95	time				23.2							53.48	4 / 3				
reaction time		interval				7.97							NR					
		velocity											7.48					
H1 lead leg	L	strides	22	15	15	15	15	15	15	16	16	17	19.7	181				
Semi-Final 3 - 1993 IAAF World Championships (Stuttgart, GER)														<i>Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)</i>				
date	17-Aug-93	time	6.36	10.52	14.71	19.09	23.54	28.03	32.75	37.84	42.93	48.13	54.12	6 / 2				
reaction time		interval	4.16	4.19	4.38	4.45	4.49	4.72	5.09	5.09	5.20	5.99	NR	12.73	13.66	15.38		
		velocity	7.08	8.41	8.35	7.99	7.87	7.80	7.42	6.88	6.88	6.73	6.68	7.39	8.25	7.69	6.83	
H1 lead leg	L	strides	22	15	15	15	15	15	15	17	17	17	19.7	182.7				
Hespel, Nina (BEL) (2001)																		
Semi-Final 1 - 2022 European Athletics Championships (Munich, GER)														<i>European Athletics (2022) - european athletics championships race analysis</i>				
date	18-Aug-22	time	6.59	10.90	15.42	19.97	24.56	26.66	29.38	34.46	39.84	45.83	51.94	59.15	2 / 7			
reaction time	0.282	interval	4.31	4.52	4.55	4.59		4.82	5.08	5.38	5.99	6.11	7.21	13.38	14.49	17.48		
		velocity	6.83	8.12	7.74	7.69	7.63	7.50	7.26	6.89	6.51	5.84	5.73	5.55	6.76	7.85	7.25	6.01
H1 lead leg	L	strides	23			15	15		15	16	18	18	18	21.5	159.5			
Heat 1 - 2022 European Athletics Championships (Munich, GER)														<i>European Athletics (2022) - european athletics championships race analysis</i>				
date	17-Aug-22	time	6.54	10.81	15.19	19.63	24.31	26.39	29.16	34.19	39.43	44.77	50.24	56.72	7 / 5			
reaction time	0.193	interval	4.27	4.38	4.44	4.68		4.85	5.03	5.24	5.34	5.47	6.48	13.09	14.56	16.05		
		velocity	6.88	8.20	7.99	7.88	7.48	7.58	7.22	6.96	6.68	6.55	6.40	6.17	7.05	8.02	7.21	6.54
H1 lead leg	L	strides	23	15	15	15	15	15	15	16	16	17	17	21	170			
Higa, Kazuki (JPN) (1998)																		
B FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)														<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>				
date	06-Jun-21	time	6.86	11.35	15.97	20.67	25.56	30.65	35.85	41.16	46.55	52.14	58.83	6 / 1				
reaction time		interval	4.49	4.62	4.70	4.89		5.09	5.20	5.31	5.39	5.59	6.69	13.81	15.18	16.29		
		velocity	6.56	7.80	7.58	7.45	7.16	6.88	6.73	6.59	6.49	6.26	5.98	6.80	7.60	6.92	6.45	
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	17	22	195				
A FINAL - 2019 Kinami Memorial (Osaka, JPN)														<i>Matsubayashi (2019) - research on athlete performance and technique- 2019 data book</i>				
date	06-May-19	time	6.97	11.53	16.22	20.99	25.88	30.91	36.04	41.32	46.78	52.43	59.03	5 / 5				
reaction time		interval	4.56	4.69	4.77	4.89		5.03	5.13	5.28	5.46	5.65	6.60	14.02	15.05	16.39		
		velocity	6.46	7.68	7.46	7.34	7.16	6.96	6.82	6.63	6.41	6.19	6.06	6.78	7.49	6.98	6.41	
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	17	21.7	194.7				
FINAL - 2016 Japanese National High School Championships (Okayama, JPN)														<i>Kota (2016) - 69th high school championships: JAF scientific committee- biomechanics data</i>				
date	31-Jul-16	time	6.84	11.33	16.07	20.87	25.89	30.86	35.94	41.51	47.23	53.03	59.39	6 / 4				
reaction time		interval	4.49	4.74	4.80	5.02		4.97	5.08	5.57	5.72	5.80	6.36	14.03	15.07	17.09		
		velocity	6.58	7.80	7.38	7.29	6.97	7.04	6.89	6.28	6.12	6.03	6.29	6.74	7.48	6.97	6.14	
H1 lead leg		strides	17	17	17	17	17	17	17	19	19	19	19	159				

Higuchi, Ayane (JPN) (2004)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 Japanese U20 National Championships (Osaka, JPN)												<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>						
date	27-Jun-21	time	7.02	11.70	16.50	21.42	26.54	31.85	37.19	42.83	48.72	54.79	61.44	8 / 8				
reaction time	0.186	interval	4.68	4.80	4.92	5.12	5.31	5.34	5.64	5.89	6.07	6.65			14.40	15.77	17.60	
		velocity	6.41	7.48	7.29	7.11	6.84	6.59	6.55	6.21	5.94	5.77	6.02	6.51		7.29	6.66	5.97
H1 lead leg	L	strides	23	16	16	16	16	17	17	18	19	19	177					

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 Japanese High School National Championships (Hiroshima, JPN)												<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>						
date	25-Oct-20	time	6.92	11.58	16.27	21.15	26.31	31.58	37.32	43.06	48.73	54.37	60.84	1 / 8				
reaction time	0.158	interval	4.66	4.69	4.88	5.16	5.27	5.74	5.74	5.67	5.64	6.47	PB		14.23	16.17	17.05	
		velocity	6.50	7.51	7.46	7.17	6.78	6.64	6.10	6.10	6.17	6.21	6.18	6.57		7.38	6.49	6.16
H1 lead leg		strides	16	16	17	17	17	17	19	19	19	19	159					

Hill, MacKenzie (USA) (1986)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)												<i>USATF Women's Sprint Development (2003)</i>						
date	22-Jun-03	time	6.61	10.91	15.43	20.05	25.13	30.74	36.15	41.58	46.86	52.37	58.39	7 / 2				
reaction time		interval	4.30	4.52	4.62	5.08	5.61	5.41	5.43	5.28	5.51	6.02	PB		13.44	16.10	16.22	
		velocity	6.81	8.14	7.74	7.58	6.89	6.24	6.47	6.45	6.63	6.35	6.64	6.85		7.81	6.52	6.47
H1 lead leg		strides																

Hill, Sierra (USA) (1986)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)												<i>USATF Women's Sprint Development (2003)</i>					
date	22-Jun-03	time	7.07	11.83	16.67	21.64	26.76	32.26	37.85	43.53	49.20		61.48	3 / 7			
reaction time		interval	4.76	4.84	4.97	5.12	5.50	5.59	5.68	5.67					14.57	16.21	
		velocity	6.36	7.35	7.23	7.04	6.84	6.36	6.26	6.16	6.17		6.51		7.21	6.48	
H1 lead leg		strides															

Hindrikes, Evelin (SWE) (1991)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
B-Race - 2011 Poks Memorial (Hässleholm, SWE)												<i>Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx</i>						
date	12-Jun-11	time	7.20	11.89	16.60	21.42	26.38	31.64	37.32	43.08	48.90	54.74	61.20	1 / 3				
reaction time		interval	4.69	4.71	4.82	4.96	5.26	5.68	5.76	5.82	5.84	6.46			14.22	15.90	17.42	
		velocity	6.25	7.46	7.43	7.26	7.06	6.65	6.16	6.08	6.01	5.99	6.19	6.54		7.38	6.60	6.03
H1 lead leg	L	strides	17	17	17	17	17	17	18	18	18	18	22	179				

Hirahara, Kyoka (JPN) (1998)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2016 Japanese National High School Championships (Okayama, JPN)												<i>Kota (2016) - 69th high school championships: JAF scientific committee- biomechanics data</i>						
date	31-Jul-16	time	7.07	11.76	16.68	21.91	27.14	32.40	37.67	43.13	48.63	54.32	60.61	8 / 5				
reaction time		interval	4.69	4.92	5.23	5.23	5.26	5.27	5.46	5.50	5.69	6.29			14.84	15.76	16.65	
		velocity	6.36	7.46	7.11	6.69	6.69	6.65	6.64	6.41	6.36	6.15	6.36	6.60		7.08	6.66	6.31
H1 lead leg		strides	16	16	18	17	17	17	17	17	17	18	153					

Hiraki, Haru (JPN) (2005)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 Japanese U20 National Championships (Osaka, JPN)												<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>						
date	04-Jun-23	time	6.71	11.29	15.95	20.74	25.64	30.88	36.17	41.54	47.18	53.02	59.67	7 / 1				
reaction time	0.177	interval	4.58	4.66	4.79	4.90	5.24	5.29	5.37	5.64	5.84	6.65	PB		14.03	15.43	16.85	
		velocity	6.71	7.64	7.51	7.31	7.14	6.68	6.62	6.52	6.21	5.99	6.02	6.70		7.48	6.80	6.23
H1 lead leg	R	strides	25	16	16	16	16	17	17	17	18	18	23	199				

Hoffman, Lauren (PHI) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Repechage 3 - 2024 Olympic Games (Paris, FRA)												<i>Paris 2024 Olympic Games - Results Book (2024)</i>						
date	05-Aug-24	time	6.41	10.65	14.99	19.43	24.06	28.91	33.96	39.25	44.90	50.89	58.28	5 / 7				
reaction time	0.180	interval	4.24	4.34	4.44	4.63	4.85	5.05	5.29	5.65	5.99	7.39			13.02	14.53	16.93	
		velocity	7.02	8.25	8.06	7.88	7.56	7.22	6.93	6.62	6.19	5.84	5.41	6.86		8.06	7.23	6.20
H1 lead leg	L	strides	23	15	15	15	16	16	17	17	18	18	152					

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 4 - 2024 Olympic Games (Paris, FRA)												<i>Paris 2024 Olympic Games - Results Book (2024)</i>						
date	04-Aug-24	time	6.46	10.66	14.96	19.35	23.86	28.63	33.72	39.07	44.69	50.60	57.84	6 / 8				
reaction time	0.192	interval	4.20	4.30	4.39	4.51	4.77	5.09	5.35	5.62	5.91	7.24			12.89	14.37	16.88	
		velocity	6.97	8.33	8.14	7.97	7.76	7.34	6.88	6.54	6.23	5.92	5.52	6.92		8.15	7.31	6.22
H1 lead leg	L	strides	23	15	15	15	15	16	17	18	19	19	153					

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 Asian Games (Hangzhou, CHN)												<i>Shandong Athletics Sport Science (2023)</i>						
date	03-Oct-23	time	6.43	10.46	14.63	18.93	23.60	28.46	33.63	39.03	44.53	50.33	57.21	6 / 5				
reaction time	0.205	interval	4.03	4.17	4.30	4.67	4.86	5.17	5.40	5.50	5.80	6.88			12.50	14.70	16.70	
		velocity	7.00	8.68	8.39	8.14	7.49	7.20	6.77	6.48	6.36	6.03	5.81	6.99		8.40	7.14	6.29
H1 lead leg	L	strides	15	15	15	16	16	17	18	18	18	19	151					

Hoffman, Lauren (USA) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 USATF National Championships (Eugene, OR) (TV Analysis)												<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>					
date	09-Jul-23	time	6.54	10.64	14.95	19.42	23.99	28.73	33.66	38.77			56.13	8 / 6			
reaction time		interval	4.10	4.31	4.47	4.57	4.74	4.93	5.11			17.36			12.88	14.24	
		velocity	6.88	8.54	8.12	7.83	7.66	7.38	7.10	6.85		6.05	7.13		8.15	7.37	
H1 lead leg	L	strides	23	15	15	16	16	16	18	18			137				

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2022 USATF National Championships (Eugene, OR)												<i>USATF (2022) - Results powered by Karmarush</i>						
date	25-Jun-22	time	6.44	10.45	14.58	18.81	23.37	25.47	28.13	33.03	38.27	43.78	49.36	56.00	56.00	2 / 7		
reaction time		interval	4.01	4.13	4.23	4.56	4.76	4.90	5.24	5.51	5.58	6.64			12.37	14.22	16.33	
		velocity	6.99	8.73	8.47	8.27	7.68	7.85	7.35	7.14	6.68	6.35	6.27	6.02	7.14	8.49	7.38	6.43

H1 lead leg	L	strides	23	15	15	15	16		16	17	18				135				
Semi-Final 1 - 2022 USATF National Championships (Eugene, OR)															<i>USATF (2022) - Results powered by Karmarush</i>				
date	24-Jun-22	time	6.51	10.62	14.85	19.33	23.85	26.06	28.75	33.73	38.94	44.25	49.79	56.19	56.19	9 / 5			
reaction time		interval	4.11	4.23	4.48	4.52			4.90	4.98	5.21	5.31	5.54	6.40			12.82	14.40	16.06
		velocity	6.91	8.52	8.27	7.81	7.74	7.67	7.14	7.03	6.72	6.59	6.32	6.25	7.12		8.19	7.29	6.54
H1 lead leg	L	strides	23	15	15	15	16		16	16	17				133				
Heat 1 - 2022 USATF National Championships (Eugene, OR)															<i>USATF (2022) - Results powered by Karmarush</i>				
date	23-Jun-22	time	6.54	10.64	14.91	19.32	23.92	25.84	28.69	33.66	38.94	44.41	49.88	56.08	56.08	3 / 4			
reaction time		interval	4.10	4.27	4.41	4.60			4.77	4.97	5.28	5.47	5.47	6.20			12.78	14.34	16.22
		velocity	6.88	8.54	8.20	7.94	7.61	7.74	7.34	7.04	6.63	6.40	6.40	6.45	7.13		8.22	7.32	6.47
H1 lead leg	L	strides	23	15	15	15	16		16	17	18	18	18	22	193				
Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	26-Jun-21	time	6.47	10.57	14.98	19.38	23.99		28.89	34.00	39.33	44.84		57.59	57.59	3 / 6			
reaction time	0.224	interval		4.10	4.41	4.40	4.61		4.90	5.11	5.33	5.51					12.91	14.62	
		velocity	6.96	8.54	7.94	7.95	7.59		7.14	6.85	6.57	6.35		6.95			8.13	7.18	
H1 lead leg	L	strides		15	16	16	16			17	18	18		116					
Hollmann, Silvia (FRG) (1955)																			
FINAL - 1978 European Championships (Prague, TCH)															<i>Behm (1995) - la tactique du 400 haies</i>				
date	02-Sep-78	time	6.5	10.8	15.2	19.6	24.2	26.2	28.7	33.2	38.1	43.1	48.5	55.14	55.14	6 / 2			
reaction time		interval		4.30	4.40	4.40	4.60		4.50	4.50	4.90	5.00	5.40	6.64			13.10	13.60	15.30
		velocity	6.92	8.14	7.95	7.95	7.61	7.63	7.78	7.78	7.14	7.00	6.48	6.02	7.25		8.02	7.72	6.86
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	17	20	182				
Horlacher, Esther (FRG) (1954)																			
FINAL - 1973 DLV-Test (Frankfurt-am-Main, FRG)															<i>Keydel (1973) - 400m Hürden test der frauen vom 26. bis 28.7.1973</i>				
date	28-Jul-73	time	7.30	12.25	17.28	22.65	28.15		34.18	40.08	46.16	52.24	58.12	65.0	65.0	/ 5			
reaction time		interval		4.95	5.03	5.37	5.50		6.03	5.90	6.08	6.08	5.88	6.88			15.35	17.43	18.04
		velocity	6.16	7.07	6.96	6.52	6.36		5.80	5.93	5.76	5.76	5.95	5.81	6.15		6.84	6.02	5.82
H1 lead leg		strides	24	17	17	17	17		17	17	19	19	19	183					
Hu Lihong (CHN) (1999)																			
Heat 2 - 2021 Chinese National Championships (Chongqing, CHN)															<i>CAA Hurdle Development (2021)</i>				
date	26-Jun-21	time	6.88	11.44	16.21	21.03	26.01		31.12	36.42	41.90	47.64	53.69	60.99	60.99	6 / 6			
reaction time	0.167	interval		4.56	4.77	4.82	4.98		5.11	5.30	5.48	5.74	6.05	7.30			14.15	15.39	17.27
		velocity	6.54	7.68	7.34	7.26	7.03		6.85	6.60	6.39	6.10	5.79	5.48	6.56		7.42	6.82	6.08
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	17	17	21	193				
FINAL - 2021 National Grand Prix (Chengdu, CHN)															<i>CAA Hurdle Development (2021)</i>				
date	02-Apr-21	time	6.91	11.48	16.13	20.86	25.79		30.96	36.35	42.17	48.38	54.90	62.74	62.74	6 / 3			
reaction time	0.154	interval		4.57	4.65	4.73	4.93		5.17	5.39	5.82	6.21	6.52	7.84			13.95	15.49	18.55
		velocity	6.51	7.66	7.53	7.40	7.10		6.77	6.49	6.01	5.64	5.37	5.10	6.38		7.53	6.78	5.66
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	18	18	22.7	196.7				
FINAL - 2020 Chinese National Championships (Shaoxing, CHN)															<i>CAA Hurdle Development (2020)</i>				
date	17-Sep-20	time	6.92		16.46					37.54	43.25	49.25	55.67	63.09	63.09	1 / 8			
reaction time		interval			9.54					21.08	5.71	6.00	6.42	7.42					18.13
		velocity	6.50		7.34					6.64	6.13	5.83	5.45	5.39	6.34				5.79
H1 lead leg	L	strides	24							17	17	18	21	97					
FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)															<i>CAA Hurdle Development (2019)</i>				
date	23-Aug-19	time	7.00	11.60	16.42	21.30	26.30		31.38	36.66	42.14	47.81	53.79	60.89	60.89	9 / 4			
reaction time	0.217	interval		4.60	4.82	4.88	5.00		5.08	5.28	5.48	5.67	5.98	7.10			14.30	15.36	17.13
		velocity	6.43	7.61	7.26	7.17	7.00		6.89	6.63	6.39	6.17	5.85	5.63	6.57		7.34	6.84	6.13
H1 lead leg	L	strides	23	16	16	16	16		16	16	17	17	17	21	191				
Heat 2 - 2019 Chinese National Grand Prix Final (Daqing, CHN)															<i>CAA Hurdle Development (2019)</i>				
date	22-Aug-19	time	7.06	11.72	16.54	21.38	26.38		31.38	36.52	41.98	47.56	53.37	60.18	60.18	9 / 3			
reaction time	0.216	interval		4.66	4.82	4.84	5.00		5.00	5.14	5.46	5.58	5.81	6.81			14.32	15.14	16.85
		velocity	6.37	7.51	7.26	7.23	7.00		7.00	6.81	6.41	6.27	6.02	5.87	6.65		7.33	6.94	6.23
H1 lead leg	L	strides	23	16	16	16	16		16	16	17	17	17	20.8	190.8				
FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)															<i>CAA Hurdle Development (2019)</i>				
date	03-Aug-19	time	7.02	11.66	16.36	21.08	26.00		31.02	36.22	41.60	47.22	53.10	60.34	60.34	8 / 7			
reaction time	0.231	interval		4.64	4.70	4.72	4.92		5.02	5.20	5.38	5.62	5.88	7.24			14.06	15.14	16.88
		velocity	6.41	7.54	7.45	7.42	7.11		6.97	6.73	6.51	6.23	5.95	5.52	6.63		7.47	6.94	6.22
H1 lead leg	L	strides	23	16	16	16	16		16	16	17	17	17	21	191				
Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN)															<i>CAA Hurdle Development (2019)</i>				
date	03-Aug-19	time	7.08	11.80	16.68	21.54	26.54		31.72	36.88	42.26	47.84	53.62	60.44	60.44	8 / 3			
reaction time	0.229	interval		4.72	4.88	4.86	5.00		5.18	5.16	5.38	5.58	5.78	6.82			14.46	15.34	16.74
		velocity	6.36	7.42	7.17	7.20	7.00		6.76	6.78	6.51	6.27	6.06	5.87	6.62		7.26	6.84	6.27
H1 lead leg	L	strides	23	16	16	16	16		16	16	17	17	17	20.7	190.7				

Heat 2 - 2019 Chinese National Championships (Shenyang, CHN)

														CAA Hurdle Development (2019)			
date	09-Jul-19	time	6.94	11.51	16.26	21.05	25.96	31.13	36.33	41.66	47.29	53.35	60.39	5 / 4 3			
reaction time	0.211	interval		4.57	4.75	4.79	4.91	5.17	5.20	5.33	5.63	6.06	7.04		14.11	15.28	17.02
		velocity	6.48	7.66	7.37	7.31	7.13	6.77	6.73	6.57	6.22	5.78	5.68	6.62	7.44	6.87	6.17
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	17	21	193			

FINAL - 2019 Chinese National Grand Prix 4 (Luoyang, CHN)

														CAA Hurdle Development (2019)			
date	29-May-19	time	7.02	11.64	16.35	21.17	26.17	31.33	36.70	42.12	47.86	53.87	60.75	5 / 3			
reaction time		interval		4.62	4.71	4.82	5.00	5.16	5.37	5.42	5.74	6.01	6.88		14.15	15.53	17.17
		velocity	6.41	7.58	7.43	7.26	7.00	6.78	6.52	6.46	6.10	5.82	5.81	6.58	7.42	6.76	6.12
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	17	20.7	192.7			

Heat 1 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)

														CAA Hurdle Development (2019)			
date	12-Apr-19	time	6.97	11.53	16.25	21.02	26.02	31.31	36.73	42.41	48.36	54.65	62.30	7 / 2			
reaction time	0.210	interval		4.56	4.72	4.77	5.00	5.29	5.42	5.68	5.95	6.29	7.65		14.05	15.71	17.92
		velocity	6.46	7.68	7.42	7.34	7.00	6.62	6.46	6.16	5.88	5.56	5.23	6.42	7.47	6.68	5.86
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	18	22	195			

FINAL - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)

														CAA Hurdle Development (2019)			
date	08-Apr-19	time	6.98	11.50	16.20	21.00	26.02	31.24	36.68	42.30	48.22	54.46	62.02	2 / 7			
reaction time	0.191	interval		4.52	4.70	4.80	5.02	5.22	5.44	5.62	5.92	6.24	7.56		14.02	15.68	17.78
		velocity	6.45	7.74	7.45	7.29	6.97	6.70	6.43	6.23	5.91	5.61	5.29	6.45	7.49	6.70	5.91
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	17	22	194			

Heat 1 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)

														CAA Hurdle Development (2019)			
date	07-Apr-19	time	7.04	11.63	16.40	21.27	26.29	31.50	36.87	42.42	48.11	54.04	60.94	7 / 2			
reaction time	0.186	interval		4.59	4.77	4.87	5.02	5.21	5.37	5.55	5.69	5.93	6.90		14.23	15.60	17.17
		velocity	6.39	7.63	7.34	7.19	6.97	6.72	6.52	6.31	6.15	5.90	5.80	6.56	7.38	6.73	6.12
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	17	21	194			

FINAL - 2018 Chinese National Championships (Taiyuan, CHN)

														Henson (2018) - coaching observations			
date	16-Sep-18	time	6.96	11.51	16.25	20.97	25.93	31.03	36.27	41.65	47.18	52.92	59.62	7 / 4			
reaction time		interval		4.55	4.74	4.72	4.96	5.10	5.24	5.38	5.53	5.74	6.70		14.01	15.30	16.65
		velocity	6.47	7.69	7.38	7.42	7.06	6.86	6.68	6.51	6.33	6.10	5.97	6.71	7.49	6.86	6.31
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	17	20.5	192.5			

Heat 2 - 2018 Chinese National Championships (Taiyuan, CHN)

														Henson (2018) - coaching observations			
date	15-Sep-18	time	6.94	11.48	16.25	21.04	25.93	31.00	36.20	41.51	47.00	52.69	59.46	2 / 2			
reaction time		interval		4.54	4.77	4.79	4.89	5.07	5.20	5.31	5.49	5.69	6.77	PB	14.10	15.16	16.49
		velocity	6.48	7.71	7.34	7.31	7.16	6.90	6.73	6.59	6.38	6.15	5.91	6.73	7.45	6.93	6.37
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	17	20.5	192.5			

Hu Wenge (CHN)

														Shandong Athletics Sport Science (2022)					
U20 FINAL - 2022 Shandong Provincial Games (Rizhao, CHN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	03-Sep-22	time	6.99	11.65	16.42	21.43	26.71	32.12	37.74	43.26	48.94	54.94	61.95	4 / 1					
reaction time	0.297	interval		4.66	4.77	5.01	5.28	5.41	5.62	5.52	5.68	6.00	7.01		14.44	16.31	17.20		
		velocity	6.44	7.51	7.34	6.99	6.63	6.47	6.23	6.34	6.16	5.83	5.71	6.46	7.27	6.44	6.10		
H1 lead leg	L	strides	25	17	17	17	18	18	19	19	19	19	20	25	214				

Huang Jie (CHN) (2005)

														CAA Hurdle Development (2021)					
FINAL - 2021 National Grand Prix (Chengdu, CHN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	02-Apr-21	time	7.23	11.93	16.71	21.71	26.99	32.66	38.87	45.58				dnf	8 / --				
reaction time	0.312	interval		4.70	4.78	5.00	5.28	5.67	6.21	6.71						14.48	17.16		
		velocity	6.22	7.45	7.32	7.00	6.63	6.17	5.64	5.22						7.25	6.12		
H1 lead leg	L	strides	25	17	17	17	17	17	19	19				148					

Huang Xiaoxiao (CHN) (1983)

														Deng (2015) - training practice research of Deng Xiaoping, a women's 400-meter hurdler					
FINAL - 2013 Chinese National Grand Prix (Zhaoqing, CHN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	08-Apr-13	time	6.5	11.0	15.6	20.2	24.9	30.1	35.1	40.4	45.5	51.2	58.13	1 / 2					
reaction time		interval		4.50	4.60	4.60	4.70	5.20	5.00	5.30	5.10	5.70	6.93		13.70	14.90	16.10		
		velocity	6.92	7.78	7.61	7.61	7.45	6.73	7.00	6.60	6.86	6.14	5.77	6.88	7.66	7.05	6.52		
H1 lead leg		strides	24	16	16	16	16	16	16	16	17	17	17	171					

Heat 1 - 2009 IAAF World Championships (Berlin, GER)

														Graubner (2009) - biomechanical analyses at the 12th IAAF world championships			
date	17-Aug-09	time	6.54	10.85	15.28	19.81	24.40	29.11	34.11	39.13	44.33	49.61	55.52	5 / 3			
reaction time	0.169	interval		4.31	4.43	4.53	4.59	4.71	5.00	5.02	5.20	5.28	5.91		13.27	14.30	15.50
		velocity	6.88	8.12	7.90	7.73	7.63	7.43	7.00	6.97	6.73	6.63	6.77	7.20	7.91	7.34	6.77
H1 lead leg		strides															

FINAL - 2007 IAAF World Championships (Osaka, JPN)

														Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers			
date	30-Aug-07	time	6.36	10.46	14.66	18.93	23.35	27.97	32.86	37.78	42.89	48.18	54.15	8 / 5			
reaction time	0.189	interval		4.10	4.20	4.27	4.42	4.62	4.89	4.92	5.11	5.29	5.97		12.57	13.93	15.32
		velocity	7.08	8.54	8.33	8.20	7.92	7.58	7.16	7.11	6.85	6.62	6.70	7.39	8.35	7.54	6.85
H1 lead leg	L	strides	23	15	15	15	15	15	16	16	17	17	20.5	185			

FINAL - 2005 Chinese National Games (Nanjing, CHN)

														Wang (2016) - hurdle rhythm characteristic analysis and athletic training considerations			
date	21-Oct-05	time	6.30	10.65	14.90	19.33	23.81	28.47	33.25	38.20	43.16	48.23	54.18	1 / 1			

reaction time	interval	4.35	4.25	4.43	4.48	4.66	4.78	4.95	4.96	5.07	5.95	PB	13.03	13.92	14.98		
	velocity	7.14	8.05	8.24	7.90	7.51	7.32	7.07	7.06	6.90	6.72	7.38	8.06	7.54	7.01		
H1 lead leg	strides	23	15	15	15	15	17	17	17	17		166					
FINAL - 2005 IAAF World Championships (Helsinki, FIN)												<i>Behm (2005) - Helsinki 2005; Les haies - La revanche des lutins</i>					
date	13-Aug-05	time	6.3	10.5	14.8	19.2	23.8	28.5	33.5	38.6	43.5	48.6	54.57	6 / 5			
reaction time	0.172	interval	4.20	4.30	4.40	4.60	4.70	5.00	5.10	4.90	5.10	5.97		12.90	14.30	15.10	
		velocity	7.14	8.33	8.14	7.95	7.61	7.45	7.00	6.86	7.14	6.86	6.70	7.33	8.14	7.34	6.95
H1 lead leg	L	strides	23	15	15	15	15	15	16	16	16	16	162				
FINAL - 2001 Chinese National Games (Guangzhou, CHN)												<i>Lu (2002) - technical analysis of women's 400m hurdles champion and runner-up at the 9th national games</i>					
date	22-Nov-01	time	6.31	10.55	14.79	19.11	23.51	28.10	33.02	38.02	43.26	48.66	55.15	/ 2			
reaction time		interval	4.24	4.24	4.32	4.40	4.59	4.92	5.00	5.24	5.40	6.49	PB	12.80	13.91	15.64	
		velocity	7.13	8.25	8.25	8.10	7.95	7.63	7.11	7.00	6.68	6.48	6.16	7.25	8.20	7.55	6.71
H1 lead leg		strides															
Huang Yan (CHN) (1996)																	
FINAL - 2021 Chinese National Championships (Chongqing, CHN)																	
<i>CAA Hurdle Development (2021)</i>																	
date	26-Jun-21	time	6.68	11.10	15.76	20.44	25.27	30.18	35.26	40.44	46.10	51.92	58.34	8 / 3			
reaction time	0.320	interval	4.42	4.66	4.68	4.83	4.91	5.08	5.18	5.66	5.82	6.42		13.76	14.82	16.66	
		velocity	6.74	7.92	7.51	7.48	7.25	7.13	6.89	6.76	6.18	6.01	6.23	6.86	7.63	7.09	6.30
H1 lead leg	L	strides	24	17	17	17	17	17	17	17	19	19	22	203			
Heat 1 - 2021 Chinese National Championships (Chongqing, CHN)																	
<i>CAA Hurdle Development (2021)</i>																	
date	26-Jun-21	time	6.81	11.37	16.10	20.83	25.74	30.73	35.79	41.14	46.79	52.63	59.27	5 / 2			
reaction time	0.318	interval	4.56	4.73	4.73	4.91	4.99	5.06	5.35	5.65	5.84	6.64		14.02	14.96	16.84	
		velocity	6.61	7.68	7.40	7.40	7.13	7.01	6.92	6.54	6.19	5.99	6.02	6.75	7.49	7.02	6.24
H1 lead leg	L	strides	24	17	17	17	17	17	17	18	19	19	22	204			
FINAL - 2021 East China District Meeting (Zhaoqing, CHN)																	
<i>CAA Hurdle Development (2021)</i>																	
date	25-Apr-21	time	6.77	11.23	15.80	20.65	25.69	30.76	36.12	41.99	47.63	53.29	59.80	4 / 4			
reaction time	0.236	interval	4.46	4.57	4.85	5.04	5.07	5.36	5.87	5.64	5.66	6.51		13.88	15.47	17.17	
		velocity	6.65	7.85	7.66	7.22	6.94	6.90	6.53	5.96	6.21	6.18	6.14	6.69	7.56	6.79	6.12
H1 lead leg	L	strides	24	16	16	17	17	17	18	19	18	18	21	201			
Heat 3 - 2021 East China District Meeting (Zhaoqing, CHN)																	
<i>CAA Hurdle Development (2021)</i>																	
date	25-Apr-21	time	6.82	11.38	15.98	20.82	25.83	30.91	36.14	41.69	47.30	53.15	60.05	4 / 1			
reaction time	0.232	interval	4.56	4.60	4.84	5.01	5.08	5.23	5.55	5.61	5.85	6.90		14.00	15.32	17.01	
		velocity	6.60	7.68	7.61	7.23	6.99	6.89	6.69	6.31	6.24	5.98	5.80	6.66	7.50	6.85	6.17
H1 lead leg	L	strides	24	16	16	17	17	17	17	18	18	19	22	201			
FINAL - 2020 Chinese National Championships (Shaoxing, CHN)																	
<i>CAA Hurdle Development (2020)</i>																	
date	17-Sep-20	time	6.62	11.00	15.42	20.12	24.92	29.87	35.08	40.46	46.08	51.92	58.68	6 / 3			
reaction time		interval	4.38	4.42	4.70	4.80	4.95	5.21	5.38	5.62	5.84	6.76		13.50	14.96	16.84	
		velocity	6.80	7.99	7.92	7.45	7.29	7.07	6.72	6.51	6.23	5.99	5.92	6.82	7.78	7.02	6.24
H1 lead leg	R	strides	24		16	17		17	18	18	19	19	23	171			
FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)																	
<i>CAA Hurdle Development (2019)</i>																	
date	23-Aug-19	time	6.80	11.28	15.94	20.62	25.44	30.40	35.56	40.86	46.28	51.97	58.44	7 / 1			
reaction time	0.238	interval	4.48	4.66	4.68	4.82	4.96	5.16	5.30	5.42	5.69	6.47		13.82	14.94	16.41	
		velocity	6.62	7.81	7.51	7.48	7.26	7.06	6.78	6.60	6.46	6.15	6.18	6.84	7.60	7.03	6.40
H1 lead leg	L	strides	24	17	17	17	17	17	18	18	18	19	23	205			
Heat 1 - 2019 Chinese National Grand Prix Final (Daqing, CHN)																	
<i>CAA Hurdle Development (2019)</i>																	
date	22-Aug-19	time	6.80	11.30	15.92	20.59	25.41	30.31	35.55	41.14	46.95	52.80	59.43	4 / 2			
reaction time	0.255	interval	4.50	4.62	4.67	4.82	4.90	5.24	5.59	5.81	5.85	6.63		13.79	14.96	17.25	
		velocity	6.62	7.78	7.58	7.49	7.26	7.14	6.68	6.26	6.02	5.98	6.03	6.73	7.61	7.02	6.09
H1 lead leg	L	strides	24	17	17	17	17	17	18	19	19	19	22.5	206.5			
FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)																	
<i>CAA Hurdle Development (2019)</i>																	
date	03-Aug-19	time	6.96	11.51	16.23	21.00	25.89	30.95	36.14	41.42	46.85	52.29	58.39	1 / 1			
reaction time	0.263	interval	4.55	4.72	4.77	4.89	5.06	5.19	5.28	5.43	5.44	6.10		14.04	15.14	16.15	
		velocity	6.47	7.69	7.42	7.34	7.16	6.92	6.74	6.63	6.45	6.43	6.56	6.85	7.48	6.94	6.50
H1 lead leg	L	strides	24	17	17	17	17	17	18	18	18	18	22	203			
Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN)																	
<i>CAA Hurdle Development (2019)</i>																	
date	03-Aug-19	time	6.96	11.79	16.55	21.31	26.26	31.50	36.85	42.24	47.98	53.89	60.51	3 / 4			
reaction time	0.212	interval	4.83	4.76	4.76	4.95	5.24	5.35	5.39	5.74	5.91	6.62		14.35	15.54	17.04	
		velocity	6.47	7.25	7.35	7.35	7.07	6.68	6.54	6.49	6.10	5.92	6.04	6.61	7.32	6.76	6.16
H1 lead leg	L	strides	25	17	17	17	17	18	18	18	19	19	21.7	206.7			
FINAL - 2019 Chinese National Championships (Shenyang, CHN)																	
<i>CAA Hurdle Development (2019)</i>																	
date	10-Jul-19	time	6.77	11.26	15.83	20.45	25.21	30.08	35.05	40.32	45.88	51.53	58.11	4 / 3			
reaction time	0.199	interval	4.49	4.57	4.62	4.76	4.87	4.97	5.27	5.56	5.65	6.58		13.68	14.60	16.48	
		velocity	6.65	7.80	7.66	7.58	7.35	7.19	7.04	6.64	6.29	6.19	6.08	6.88	7.68	7.19	6.37
H1 lead leg	L	strides	24	17	17	17	17	17	17	18	19	19	23.2	205.2			

Heat 2 - 2019 Chinese National Championships (Shenyang, CHN)

														CAA Hurdle Development (2019)			
date	09-Jul-19	time	6.85	11.41	16.13	20.89	25.71	30.64	35.92	41.24	46.88	52.65	59.33	4 / 1			
reaction time	0.225	interval		4.56	4.72	4.76	4.82	4.93	5.28	5.32	5.64	5.77	6.68		14.04	15.03	16.73
		velocity	6.57	7.68	7.42	7.35	7.26	7.10	6.63	6.58	6.21	6.07	5.99	6.74	7.48	6.99	6.28
H1 lead leg	L	strides	24	17	17	17	17	17	18	18	19	19	23	206			

FINAL - 2019 Asian Athletics Championships (Doha, QAT)

														CAA Hurdle Development (2019)			
date	22-Apr-19	time	6.80	11.33	16.01	20.73	25.61	30.72	36.00	41.27	46.64	52.06	58.29	8 / 7			
reaction time	0.194	interval		4.53	4.68	4.72	4.88	5.11	5.28	5.27	5.37	5.42	6.23		13.93	15.27	16.06
		velocity	6.62	7.73	7.48	7.42	7.17	6.85	6.63	6.64	6.52	6.46	6.42	6.86	7.54	6.88	6.54
H1 lead leg	L	strides	24	17	17	17	17	18	18	18	18	18	22	204			

Heat 2 - 2019 Asian Athletics Championships (Doha, QAT)

														CAA Hurdle Development (2019)			
date	21-Apr-19	time	6.57	11.06	15.70	20.40	25.22	30.13	35.38	40.71	46.18	51.87	58.46	6 / 3			
reaction time	0.180	interval		4.49	4.64	4.70	4.82	4.91	5.25	5.33	5.47	5.69	6.59		13.83	14.98	16.49
		velocity	6.85	7.80	7.54	7.45	7.26	7.13	6.67	6.57	6.40	6.15	6.07	6.84	7.59	7.01	6.37
H1 lead leg	L	strides	24	17	17	17	17	17	18	18	18	19	22.5	204.5			

Heat 2 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)

														CAA Hurdle Development (2019)			
date	07-Apr-19	time	6.72	11.26	15.98	20.64	25.48	30.60	36.17	41.74	47.56	55.35	74.88	9 / 8			
reaction time	0.319	interval		4.54	4.72	4.66	4.84	5.12	5.57	5.57	5.82	7.79	19.53		13.92	15.53	19.18
		velocity	6.70	7.71	7.42	7.51	7.23	6.84	6.28	6.28	6.01	4.49	2.05	5.34	7.54	6.76	5.47
H1 lead leg	L	strides	24	17	17	17	17	18	19	19	19	23	27	217			

FINAL - 2018 Chinese National Championships (Taiyuan, CHN)

														Henson (2018) - coaching observations			
date	16-Sep-18	time	6.73	11.20	15.77	20.39	25.13	29.95	35.09	40.26	45.60	51.25	57.61	5 / 1			
reaction time		interval		4.47	4.57	4.62	4.74	4.82	5.14	5.17	5.34	5.65	6.36		13.66	14.70	16.16
		velocity	6.69	7.83	7.66	7.58	7.38	7.26	6.81	6.77	6.55	6.19	6.29	6.94	7.69	7.14	6.50
H1 lead leg	L	strides	24	17	17	17	17	17	18	18	18	19	23	205			

Heat 1 - 2018 Chinese National Championships (Taiyuan, CHN)

														Henson (2018) - coaching observations			
date	15-Sep-18	time	6.74	11.21	15.82	20.45	25.18	30.05	35.23	40.57	46.05	51.80	58.67	7 / 1			
reaction time		interval		4.47	4.61	4.63	4.73	4.87	5.18	5.34	5.48	5.75	6.87		13.71	14.78	16.57
		velocity	6.68	7.83	7.59	7.56	7.40	7.19	6.76	6.55	6.39	6.09	5.82	6.82	7.66	7.10	6.34
H1 lead leg	L	strides	24	17	17	17	17	17	18	18	18	19	23	205			

FINAL - 2015 Chinese National Championships (Suzhou, CHN)

														Huang (2021) - study of the pre-competition training of women's 400m hurdler Huang Yan			
date	24-Sep-15	time	6.76	11.18	15.68	20.32	25.09	30.08	35.28	40.69	46.18	51.78	57.87	1 / 2			
reaction time		interval		4.42	4.50	4.64	4.77	4.99	5.20	5.41	5.49	5.60	6.09		13.56	14.96	16.50
		velocity	6.66	7.92	7.78	7.54	7.34	7.01	6.73	6.47	6.38	6.25	6.57	6.91	7.74	7.02	6.36
H1 lead leg		strides	24	16	16	16	16	17	17	18	19	19	178				

FINAL - 2014 Chinese National Championships (Suzhou, CHN)

														Huang (2021) - study of the pre-competition training of women's 400m hurdler Huang Yan			
date	10-Oct-14	time	6.67	10.99	15.53	20.29	25.21	30.18	35.25	40.42	45.85	51.32	57.44	1 / 3			
reaction time		interval		4.32	4.54	4.76	4.92	4.97	5.07	5.17	5.43	5.47	6.12	PB	13.62	14.96	16.07
		velocity	6.75	8.10	7.71	7.35	7.11	7.04	6.90	6.77	6.45	6.40	6.54	6.96	7.71	7.02	6.53
H1 lead leg		strides	25	17	17	17	17	17	17	17	18	18	180				

Huart, Hélène (FRA) (1965)

														Veney - split times from PJ			
date	09-Aug-87	time	6.54	10.86	15.28	19.85	24.45	29.16	34.04	39.09	44.25	49.52	55.55	1 / 1			
reaction time		interval		4.32	4.42	4.57	4.60	4.71	4.88	5.05	5.16	5.27	6.03	PB	13.31	14.19	15.48
		velocity	6.88	8.10	7.92	7.66	7.61	7.43	7.17	6.93	6.78	6.64	6.63	7.20	7.89	7.40	6.78
H1 lead leg		strides	22	15	15	15	15	15	15	16	16	17	161				

Humphrey, Brittley (USA) (1998)

														Henson (2021) - Athlete First: 2021 year end hurdle report			
date	26-Jun-21	time	6.44	10.67	15.15	19.89	24.79	29.93		40.67	46.38		58.95	2 / 7			
reaction time	0.190	interval		4.23	4.48	4.74	4.90	5.14		10.74	5.71				13.45		
		velocity	6.99	8.27	7.81	7.38	7.14	6.81		6.52	6.13		6.79		7.81		
H1 lead leg	L	strides		15	15	15	15				17		77				

FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)

														Henson (2021) - Athlete First: 2021 year end hurdle report			
date	12-Jun-21	time	6.47	10.60	14.87	19.43	24.20	29.23	34.33	39.63	45.07		57.51	7 / 9			
reaction time	0.177	interval		4.13	4.27	4.56	4.77	5.03	5.10	5.30	5.44				12.96	14.90	
		velocity	6.96	8.47	8.20	7.68	7.34	6.96	6.86	6.60	6.43		6.96		8.10	7.05	
H1 lead leg	L	strides	23	15	15	15	15	16	16	16	16		147				

Huo Xinghua (CHN) (1996)

														CAA Hurdle Development (2019)			
date	09-Jul-19	time	6.94	11.39	16.08	20.97	26.06	31.50	37.13	43.19	49.60	56.17	64.20	3 / 6			
reaction time	0.371	interval		4.45	4.69	4.89	5.09	5.44	5.63	6.06	6.41	6.57	8.03		14.03	16.16	19.04
		velocity	6.48	7.87	7.46	7.16	6.88	6.43	6.22	5.78	5.46	5.33	4.98	6.23	7.48	6.50	5.51
H1 lead leg	L	strides	23	15	16	16	16	17	17	18	19	19	24	200			

Hurkmans, Jennie (SWE) (1984)

														Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx			
date		time															

date	12-Jun-11	time	7.10	11.74	16.60	21.70	26.84		37.84	43.06	48.94	55.06		61.79	/ 4				
reaction time		interval		4.64	4.86	5.10	5.14		11.00	5.22	5.88	6.12	6.73	PB		14.60	16.14	17.22	
		velocity	6.34	7.54	7.20	6.86	6.81		6.36	6.70	5.95	5.72	5.94	6.47		7.19	6.51	6.10	
H1 lead leg	R	strides		16	16	17	17		17	17	18	19	21	158					
FINAL - 2011 Fridrott (Stockholm, SWE)													<i>Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx</i>						
date	07-Jun-11	time	6.94	11.80	16.64	21.68	26.88		32.38	37.90	43.58	49.40	55.46		62.04	/ 4			
reaction time		interval		4.86	4.84	5.04	5.20		5.50	5.52	5.68	5.82	6.06	6.58		14.74	16.22	17.56	
		velocity	6.48	7.20	7.23	6.94	6.73		6.36	6.34	6.16	6.01	5.78	6.08	6.45	7.12	6.47	5.98	
H1 lead leg	R	strides		16	16	16	16		17	17	17	17	18	21	171				
Ibrahim, Ayesya (JPN) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Japanese National Championships (Osaka, JPN)													<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>						
date	04-Jun-23	time	6.74	11.08	15.58	20.22	25.04		30.03	35.22	40.66	46.45	52.42		59.19	2 / 8			
reaction time	0.224	interval		4.34	4.50	4.64	4.82		4.99	5.19	5.44	5.79	5.97	6.77			13.48	15.00	17.20
		velocity	6.68	8.06	7.78	7.54	7.26		7.01	6.74	6.43	6.04	5.86	5.91	6.76		7.79	7.00	6.10
H1 lead leg	R	strides		22	15	15	15		15	15	16	17	17	162					
A FINAL - 2023 Michitaka Kinami Memorial (Osaka, JPN)													<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>						
date	06-May-23	time	6.69	10.99	15.45	20.15	25.08		30.11	35.22	40.46	46.00	51.94		58.89	8 / 4			
reaction time	0.202	interval		4.30	4.46	4.70	4.93		5.03	5.11	5.24	5.54	5.94	6.95			13.46	15.07	16.72
		velocity	6.73	8.14	7.85	7.45	7.10		6.96	6.85	6.68	6.32	5.89	5.76	6.79		7.80	6.97	6.28
H1 lead leg		strides		15	15	15	15		15	15	15	16	17	138					
FINAL - 2021 Japanese National Championships (Osaka, JPN)													<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>						
date	27-Jun-21	time	6.71	10.98	15.42	19.97	24.71		29.65	34.72	40.02	45.58	51.43		58.16	9 / 3			
reaction time	0.270	interval		4.27	4.44	4.55	4.74		4.94	5.07	5.30	5.56	5.85	6.73			13.26	14.75	16.71
		velocity	6.71	8.20	7.88	7.69	7.38		7.09	6.90	6.60	6.29	5.98	5.94	6.88		7.92	7.12	6.28
H1 lead leg	R	strides		22	14	15	15		15	15	15	16	17	21	180				
FINAL - 2020 Japanese National Championships (Niigata, JPN)													<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>						
date	03-Oct-20	time	6.59	10.79	15.12	19.60	24.24		29.11	34.05	39.24	44.66	50.13		56.50	6 / 1			
reaction time	0.220	interval		4.20	4.33	4.48	4.64		4.87	4.94	5.19	5.42	5.47	6.37	PB		13.01	14.45	16.08
		velocity	6.83	8.33	8.08	7.81	7.54		7.19	7.09	6.74	6.46	6.40	6.28	7.08		8.07	7.27	6.53
H1 lead leg	R	strides		22	15	15	15		15	15	15	16	16	20	179				
FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN)													<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>						
date	23-Aug-20	time	6.66	10.94	15.30	19.87	24.67		29.65	34.75	40.14	45.68	51.47		58.11	4 / 2			
reaction time	0.192	interval		4.28	4.36	4.57	4.80		4.98	5.10	5.39	5.54	5.79	6.64			13.21	14.88	16.72
		velocity	6.76	8.18	8.03	7.66	7.29		7.03	6.86	6.49	6.32	6.04	6.02	6.88		7.95	7.06	6.28
H1 lead leg		strides		15	15	15	15		15	15	16	16	17	139					
Ibrahim, Aysya (JPN) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN)													<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>						
date	01-Jun-21	time	6.82	11.11	15.48	20.05	24.84		29.76	34.82	40.01	45.52	51.29		58.01	7 / 2			
reaction time	0.251	interval		4.29	4.37	4.57	4.79		4.92	5.06	5.19	5.51	5.77	6.72			13.23	14.77	16.47
		velocity	6.60	8.16	8.01	7.66	7.31		7.11	6.92	6.74	6.35	6.07	5.95	6.90		7.94	7.11	6.38
H1 lead leg	R	strides		22	15	15	15		15	15	15	16	16	20.2	179.2				
FINAL - 2019 Japanese National Championships (Fukuoka, JPN)													<i>Yamanaka (2019) - research on athlete performance and technique- 2019 data book</i>						
date	30-Jun-19	time	6.76	11.19	15.80	20.49	25.31		30.35	35.57	41.09	46.98	52.90		59.43	9 / 7			
reaction time		interval		4.43	4.61	4.69	4.82		5.04	5.22	5.52	5.89	5.92	6.53			13.73	15.08	17.33
		velocity	6.66	7.90	7.59	7.46	7.26		6.94	6.70	6.34	5.94	5.91	6.13	6.73		7.65	6.96	6.06
H1 lead leg	R	strides		22	15	15	15		15	15	16	17	16	161					
B FINAL - 2019 Kinami Memorial (Osaka, JPN)													<i>Matsubayashi (2019) - research on athlete performance and technique- 2019 data book</i>						
date	06-May-19	time	6.71	11.13	15.72	20.35	25.19		30.18	35.35	40.57	46.08	51.69		58.09	9 / 1			
reaction time		interval		4.42	4.59	4.63	4.84		4.99	5.17	5.22	5.51	5.61	6.40	PB		13.64	15.00	16.34
		velocity	6.71	7.92	7.63	7.56	7.23		7.01	6.77	6.70	6.35	6.24	6.25	6.89		7.70	7.00	6.43
H1 lead leg	R	strides		15	15	15	15		15	15	15	16	16	19.7	156.7				
Isakova, Yevgeniya (RUS) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 IAAF World Athletic Final (Stuttgart, GER)													<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>						
date	14-Sep-08	time	6.63	10.85	15.16	19.55	24.12		28.87	33.80	38.85	44.03	49.29		55.23	2 / 4			
reaction time	0.186	interval		4.22	4.31	4.39	4.57		4.75	4.93	5.05	5.18	5.26	5.94			12.92	14.25	15.49
		velocity	6.79	8.29	8.12	7.97	7.66		7.37	7.10	6.93	6.76	6.65	6.73	7.24		8.13	7.37	6.78
H1 lead leg		strides																	
FINAL - 2007 IAAF World Athletic Final (Stuttgart, GER)													<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>						
date	23-Sep-07	time	6.59	10.78	15.13	19.55	24.07		28.81	33.69	38.81	43.99	49.16		54.99	2 / 4			
reaction time	0.187	interval		4.19	4.35	4.42	4.52		4.74	4.88	5.12	5.18	5.17	5.83			12.96	14.14	15.47
		velocity	6.83	8.35	8.05	7.92	7.74		7.38	7.17	6.84	6.76	6.77	6.86	7.27		8.10	7.43	6.79
H1 lead leg		strides																	
FINAL - 2007 IAAF World Championships (Osaka, JPN)													<i>Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers</i>						
date	30-Aug-07	time	6.46	10.56	14.73	19.03	23.42		28.09	32.91	38.02	43.28	48.57		54.50	3 / 6			
reaction time	0.164	interval		4.10	4.17	4.30	4.39		4.67	4.82	5.11	5.26	5.29	5.93			12.57	13.88	15.66

H1 lead leg	L	velocity	6.97	8.54	8.39	8.14	7.97		7.49	7.26	6.85	6.65	6.62	6.75	7.34		8.35	7.56	6.70
		strides	23	15	15	15	15		16	16	17	17	17	20.5	187				
FINAL - 2006 European Championships (Göteborg, SWE)																			
<i>Behm (2006) - Göteborg 2006: Le quatrache</i>																			
date	09-Aug-06	time	6.5	10.6	14.7	19.1	23.5		28.0	33.0	38.0	43.0	48.2		53.93		6 / 1		
reaction time		interval		4.10	4.10	4.40	4.40		4.50	5.00	5.00	5.00	5.20	5.73	PB		12.60	13.90	15.20
		velocity	6.92	8.54	8.54	7.95	7.95		7.78	7.00	7.00	7.00	6.73	6.98	7.42		8.33	7.55	6.91
H1 lead leg	L	strides	21	15	15	15	15		16	16	17	17	17	20	184				
Ishihara, Ryoka (JPN)																			
FINAL - 2023 Japanese National High School Championships (Sapporo, JPN)																			
<i>Takashima (2023) - national high school sports festival - biomechanics data</i>																			
date	04-Aug-23	time	6.87	11.39	16.08	20.90	25.91		31.13	36.79	42.53	48.47	54.52		60.99		3 / 7		
reaction time	0.255	interval		4.52	4.69	4.82	5.01		5.22	5.66	5.74	5.94	6.05	6.47			14.03	15.89	17.73
		velocity	6.55	7.74	7.46	7.26	6.99		6.70	6.18	6.10	5.89	5.79	6.18	6.56		7.48	6.61	5.92
H1 lead leg		strides	24	17	17	17	17		17	19	19	19	19	23	208				
Ishizuka, Haruko (JPN) (1997)																			
FINAL - 2016 Japanese University Championships (Kumagaya, JPN)																			
<i>(2016.09.04) - https://twitter.com/touchdown_time/media?lang=en&lang=en&lang=en&lang=en</i>																			
date	03-Sep-16	time	6.64	10.81	15.15	19.57	24.33		29.23	34.25	39.47	44.81	50.47		56.81		7 / 2		
reaction time	0.197	interval		4.17	4.34	4.42	4.76		4.90	5.02	5.22	5.34	5.66	6.34			12.93	14.68	16.22
		velocity	6.78	8.39	8.06	7.92	7.35		7.14	6.97	6.70	6.55	6.18	6.31	7.04		8.12	7.15	6.47
H1 lead leg	R	strides	23	15	15	15	16		16	17	17	17	18	22	191				
FINAL - 2016 Seiko Golden Grand Prix (Kawasaki, JPN)																			
<i>Morioka (2016) - race pattern of top 400m hurdlers in japan</i>																			
date	08-May-16	time	6.55	10.74	15.04	19.41	24.18		29.20	34.31	39.50	45.01	50.62		56.75		7 / 3		
reaction time	0.210	interval		4.19	4.30	4.37	4.77		5.02	5.11	5.19	5.51	5.61	6.13	NJR / PB		12.86	14.90	16.31
		velocity	6.87	8.35	8.14	8.01	7.34		6.97	6.85	6.74	6.35	6.24	6.53	7.05		8.16	7.05	6.44
H1 lead leg	R	strides	23	15	15	15	16		16	17	17	18	18	21	191				
FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)																			
<i>Enomoto (2015) - 68th high school championships: JAF scientific committee- biomechanics data</i>																			
date	31-Jul-15	time	6.67	11.01	15.52	20.07	24.79		29.81	34.92	40.16	45.50	50.97		57.09		4 / 1		
reaction time	0.158	interval		4.34	4.51	4.55	4.72		5.02	5.11	5.24	5.34	5.47	6.12	NJR / PB		13.40	14.85	16.05
		velocity	6.75	8.06	7.76	7.69	7.42		6.97	6.85	6.68	6.55	6.40	6.54	7.01		7.84	7.07	6.54
H1 lead leg		strides		15	15	15	15		16	16	17	17	17		143				
Islami, Drita (MKD) (1996)																			
Heat 1 - 2022 European Athletics Championships (Munich, GER)																			
<i>European Athletics (2022) - european athletics championships race analysis</i>																			
date	17-Aug-22	time	6.79	11.29	16.09	20.83	25.79	28.00	30.86	36.21	41.83	47.65	53.89		61.56		3 / 8		
reaction time	0.222	interval		4.50	4.80	4.74	4.96		5.07	5.35	5.62	5.82	6.24	7.67			14.04	15.38	17.68
		velocity	6.63	7.78	7.29	7.38	7.06	7.14	6.90	6.54	6.23	6.01	5.61	5.22	6.50		7.48	6.83	5.94
H1 lead leg	R	strides	24	17	17	16	17		17	18			19	23	168				
Ito, Akiko (JPN) (1995)																			
A FINAL - 2023 Michitaka Kinami Memorial (Osaka, JPN)																			
<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																			
date	06-May-23	time	6.72	11.18	15.88	20.84	25.96		31.15	36.30	41.71	47.21	52.82		59.28		7 / 5		
reaction time	0.145	interval		4.46	4.70	4.96	5.12		5.19	5.15	5.41	5.50	5.61	6.46			14.12	15.46	16.52
		velocity	6.70	7.85	7.45	7.06	6.84		6.74	6.80	6.47	6.36	6.24	6.19	6.75		7.44	6.79	6.36
H1 lead leg		strides		15	15	16	16		16	16	17	17	17		145				
FINAL - 2022 Japanese National Championships (Osaka, JPN)																			
<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																			
date	12-Jun-22	time	6.62	10.99	15.55	20.25	24.97		29.82	34.78	40.09	45.58	51.23		58.18		5 / 5		
reaction time	0.198	interval		4.37	4.56	4.70	4.72		4.85	4.96	5.31	5.49	5.65	6.95			13.63	14.53	16.45
		velocity	6.80	8.01	7.68	7.45	7.42		7.22	7.06	6.59	6.38	6.19	5.76	6.88		7.70	7.23	6.38
H1 lead leg	L	strides	23	16	16	16	16		16	16	17	17	17		170				
FINAL - 2022 Shizuoka International Athletics Meeting (Fukuroi, JPN)																			
<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																			
date	03-May-22	time	6.71	11.14	15.73	20.62	25.54		30.43	35.55	40.87	46.43	52.34		59.32		3 / 7		
reaction time	0.170	interval		4.43	4.59	4.89	4.92		4.89	5.12	5.32	5.56	5.91	6.98			13.91	14.93	16.79
		velocity	6.71	7.90	7.63	7.16	7.11		7.16	6.84	6.58	6.29	5.92	5.73	6.74		7.55	7.03	6.25
H1 lead leg	L	strides	23	15	15	16	16		16	16	17	17	17		168				
A Race - 2022 Michitaka Kinami Memorial (Osaka, JPN)																			
<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																			
date	30-Apr-22	time	6.64	11.14	15.78	20.59	25.46		30.45	35.52	40.77	46.18	51.79		58.43		9 / 5		
reaction time	0.131	interval		4.50	4.64	4.81	4.87		4.99	5.07	5.25	5.41	5.61	6.64			13.95	14.93	16.27
		velocity	6.78	7.78	7.54	7.28	7.19		7.01	6.90	6.67	6.47	6.24	6.02	6.85		7.53	7.03	6.45
H1 lead leg	L	strides	23	16	16	16	16		16	16	17	17	17		170				
FINAL - 2021 Japanese National Championships (Osaka, JPN)																			
<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																			
date	27-Jun-21	time	6.59	10.96	15.57	20.35	25.31		30.31	35.44	40.76	46.33	52.07		58.76		7 / 4		
reaction time	0.166	interval		4.37	4.61	4.78	4.96		5.00	5.13	5.32	5.57	5.74	6.69			13.76	15.09	16.63
		velocity	6.83	8.01	7.59	7.32	7.06		7.00	6.82	6.58	6.28	6.10	5.98	6.81		7.63	6.96	6.31
H1 lead leg	L	strides	23	15	15	16	16		16	16	17	17	17	21.2	189.2				
FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)																			
<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																			
date	06-Jun-21	time	6.64	10.99	15.48	20.09	24.82		29.78	34.83	40.17	45.61	51.22		57.93		4 / 2		
reaction time		interval		4.35	4.49	4.61	4.73		4.96	5.05	5.34	5.44	5.61	6.71			13.45	14.74	16.39
		velocity	6.78	8.05	7.80	7.59	7.40		7.06	6.93	6.55	6.43	6.24	5.96	6.90		7.81	7.12	6.41

H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	17	21.7	187.7						
FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN)																				
										<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>										
date	01-Jun-21	time	6.64	10.94	15.33	19.85	24.51	29.51	34.63	39.99	45.68	51.72	58.86	8 / 4						
reaction time	0.180	interval	4.30	4.39	4.52	4.66	5.00	5.12	5.36	5.69	6.04	7.14			13.21	14.78	17.09			
		velocity	6.78	8.14	7.97	7.74	7.51	7.00	6.84	6.53	6.15	5.79	5.60	6.80		7.95	7.10	6.14		
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	18	18	22	190						
FINAL - 2021 Ready Steady Tokyo (Tokyo, JPN)																				
										<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>										
date	09-May-21	time	6.57	10.91	15.45	20.12	24.94	29.98	35.04	40.31	45.70	51.17	57.76	4 / 2						
reaction time	0.153	interval	4.34	4.54	4.67	4.82	5.04	5.06	5.27	5.39	5.47	6.59			13.55	14.92	16.13			
		velocity	6.85	8.06	7.71	7.49	7.26	6.94	6.92	6.64	6.49	6.40	6.07	6.93		7.75	7.04	6.51		
H1 lead leg	L	strides	23	15	15	15	16	18	17	17	17	18	21	192						
FINAL - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN)																				
										<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>										
date	03-May-21	time	6.62	10.99	15.62	20.39	25.23	30.26	35.32	40.64	46.20	51.92	58.65	7 / 3						
reaction time	0.166	interval	4.37	4.63	4.77	4.84	5.03	5.06	5.32	5.56	5.72	6.73			13.77	14.93	16.60			
		velocity	6.80	8.01	7.56	7.34	7.23	6.96	6.92	6.58	6.29	6.12	5.94	6.82		7.63	7.03	6.33		
H1 lead leg	L	strides	23	15	15	16	16	16	16	17	17	17	17	168						
FINAL - 2020 Japanese National Championships (Niigata, JPN)																				
										<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>										
date	03-Oct-20	time	6.52	10.86	15.37	20.00	24.77	29.75	34.72	40.02	45.46	50.92	57.34	7 / 3						
reaction time	0.147	interval	4.34	4.34	4.63	4.77	4.98	4.97	5.30	5.44	5.46	6.42			13.48	14.72	16.20			
		velocity	6.90	8.06	7.76	7.56	7.34	7.03	7.04	6.60	6.43	6.41	6.23	6.98		7.79	7.13	6.48		
H1 lead leg	L	strides	23	15	15	16	16	16	16	17	17	17	21.2	189.2						
FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN)																				
										<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>										
date	20-Sep-20	time	6.74	11.13	15.75	20.59	25.53	30.61	35.74	41.17	46.65	52.29	59.04	5 / 2						
reaction time	0.205	interval	4.39	4.62	4.84	4.94	5.08	5.13	5.43	5.48	5.64	6.75			13.85	15.15	16.55			
		velocity	6.68	7.97	7.58	7.23	7.09	6.89	6.82	6.45	6.39	6.21	5.93	6.78		7.58	6.93	6.34		
H1 lead leg		strides	15	15	16	16	16	16	16	17	17	17	145							
FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN)																				
										<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>										
date	23-Aug-20	time	6.57	10.88	15.42	20.12	25.03	30.01	35.00	40.34	45.95	51.74	58.56	5 / 4						
reaction time	0.136	interval	4.31	4.54	4.70	4.91	4.98	4.99	5.34	5.61	5.79	6.82			13.55	14.88	16.74			
		velocity	6.85	8.12	7.71	7.45	7.13	7.03	7.01	6.55	6.24	6.04	5.87	6.83		7.75	7.06	6.27		
H1 lead leg		strides	15	15	16	16	16	16	16	17	17	17	145							
FINAL - 2019 Japanese National Championships (Fukuoka, JPN)																				
										<i>Yamanaka (2019) - research on athlete performance and technique- 2019 data book</i>										
date	30-Jun-19	time	6.47	10.73	15.17	19.74	24.44	29.28	34.28	39.51	44.91	50.52	57.09	4 / 1						
reaction time	0.151	interval	4.26	4.44	4.57	4.70	4.84	5.00	5.23	5.40	5.61	6.57	PB		13.27	14.54	16.24			
		velocity	6.96	8.22	7.88	7.66	7.45	7.23	7.00	6.69	6.48	6.24	6.09	7.01		7.91	7.22	6.47		
H1 lead leg	L	strides	23	15	15	15	16	16	16	17	17	17	21.2	188.2						
FINAL - 2019 Seiko Golden Grand Prix (Osaka, JPN)																				
										<i>Hirokawa (2019) - research on athlete performance and technique- 2019 data book</i>										
date	19-May-19	time	6.49	10.79	15.25	19.95	24.82	29.86	34.87	40.14	45.63	51.16	57.61	2 / 7						
reaction time	0.141	interval	4.30	4.46	4.70	4.87	5.04	5.01	5.27	5.49	5.53	6.45	PB		13.46	14.92	16.29			
		velocity	6.93	8.14	7.85	7.45	7.19	6.94	6.99	6.64	6.38	6.33	6.20	6.94		7.80	7.04	6.45		
H1 lead leg	L	strides	23	15	15	16	16	16	16	17	17	17	21	189						
A FINAL - 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN)																				
										<i>Kobayashi (2019) - research on athlete performance and technique- 2019 data book</i>										
date	03-May-19	time	6.62	11.01	15.53	20.22	25.13	30.15	35.10	40.39	45.90	51.55	58.08	/ 2						
reaction time		interval	4.39	4.52	4.69	4.91	5.02	4.95	5.29	5.51	5.65	6.53			13.60	14.88	16.45			
		velocity	6.80	7.97	7.74	7.46	7.13	6.97	7.07	6.62	6.35	6.19	6.13	6.89		7.72	7.06	6.38		
H1 lead leg		strides	15	15	16	16	16	16	16	17	17	17	145							
luel, Amalie (NOR) (1994)																				
H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10																				
										<i>Paris 2024 Olympic Games - Results Book (2024)</i>										
Semi-Final 1 - 2024 Olympic Games (Paris, FRA)																				
date	06-Aug-24	time	6.39	10.49	14.69	18.98	23.41	28.04	32.92	37.99	43.24	48.64	54.88	4 / 5						
reaction time	0.149	interval	4.10	4.20	4.29	4.43	4.63	4.88	5.07	5.25	5.40	6.24			12.59	13.94	15.72			
		velocity	7.04	8.54	8.33	8.16	7.90	7.56	7.17	6.90	6.67	6.48	6.41	7.29		8.34	7.53	6.68		
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	16	16	19	179						
Heat 1 - 2024 Olympic Games (Paris, FRA)																				
										<i>Paris 2024 Olympic Games - Results Book (2024)</i>										
date	04-Aug-24	time	6.44	10.54	14.68	18.92	23.39	28.06	32.90	37.92	43.17	48.48	54.82	5 / 3						
reaction time	0.165	interval	4.10	4.14	4.24	4.47	4.67	4.84	5.02	5.25	5.31	6.34			12.48	13.98	15.58			
		velocity	6.99	8.54	8.45	8.25	7.83	7.49	7.23	6.97	6.67	6.59	6.31	7.30		8.41	7.51	6.74		
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	16	16	19.5	179.5						
Semi-Final 2 - 2024 European Athletics Championships (Roma, ITA)																				
										<i>European Athletics (2024) - 2024 european athletics championships - results book</i>										
date	10-Jun-24	time	6.45	10.54	14.75	19.05	23.46	28.16	32.99	38.00	43.28	48.60	54.89	4 / 3						
reaction time	0.167	interval	4.09	4.21	4.30	4.41	4.70	4.83	5.01	5.28	5.32	6.29			12.60	13.94	15.61			
		velocity	6.98	8.56	8.31	8.14	7.94	7.45	7.25	6.99	6.63	6.58	6.36	7.29		8.33	7.53	6.73		
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	16	16	19.2	149.2						
Heat 1 - 2024 European Athletics Championships (Roma, ITA)																				
										<i>European Athletics (2024) - 2024 european athletics championships - results book</i>										
date	09-Jun-24	time	6.56	10.84	15.24	19.70	24.37	29.39	34.46	39.60	44.85	50.08	56.23	4 / 2						

reaction time	0.174	interval	4.28	4.40	4.46	4.67		5.02	5.07	5.14	5.25	5.23	6.15		13.14	14.76	15.62	
		velocity	6.86	8.18	7.95	7.85	7.49	6.97	6.90	6.81	6.67	6.69	6.50	7.11	7.99	7.11	6.72	
H1 lead leg		strides																
FINAL - 2024 Bislett Games (Oslo, NOR) (TV Analysis)														<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>				
date	30-May-24	time	6.49	10.73	15.00	19.39	24.00	28.81	33.75	38.83	44.07	49.42	55.50	7 / 4				
reaction time	0.129	interval	4.24	4.27	4.39	4.61	4.81	4.94	5.08	5.24	5.35	6.08			12.90	14.36	15.67	
		velocity	6.93	8.25	8.20	7.97	7.59	7.28	7.09	6.89	6.68	6.54	6.58	7.21	8.14	7.31	6.70	
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	16	16	19	179				
FINAL - 2022 European Athletics Championships (Munich, GER)														<i>European Athletics (2022) - european athletics championships race analysis</i>				
date	19-Aug-22	time	6.33	10.49	14.76	19.11	23.61	25.62	28.27	33.12	38.20	43.37	48.76	55.32	1 / 5			
reaction time	0.186	interval	4.16	4.27	4.35	4.50	4.66	4.85	5.08	5.17	5.39	6.56			12.78	14.01	15.64	
		velocity	7.11	8.41	8.20	8.05	7.78	7.81	7.51	7.22	6.89	6.77	6.49	6.10	7.23	8.22	7.49	6.71
H1 lead leg	L	strides	23	15		15		15	15	16	16	16	20	151				
Semi-Final 2 - 2022 European Athletics Championships (Munich, GER)														<i>European Athletics (2022) - european athletics championships race analysis</i>				
date	18-Aug-22	time	6.35	10.36	14.52	18.85	23.36	25.35	28.01	32.82	37.98	43.13	48.37	54.68	4 / 3			
reaction time	0.226	interval	4.01	4.16	4.33	4.51	4.65	4.81	5.16	5.15	5.24	6.31	PB		12.50	13.97	15.55	
		velocity	7.09	8.73	8.41	8.08	7.76	7.89	7.53	7.28	6.78	6.80	6.68	6.34	7.32	8.40	7.52	6.75
H1 lead leg	L	strides	23	15	15	15	15	15	15	16	16	16	19.2	150.2				
Semi-Final 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	20-Jul-22	time	6.33	10.40	14.67	18.93	23.43	25.37	28.10		38.00	43.23	48.60	54.81	4 / 6			
reaction time	0.123	interval	4.07	4.27	4.26	4.50	4.67		4.67	9.90	5.23	5.37	6.21		12.60			
		velocity	7.11	8.60	8.20	8.22	7.78	7.88	7.49	7.07	6.69	6.52	6.44	7.30	8.33			
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	16	16	19	164				
Heat 5 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	19-Jul-22	time	6.50	10.67	14.93	19.30	23.80	25.73	28.53	33.33	38.30	43.46	48.73	54.70	7 / 3			
reaction time	0.140	interval	4.17	4.26	4.37	4.50	4.73	4.80	4.97	5.16	5.27	5.97	PB		12.80	14.03	15.40	
		velocity	6.92	8.39	8.22	8.01	7.78	7.77	7.40	7.29	7.04	6.78	6.64	6.70	7.31	8.20	7.48	6.82
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	16	16	19	179				
FINAL - 2022 Bislett Games (Oslo, NOR) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	16-Jun-22	time	6.36	10.54	14.92	19.32	23.90		28.64	33.58	38.52	43.64	48.92	55.06	2 / 5			
reaction time	0.148	interval	4.18	4.38	4.40	4.58		4.74	4.94	4.94	5.12	5.28	6.14		12.96	14.26	15.34	
		velocity	7.08	8.37	7.99	7.95	7.64	7.38	7.09	7.09	6.84	6.63	6.51	7.26	8.10	7.36	6.84	
H1 lead leg	L	strides	23	15	15	15	15	16	16	16	16	17	19.7	183.7				
Semi-Final 1 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)														<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>				
date	02-Aug-21	time	6.43	10.55	14.80	19.20	23.73		28.53	33.83	39.06	44.80		57.61	1 / 8			
reaction time	0.121	interval	4.12	4.25	4.40	4.53		4.80	5.30	5.23	5.74				12.77	14.63		
		velocity	7.00	8.50	8.24	7.95	7.73	7.29	6.60	6.69	6.10			6.94	8.22	7.18		
H1 lead leg	L	strides	23	15	15	15	15	15	16		17	17	148					
Heat 1 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)														<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>				
date	31-Jul-21	time	6.53	10.67	14.96	19.50	24.05		28.82	33.67	38.83	44.00	49.50	55.65	5 / 6			
reaction time	0.129	interval	4.14	4.29	4.54	4.55		4.77	4.85	5.16	5.17	5.50	6.15		12.97	14.17	15.83	
		velocity	6.89	8.45	8.16	7.71	7.69	7.34	7.22	6.78	6.77	6.36	6.50	7.19	8.10	7.41	6.63	
H1 lead leg	L	strides	23	15	15	15	15	15	15	16	16	17	20	182				
FINAL - 2021 Bislett Games (Oslo, NOR) (TV Analysis)														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	01-Jul-21	time	6.44	10.58	14.84		23.78		28.50	33.34	38.36	43.50	48.84	55.04	7 / 4			
reaction time	0.150	interval	4.14	4.26		8.94		4.72	4.84	5.02	5.14	5.34	6.20				15.50	
		velocity	6.99	8.45	8.22	7.83		7.42	7.23	6.97	6.81	6.55	6.45	7.27			6.77	
H1 lead leg	L	strides	23	15	15	15	15	15	15	16	16	16	19.2	165.2				
FINAL - 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)														<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>				
date	17-Sep-20	time	6.40	10.64	14.96	19.36	23.88	25.9	28.52	33.28	38.44	43.72	49.16	55.27	8 / 5			
reaction time	0.143	interval	4.24	4.32	4.40	4.52		4.64	4.76	5.16	5.28	5.44	6.11		12.96	13.92	15.88	
		velocity	7.03	8.25	8.10	7.95	7.74	7.72	7.54	7.35	6.78	6.63	6.43	6.55	7.24	8.10	7.54	6.61
H1 lead leg	L	strides	23	15	15	15	15	15	15	16	16	16	19	180				
FINAL - 2020 Bauhaus Galan (Stockholm, SWE) (TV Analysis)														<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>				
date	23-Aug-20	time	6.47	10.67	15.03	19.53	24.17	26.2	28.97	33.93	39.07	44.33	49.63	55.92	8 / 3			
reaction time	0.162	interval	4.20	4.36	4.50	4.64		4.80	4.96	5.14	5.26	5.30	6.29		13.06	14.40	15.70	
		velocity	6.96	8.33	8.03	7.78	7.54	7.63	7.29	7.06	6.81	6.65	6.60	6.36	7.15	8.04	7.29	6.69
H1 lead leg	L	strides	22	15	15	15	15	15	15	16	16	16	19	164				
FINAL - 2020 Impossible Games (Oslo, NOR) (TV Analysis) (300m Hurdles)														<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>				
date	11-Jun-20	time	7.00	11.08	15.45	19.89	24.42		29.09	33.90				39.44	8 / 2			
reaction time	0.137	interval	4.08	4.37	4.44	4.53		4.67	4.81			5.54			13.34	9.48		
		velocity	7.14	8.58	8.01	7.88	7.73	7.49	7.28			7.22	7.61		7.87	11.08		
H1 lead leg	L	strides	25	15	15	15	15	15	15			18.7	133.7					
Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)														<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				

date	02-Oct-19	time	6.32	10.52	14.76	19.16	23.68		28.36	33.20	38.28	43.48	48.84		55.03	4 / 4			
reaction time	0.151	interval		4.20	4.24	4.40	4.52		4.68	4.84	5.08	5.20	5.36	6.19			12.84	14.04	15.64
		velocity	7.12	8.33	8.25	7.95	7.74		7.48	7.23	6.89	6.73	6.53	6.46	7.27			8.18	7.48
H1 lead leg	L	strides	23	15	15	15	15		15	15	16		16	19	164				

Heat 4 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)*Henson (2021) - Athlete First: 2019 year end hurdle report*

date	01-Oct-19	time	6.32	10.48	14.76	19.08	23.72		28.40	33.18	38.16	43.20	48.56		54.72	5 / 1			
reaction time	0.157	interval		4.16	4.28	4.32	4.64		4.68	4.78	4.98	5.04	5.36	6.16	NR PB		12.76	14.10	15.38
		velocity	7.12	8.41	8.18	8.10	7.54		7.48	7.32	7.03	6.94	6.53	6.49	7.31			8.23	7.45
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	16	16	19	164				

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

date	05-Jul-19	time	6.44	10.64	14.92	19.40	24.04	26.1	28.84	33.72	38.72	44.08	49.36		55.48	8 / 6			
reaction time	0.156	interval		4.20	4.28	4.48	4.64		4.80	4.88	5.00	5.36	5.28	6.12			12.96	14.32	15.64
		velocity	6.99	8.33	8.18	7.81	7.54	7.66		7.29	7.17	7.00	6.53	6.63	6.54	7.21			8.10
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	16	16		160				

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

date	13-Jun-19	time	6.36	10.52	14.84	19.24	23.88	25.9	28.68	33.72	38.72	44.04	49.48		55.80	8 / 5			
reaction time	0.169	interval		4.16	4.32	4.40	4.64		4.80	5.04	5.00	5.32	5.44	6.32			12.88	14.48	15.76
		velocity	7.08	8.41	8.10	7.95	7.54	7.72		7.29	6.94	7.00	6.58	6.43	6.33	7.17			8.15
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	16	16	19.2	181.2				

FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis)*Henson (2020) - Athlete First: 2018 year end hurdle report*

date	07-Jun-18	time	6.44	10.60	15.04		24.20	26.3	28.92	33.88	38.96	44.04	49.20		55.26	8 / 6			
reaction time	0.140	interval		4.16	4.44		9.16		4.72	4.96	5.08	5.08	5.16	6.06	NR PB				15.32
		velocity	6.99	8.41	7.88		7.64	7.60		7.42	7.06	6.89	6.89	6.78	6.60	7.24			
H1 lead leg	L	strides	23	15	15				15	15	16	16	16		131				

Ivanova, Natalya (RUS) (1981)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 2007 IAAF World Athletic Final (Stuttgart, GER)***Graubner (2007) - http://www.fgs.uni-halle.de*

date	23-Sep-07	time	6.71	11.13	15.58	20.09	24.78		29.56	34.49	39.53	44.68	49.87		55.60	1 / 6			
reaction time	0.165	interval		4.42	4.45	4.51	4.69		4.78	4.93	5.04	5.15	5.19	5.73			13.38	14.40	15.38
		velocity	6.71	7.92	7.87	7.76	7.46		7.32	7.10	6.94	6.80	6.74	6.98	7.19			7.85	7.29
H1 lead leg		strides																	

FINAL - 2006 European Championships (Göteborg, SWE)*Behm (2006) - Göteborg 2006: Le quatrache*

date	09-Aug-06	time	6.5	11.0	15.5	20.0	24.6		29.4	34.2	39.1	44.2	49.2		55.04	2 / 5			
reaction time		interval		4.50	4.50	4.50	4.60		4.80	4.80	4.90	5.10	5.00	5.84			13.50	14.20	15.00
		velocity	6.92	7.78	7.78	7.78	7.61		7.29	7.29	7.14	6.86	7.00	6.85	7.27			7.78	7.39
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	15	15	18	176				

Iwata, Honoka (JPN) (1997)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)***Enomoto (2015) - 68th high school championships: JAF scientific committee- biomechanics data*

date	31-Jul-15	time	6.92	11.53	16.35	21.27	26.34		31.40	36.72	42.19	47.83	53.75		60.40	3 / 7			
reaction time		interval		4.61	4.82	4.92	5.07		5.06	5.32	5.47	5.64	5.92	6.65			14.35	15.45	17.03
		velocity	6.50	7.59	7.26	7.11	6.90		6.92	6.58	6.40	6.21	5.91	6.02	6.62			7.32	6.80
H1 lead leg		strides		16	16	17	17		17	17	17	18	19		154				

Jamal, Aminat (BRN) (1997)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 2023 Asian Games (Hangzhou, CHN)***Shandong Athletics Sport Science (2023)*

date	03-Oct-23	time	6.33	10.43	14.70	19.00	23.56		28.36	33.43	38.66	44.23	50.06		56.84	8 / 4			
reaction time	0.188	interval		4.10	4.27	4.30	4.56		4.80	5.07	5.23	5.57	5.83	6.78			12.67	14.43	16.63
		velocity	7.11	8.54	8.20	8.14	7.68		7.29	6.90	6.69	6.28	6.00	5.90	7.04			8.29	7.28
H1 lead leg	R	strides	22	15	14	14	15		15	16	16	17	17		161				

Heat 1 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)*Henson (2024) - Athlete First: 2021 year end hurdle report*

date	31-Jul-21	time	6.43	10.60	14.86	19.30	23.80		28.53	33.50	38.67	44.00	49.65		55.90	2 / 7			
reaction time	0.208	interval		4.17	4.26	4.44	4.50		4.73	4.97	5.17	5.33	5.65	6.25			12.87	14.20	16.15
		velocity	7.00	8.39	8.22	7.88	7.78		7.40	7.04	6.77	6.57	6.19	6.40	7.16			8.16	7.39
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	17	20	181				

Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)*Henson (2020) - Athlete First: 2019 year end hurdle report*

date	02-Oct-19	time	6.37	10.54	14.85		23.76			33.43	38.54	43.88	49.28		55.54	4 / 5			
reaction time	0.210	interval		4.17	4.31		8.91			9.67	5.11	5.34	5.40	6.26					15.85
		velocity	7.06	8.39	8.12		7.86			7.24	6.85	6.55	6.48	6.39	7.20				
H1 lead leg	R	strides	22	15	15						16		17	19.7	104.7				

Jémaa, Dora (FRA) (1985)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 2007 European Cup (Munich, GER)***Graubner (2007) - http://www.fgs.uni-halle.de*

date	23-Jun-07	time	6.92	11.32	15.91	20.64	25.23		29.91	34.79	39.87	45.03	50.33		56.27	1 / 4				
reaction time	0.308	interval		4.40	4.59	4.73	4.59		4.68	4.88	5.08	5.16	5.30	5.94	PB			13.72	14.15	15.54
		velocity	6.50	7.95	7.63	7.40	7.63		7.48	7.17	6.89	6.78	6.60	6.73	7.11			7.65	7.42	6.76
H1 lead leg		strides																		

Jernbeck, Therese (SWE) (1992)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 2011 Fridrott (Stockholm, SWE)***Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx*

date	07-Jun-11	time	12.32	17.36	22.56	28.00	33.64	39.36	45.44	51.28	57.06	63.13	/ 4						
reaction time		interval		5.04	5.20	5.44	5.64	5.72	6.08	5.84	5.78	6.07			16.80	17.70			
		velocity	6.49	6.94	6.73	6.43	6.21	6.12	5.76	5.99	6.06	6.59	6.34		6.25	5.93			
H1 lead leg		strides		16	16	16	16	16	17	16	16	19	148						

Jesień, Anna (POL) (1978)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2009 IAAF World Championships (Berlin, GER)																			
<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																			
date	18-Aug-09	time	6.57	10.79	15.06	19.45	23.97	28.54	33.39	38.29	43.41	48.65	54.82	4 / 4					
reaction time	0.183	interval	4.22	4.27	4.39	4.52	4.57	4.85	4.90	5.12	5.24	6.17				12.88	13.94	15.26	
		velocity	6.85	8.29	8.20	7.97	7.74	7.66	7.22	7.14	6.84	6.68	6.48	7.30			8.15	7.53	6.88
H1 lead leg		strides																	

Heat 2 - 2009 IAAF World Championships (Berlin, GER)

<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																			
date	17-Aug-09	time	6.67	11.07	15.61	20.13	24.75	29.51	34.46	39.48	44.57	49.75	55.57	8 / 3					
reaction time	0.170	interval	4.40	4.54	4.52	4.62	4.76	4.95	5.02	5.09	5.18	5.82				13.46	14.33	15.29	
		velocity	6.75	7.95	7.71	7.74	7.58	7.35	7.07	6.97	6.88	6.76	6.87	7.20			7.80	7.33	6.87
H1 lead leg		strides																	

FINAL - 2008 IAAF World Athletic Final (Stuttgart, GER)

<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																			
date	14-Sep-08	time	6.61	10.75	15.04	19.38	23.87	28.65	33.52	38.61	43.87	49.32	55.44	1 / 6					
reaction time	0.151	interval	4.14	4.29	4.34	4.49	4.78	4.87	5.09	5.26	5.45	6.12				12.77	14.14	15.80	
		velocity	6.81	8.45	8.16	8.06	7.80	7.32	7.19	6.88	6.65	6.42	6.54	7.22			8.22	7.43	6.65
H1 lead leg		strides																	

FINAL - 2008 Olympic Games (Beijing, CHN)

<i>Behm (2008) - Pekin 2008: Le quatrache masculin - féminin</i>																			
date	20-Aug-08	time	6.3	10.5	14.9	19.3	23.8	28.4	33.1	37.9	43.1	48.5	54.29	9 / 5					
reaction time	0.206	interval	4.20	4.40	4.40	4.50	4.60	4.70	4.80	5.20	5.40	5.79				13.00	13.80	15.40	
		velocity	7.14	8.33	7.95	7.95	7.78	7.61	7.45	7.29	6.73	6.48	6.91	7.37			8.08	7.61	6.82
H1 lead leg	L	strides	23	15	15	15	15	15	16	16	16	16	162						

FINAL - 2007 IAAF World Athletic Final (Stuttgart, GER)

<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>																			
date	23-Sep-07	time	6.74	11.00	15.36	19.82	24.31	28.87	33.56	38.47	43.41	48.50	54.17	6 / 1					
reaction time	0.290	interval	4.26	4.36	4.46	4.49	4.56	4.69	4.91	4.94	5.09	5.67				13.08	13.74	14.94	
		velocity	6.68	8.22	8.03	7.85	7.80	7.68	7.46	7.13	7.09	6.88	7.05	7.38			8.03	7.64	7.03
H1 lead leg		strides																	

FINAL - 2007 IAAF World Championships (Osaka, JPN)

<i>Ae (2008) - IAAF biomechanics team - a booklet of biomechanics data</i>																			
date	30-Aug-07	time	6.48	10.63	14.95	19.29	23.70	28.23	32.90	37.80	42.75	47.98	53.92	7 / 3					
reaction time	0.176	interval	4.15	4.32	4.34	4.41	4.53	4.67	4.90	4.95	5.23	5.94				12.81	13.61	15.08	
		velocity	6.94	8.43	8.10	8.06	7.94	7.73	7.49	7.14	7.07	6.69	6.73	7.42			8.20	7.71	6.96
H1 lead leg		strides	22	15	15	15	15	15	15	16	16	16	20.5	180.5					

FINAL - 2007 European Cup (Munich, GER)

<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>																			
date	23-Jun-07	time	6.55	10.86	15.18	19.70	24.17	28.75	33.59	38.52	43.59	48.90	54.88	/ 2					
reaction time	0.207	interval	4.31	4.32	4.52	4.47	4.58	4.84	4.93	5.07	5.31	5.98				13.15	13.89	15.31	
		velocity	6.87	8.12	8.10	7.74	7.83	7.64	7.23	7.10	6.90	6.59	6.69	7.29			7.98	7.56	6.86
H1 lead leg		strides																	

FINAL - 2006 European Championships (Göteborg, SWE)

<i>Behm (2006) - Göteborg 2006: Le quatrache</i>																			
date	09-Aug-06	time	6.4	10.7	14.9	19.4	24.1	28.8	33.5	38.5	43.6	49.0	55.16	7 / 6					
reaction time		interval	4.30	4.20	4.50	4.70	4.70	4.70	5.00	5.10	5.40	6.16				13.00	14.10	15.50	
		velocity	7.03	8.14	8.33	7.78	7.45	7.45	7.00	6.86	6.48	6.49	7.25			8.08	7.45	6.77	
H1 lead leg	L	strides	23	15	15	15	15	15	16	16	16	17	20.5	183.5					

FINAL - 2005 IAAF World Championships (Helsinki, FIN)

<i>Behm (2005) - Helsinki 2005; Les haies - La revanche des lutins</i>																			
date	13-Aug-05	time	6.3	10.6	14.8	19.2	23.6	28.2	32.9	37.9	42.8	48.0	54.17	5 / 4					
reaction time	0.184	interval	4.30	4.20	4.40	4.40	4.60	4.70	5.00	4.90	5.20	6.17				12.90	13.70	15.10	
		velocity	7.14	8.14	8.33	7.95	7.95	7.61	7.45	7.00	7.14	6.73	6.48	7.38			8.14	7.66	6.95
H1 lead leg	L	strides	23	15	15	15	15	15	15	16	16	16	161						

Olichwierzuk, Anna (POL) (1978)

<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																			
date	08-Aug-02	time	6.61	10.79	15.01	19.31	23.79	28.53	33.37	38.51	43.91	49.57	56.18	/ 3					
reaction time	0.185	interval	4.18	4.22	4.30	4.48	4.74	4.84	5.14	5.40	5.66	6.61				12.70	14.06	16.20	
		velocity	6.81	8.37	8.29	8.14	7.81	7.38	7.23	6.81	6.48	6.18	6.05	7.12			8.27	7.47	6.48
H1 lead leg		strides		15	15	15	15	16	16	16	17	18	143						

Jiang Liyunzhe (CHN) (2002)

<i>CAA Hurdle Development (2021)</i>																			
date	26-Jun-21	time	6.77	11.36	16.08	20.99	26.01	31.11	36.22	41.57	47.23	53.07	59.95	4 / 2					
reaction time	0.286	interval	4.59	4.72	4.91	5.02	5.10	5.11	5.35	5.66	5.84	6.88				14.22	15.23	16.85	
		velocity	6.65	7.63	7.42	7.13	6.97	6.86	6.85	6.54	6.18	5.99	5.81	6.67			7.38	6.89	6.23
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	22	197					

FINAL - 2021 Philippe Cup Athletics Invitational (Wuhan, CHN)

<i>CAA Hurdle Development (2021)</i>																			
date	20-May-21	time	6.71	11.16	15.70	20.42	25.17	30.11	35.23	40.37	46.11	52.05	58.83	6 / 2					
reaction time	0.187	interval	4.45	4.54	4.72	4.75	4.94	5.12	5.14	5.74	5.94	6.78	PB			13.71	14.81	16.82	
		velocity	6.71	7.87	7.71	7.42	7.37	7.09	6.84	6.81	6.10	5.89	5.90	6.80			7.66	7.09	6.24

H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	22	197							
Heat 2 - 2021 East China District Meeting (Zhaoqing, CHN)																			<i>CAA Hurdle Development (2021)</i>		
date	25-Apr-21	time	6.84	11.48	16.24	21.18	26.24	31.38	36.72	42.26	48.36	54.40		61.03	8 / 3						
reaction time	0.246	interval	4.64	4.76	4.94	5.06	5.14	5.34	5.54	6.10	6.04	6.63				14.34	15.54	17.68			
		velocity	6.58	7.54	7.35	7.09	6.92	6.81	6.55	6.32	5.74	5.79	6.03	6.55		7.32	6.76	5.94			
H1 lead leg	L	strides	24	16	16	17	17	17	17	17	19	19	21	200							
FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)																			<i>CAA Hurdle Development (2019)</i>		
date	23-Aug-19	time	6.72	11.26	15.83	20.65	25.68	30.95	36.27	41.86	48.03	54.77		63.02	2 / 6						
reaction time	0.224	interval	4.54	4.57	4.82	5.03	5.27	5.32	5.59	6.17	6.74	8.25				13.93	15.62	18.50			
		velocity	6.70	7.71	7.66	7.26	6.96	6.64	6.58	6.26	5.67	5.19	4.85	6.35		7.54	6.72	5.68			
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	20	23.5	200.5							
Heat 1 - 2019 Chinese National Grand Prix Final (Daqing, CHN)																			<i>CAA Hurdle Development (2019)</i>		
date	22-Aug-19	time	6.76	11.44	16.30	21.32	26.40	31.65	37.02	42.53	48.20	54.29		61.32	8 / 4						
reaction time	0.171	interval	4.68	4.86	5.02	5.08	5.25	5.37	5.51	5.67	6.09	7.03				14.56	15.70	17.27			
		velocity	6.66	7.48	7.20	6.97	6.89	6.67	6.52	6.35	6.17	5.75	5.69	6.52		7.21	6.69	6.08			
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	18	21.5	195.5							
Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN)																			<i>CAA Hurdle Development (2019)</i>		
date	03-Aug-19	time	7.02	11.97	17.02	22.26	27.58	33.10	38.52	44.02	49.66	55.60		62.33	7 / 6						
reaction time	0.179	interval	4.95	5.05	5.24	5.32	5.52	5.42	5.50	5.64	5.94	6.73				15.24	16.26	17.08			
		velocity	6.41	7.07	6.93	6.68	6.58	6.34	6.46	6.36	6.21	5.89	5.94	6.42		6.89	6.46	6.15			
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	17	20.5	193.5							
Heat 2 - 2019 Chinese National Championships (Shenyang, CHN)																			<i>CAA Hurdle Development (2019)</i>		
date	09-Jul-19	time	6.79	11.47	16.20	21.20	26.16	31.24	36.42	41.67	47.23	53.08		59.69	6 / 3						
reaction time	0.180	interval	4.68	4.73	5.00	4.96	5.08	5.18	5.25	5.56	5.85	6.61	DQ			14.41	15.22	16.66			
		velocity	6.63	7.48	7.40	7.00	7.06	6.89	6.76	6.67	6.29	5.98	6.05	6.70		7.29	6.90	6.30			
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	18	20.5	194.5							
FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)																			<i>CAA Hurdle Development (2019)</i>		
date	12-Apr-19	time	7.02	11.76	16.63	21.67	26.81	32.01	37.30	42.74	48.42	54.38		61.11	8 / 4						
reaction time	0.264	interval	4.74	4.87	5.04	5.14	5.20	5.29	5.44	5.68	5.96	6.73				14.65	15.63	17.08			
		velocity	6.41	7.38	7.19	6.94	6.81	6.73	6.62	6.43	6.16	5.87	5.94	6.55		7.17	6.72	6.15			
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	18	21.2	195.2							
Heat 4 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)																			<i>CAA Hurdle Development (2019)</i>		
date	12-Apr-19	time	7.04	11.71	16.58	21.57	26.63	31.67	36.90	42.32	48.16	54.23		61.37	7 / 2						
reaction time	0.188	interval	4.67	4.87	4.99	5.06	5.04	5.23	5.42	5.84	6.07	7.14				14.53	15.33	17.33			
		velocity	6.39	7.49	7.19	7.01	6.92	6.94	6.69	6.46	5.99	5.77	5.60	6.52		7.23	6.85	6.06			
H1 lead leg	L	strides	24	16	16	16	16	17	17	18	18	18	22	198							
FINAL - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																			<i>CAA Hurdle Development (2019)</i>		
date	08-Apr-19	time	6.72	11.30	16.00	20.83	25.86	30.94	36.26	41.76	47.71	53.88		60.80	3 / 4						
reaction time	0.194	interval	4.58	4.70	4.83	5.03	5.08	5.32	5.50	5.95	6.17	6.92	PB			14.11	15.43	17.62			
		velocity	6.70	7.64	7.45	7.25	6.96	6.89	6.58	6.36	5.88	5.67	5.78	6.58		7.44	6.80	5.96			
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21.5	196.5							
Heat 1 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																			<i>CAA Hurdle Development (2019)</i>		
date	07-Apr-19	time	6.84	11.62	16.37	21.30	26.36	31.68	37.07	42.59	48.52	54.45		60.97	1 / 3						
reaction time	0.217	interval	4.78	4.75	4.93	5.06	5.32	5.39	5.52	5.93	5.93	6.52	PB			14.46	15.77	17.38			
		velocity	6.58	7.32	7.37	7.10	6.92	6.58	6.49	6.34	5.90	5.90	6.13	6.56		7.26	6.66	6.04			
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21	196							
Jichová, Nikoleta (CZE) (2000)																			<i>CAA Hurdle Development (2019)</i>		
FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL)																			<i>Omega Timing (2024) - diamond league race analysis</i>		
date	25-Aug-24	time	6.42	10.61	14.91	19.33	23.86	28.51	33.44	38.54	43.75	48.97		54.92	1 / 7						
reaction time	0.169	interval	4.19	4.30	4.42	4.53	4.65	4.93	5.10	5.21	5.22	5.95				12.91	14.11	15.53			
		velocity	7.01	8.35	8.14	7.92	7.73	7.53	7.10	6.86	6.72	6.70	6.72	7.28		8.13	7.44	6.76			
H1 lead leg	R	strides	22	15	15	15	15						98								
Repechage 2 - 2024 Olympic Games (Paris, FRA)																			<i>Paris 2024 Olympic Games - Results Book (2024)</i>		
date	05-Aug-24	time	6.36	10.56	14.93	19.40	24.01	28.79	33.79	38.90	44.12	49.29		55.31	6 / 4						
reaction time	0.152	interval	4.20	4.37	4.47	4.61	4.78	5.00	5.11	5.22	5.17	6.02				13.04	14.39	15.50			
		velocity	7.08	8.33	8.01	7.83	7.59	7.32	7.00	6.85	6.70	6.77	6.64	7.23		8.05	7.30	6.77			
H1 lead leg	R	strides	20	15	15	15	15	16	16	16	16	17	20.7	181.7							
Heat 4 - 2024 Olympic Games (Paris, FRA)																			<i>Paris 2024 Olympic Games - Results Book (2024)</i>		
date	04-Aug-24	time	6.34	10.48	14.72	19.18	23.73	28.43	33.42	38.66	44.03	49.38		55.45	5 / 5						
reaction time	0.151	interval	4.14	4.24	4.46	4.55	4.70	4.99	5.24	5.37	5.35	6.07				12.84	14.24	15.96			
		velocity	7.10	8.45	8.25	7.85	7.69	7.45	7.01	6.68	6.52	6.54	6.59	7.21		8.18	7.37	6.58			
H1 lead leg	R	strides	22	15	15	15	15	15	16	16	17	17	21	184							
FINAL - 2024 European Athletics Championships (Roma, ITA)																			<i>European Athletics (2024) - 2024 european athletics championships - results book</i>		
date	11-Jun-24	time	6.50	10.68	15.03	19.49	24.00	28.68	33.51	38.59	43.83	49.04		54.91	4 / 4						

reaction time	0.254	interval	4.18	4.35	4.46	4.51	4.68	4.83	5.08	5.24	5.21	5.87	12.99	14.02	15.53		
		velocity	6.92	8.37	8.05	7.85	7.76	7.48	7.25	6.89	6.68	6.72	6.81	7.28	8.08	7.49	6.76
H1 lead leg	R	strides	22	15	15			15				16	20.5	103.5			
Semi-Final 2 - 2024 European Athletics Championships (Roma, ITA)													<i>European Athletics (2024) - 2024 european athletics championships - results book</i>				
date	10-Jun-24	time	6.45	10.64	15.11	19.51	24.04	28.76	33.62	38.55	43.66	48.73	54.59	7 / 2			
reaction time	0.243	interval	4.19	4.47	4.40	4.53	4.72	4.86	4.93	5.11	5.07	5.86	PB	13.06	14.11	15.11	
		velocity	6.98	8.35	7.83	7.95	7.73	7.42	7.20	7.10	6.85	6.90	6.83	7.33	8.04	7.44	6.95
H1 lead leg	R	strides	22	15	15	15	15	16	16			16	20	150			
Heat 3 - 2024 European Athletics Championships (Roma, ITA)													<i>European Athletics (2024) - 2024 european athletics championships - results book</i>				
date	09-Jun-24	time	6.30	10.46	14.84	19.31	23.90	28.58	33.51	38.55	43.81	49.04	54.88	4 / 1			
reaction time	0.197	interval	4.16	4.38	4.47	4.59	4.68	4.93	5.04	5.26	5.23	5.84	=PB	13.01	14.20	15.53	
		velocity	7.14	8.41	7.99	7.83	7.63	7.48	7.10	6.94	6.65	6.69	6.85	7.29	8.07	7.39	6.76
H1 lead leg		strides											0				
Semi-Final 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)													<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	22-Aug-23	time	6.57	10.88	15.18	19.48	23.99	33.63	38.74	43.97	49.24		55.01	4 / 6			
reaction time	0.229	interval	4.31	4.30	4.30	4.51	4.96	5.11	5.23	5.27	5.77			12.91	14.15	15.61	
		velocity	6.85	8.12	8.14	8.14	7.76	7.26	6.85	6.69	6.64	6.93	7.27	8.13	7.42	6.73	
H1 lead leg	R	strides	22	15	15	15	15			16	16	16	20.7	150.7			
Heat 5 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)													<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	21-Aug-23	time	6.43	10.83	15.13	19.50	24.16	33.93	39.03	44.16	49.36		55.10	3 / 4			
reaction time	0.206	interval	4.40	4.30	4.37	4.66	4.97	5.10	5.13	5.20	5.74			13.07	14.43	15.43	
		velocity	7.00	7.95	8.14	8.01	7.51	7.16	6.86	6.82	6.73	6.97	7.26	8.03	7.28	6.80	
H1 lead leg	R	strides	22	15	15	15	15			16	17	17	21	153			
Semi-Final 2 - 2022 European Athletics Championships (Munich, GER)													<i>European Athletics (2022) - european athletics championships race analysis</i>				
date	18-Aug-22	time	6.28	10.49	14.95	19.45	23.99	26.01	28.70	33.92	38.94	44.14	49.51	55.48	7 / 5		
reaction time	0.248	interval	4.21	4.46	4.50	4.54	4.71	5.22	5.02	5.20	5.37	5.97	PB	13.17	14.47	15.59	
		velocity	7.17	8.31	7.85	7.78	7.71	7.69	7.43	6.70	6.97	6.73	6.52	6.70	7.21	7.97	7.26
H1 lead leg	R	strides	22	15		15	15	15	16	16	16	17	20	167			
Heat 3 - 2022 European Athletics Championships (Munich, GER)													<i>European Athletics (2022) - european athletics championships race analysis</i>				
date	17-Aug-22	time	6.38	10.70	15.16	19.65	24.28	26.33	28.95	33.93	39.14	44.45	49.82	55.93	1 / 1		
reaction time	0.320	interval	4.32	4.46	4.49	4.63	4.67	4.98	5.21	5.31	5.37	6.11		13.27	14.28	15.89	
		velocity	7.05	8.10	7.85	7.80	7.56	7.60	7.49	7.03	6.72	6.59	6.52	6.55	7.15	7.91	7.35
H1 lead leg	R	strides	22	15		15	15	15	16	16	16	16	20	151			
Jinks, Asia (USA) (1999)													<i>USATF (2022) - Results powered by Karmarush</i>				
Heat 1 - 2022 USATF National Championships (Eugene, OR)													<i>USATF (2022) - Results powered by Karmarush</i>				
date	24-Jun-22	time	6.69	10.93	15.53	20.27	25.23	27.52	30.38	35.80	41.49	47.20	52.97	59.80	59.80	7 / 6	
reaction time		interval	4.24	4.60	4.74	4.96	5.15	5.42	5.69	5.71	5.77	6.83			13.58	15.53	17.17
		velocity	6.73	8.25	7.61	7.38	7.06	7.27	6.80	6.46	6.15	6.13	6.07	5.86	6.69	7.73	6.76
H1 lead leg	R	strides	24	16	16	16	17	17	18	18				142			
Jolivet, Rosa (USA) (1974)													<i>USATF Women's Sprint Development (1996)</i>				
FINAL - 1996 USA Olympic Trials (Atlanta, GA)													<i>USATF Women's Sprint Development (1996)</i>				
date	16-Jun-96	time	6.67	10.97	15.31	19.81	24.43	26.41	29.33	34.47	39.80		57.53	2 / 8			
reaction time		interval	4.30	4.34	4.50	4.62	4.90	5.14	5.33					13.14	14.66		
		velocity	6.75	8.14	8.06	7.78	7.58	7.57	7.14	6.81	6.57		6.95	7.99	7.16		
H1 lead leg	L	strides	24	15	15	15	15	16	16	17	17	17	20	187			
Johnson, Michelle (USA) (1974)													<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>				
FINAL - 1999 IAAF World Championships (Sevilla, ESP)													<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>				
date	25-Aug-99	time	6.53	10.67	14.96	19.32	23.73	28.25	33.12	37.92	42.98	48.09	54.23	2 / 6			
reaction time	0.291	interval	4.14	4.29	4.36	4.41	4.52	4.87	4.80	5.06	5.11	6.14		12.79	13.80	14.97	
		velocity	6.89	8.45	8.16	8.03	7.94	7.74	7.19	7.29	6.92	6.85	6.51	7.38	8.21	7.61	7.01
H1 lead leg	L	strides	23	15	15	15	15	15	16	16	16	16	19.5	181.5			
Semi-Final 1 - 1999 IAAF World Championships (Sevilla, ESP)													<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>				
date	23-Aug-99	time	6.15	10.30	14.47	18.79	23.25	27.85	32.85	37.75	42.78	47.99	54.67	5 / 4			
reaction time	0.188	interval	4.15	4.17	4.32	4.46	4.60	5.00	4.90	5.03	5.21	6.68		12.64	14.06	15.14	
		velocity	7.32	8.43	8.39	8.10	7.85	7.61	7.00	7.14	6.96	6.72	5.99	7.32	8.31	7.47	6.94
H1 lead leg	R	strides	23	15	15	15	15	15	16	16	16	16	19.5	181.5			
Jones, Jasmine (USA) (2001)													<i>Paris 2024 Olympic Games - Results Book (2024)</i>				
FINAL - 2024 Olympic Games (Paris, FRA)													<i>Paris 2024 Olympic Games - Results Book (2024)</i>				
date	08-Aug-24	time	6.02	9.99	14.03	18.17	22.45	26.86	31.51	36.21	41.16	46.31	52.29	9 / 4			
reaction time	0.157	interval	3.97	4.04	4.14	4.28	4.41	4.65	4.70	4.95	5.15	5.98	PB	12.15	13.34	14.80	
		velocity	7.48	8.82	8.66	8.45	8.18	7.94	7.53	7.45	7.07	6.80	6.69	7.65	8.64	7.87	7.09
H1 lead leg	R	strides	22	14	14	14	14	14	15	15		16	18.7	156.7			
Semi-Final 1 - 2024 Olympic Games (Paris, FRA)													<i>Paris 2024 Olympic Games - Results Book (2024)</i>				
date	06-Aug-24	time	6.11	10.21	14.36	18.55	22.90	27.35	32.05	37.03	42.23	47.58	53.83	7 / 2			
reaction time	0.166	interval	4.10	4.15	4.19	4.35	4.45	4.70	4.98	5.20	5.35	6.25		12.44	13.50	15.53	

H1 lead leg	R	velocity	7.36	8.54	8.43	8.35	8.05		7.87	7.45	7.03	6.73	6.54	6.40	7.43	8.44	7.78	6.76	
		strides	22	14	14	14	14		14	15	15	16	16	19	173				
Heat 2 - 2024 Olympic Games (Paris, FRA)																<i>Paris 2024 Olympc Games - Results Book (2024)</i>			
date	04-Aug-24	time	6.14	10.25	14.44	18.66	23.07		27.64	32.40	37.26	42.27	47.43		53.60	5 / 1			
reaction time	0.173	interval		4.11	4.19	4.22	4.41		4.57	4.76	4.86	5.01	5.16	6.17			12.52	13.74	15.03
		velocity	7.33	8.52	8.35	8.29	7.94		7.66	7.35	7.20	6.99	6.78	6.48	7.46		8.39	7.64	6.99
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	18.5	171.5				
FINAL - 2024 USA Olympic Trials (Eugene, OR)																<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>			
date	30-Jun-24	time	6.20	10.20	14.40	18.75	23.25	25.20	27.79	32.44	37.26	42.12	46.96		52.77	8 / 3			
reaction time		interval		4.00	4.20	4.35	4.50		4.54	4.65	4.82	4.86	4.84	5.81	PB		12.55	13.69	14.52
		velocity	7.26	8.75	8.33	8.05	7.78	7.94	7.71	7.53	7.26	7.20	7.23	6.88	7.58		8.37	7.67	7.23
H1 lead leg	R	strides		14	15	14	15		15	15	15	15	15	18.2	151.2				
Semi-Final 3 - 2024 USA Olympic Trials (Eugene, OR)																<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>			
date	29-Jun-24	time	6.26	10.31	14.41	18.76	23.04	25.00	27.50	32.16	37.03	41.95	47.07		53.66	6 / 2			
reaction time		interval		4.05	4.10	4.35	4.28		4.46	4.66	4.87	4.92	5.12	6.59			12.50	13.40	14.91
		velocity	7.19	8.64	8.54	8.05	8.18	8.00	7.85	7.51	7.19	7.11	6.84	6.07	7.45		8.40	7.84	7.04
H1 lead leg	R	strides		14	14	14	14		15	15	15	15	16	19	151				
Heat 2 - 2024 USA Olympic Trials (Eugene, OR)																<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>			
date	27-Jun-24	time	6.39	10.59	14.79	19.20	23.52	25.57	28.12	33.00	38.18	43.52	49.14		55.54	5 / 1			
reaction time		interval		4.20	4.20	4.41	4.32		4.60	4.88	5.18	5.34	5.62	6.40			12.81	13.80	16.14
		velocity	7.04	8.33	8.33	7.94	8.10	7.82	7.61	7.17	6.76	6.55	6.23	6.25	7.20		8.20	7.61	6.51
H1 lead leg		strides																	
FINAL - 2024 NCAA Championships (Eugene, OR) (TV Analysis)																<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>			
date	08-Jun-24	time	6.42	10.55	14.80	19.22	23.65		28.27	33.03	37.83	42.71	47.59		53.15	5 / 1			
reaction time		interval		4.13	4.25	4.42	4.43		4.62	4.76	4.80	4.88	4.88	5.56	PB		12.80	13.81	14.56
		velocity	7.01	8.47	8.24	7.92	7.90		7.58	7.35	7.29	7.17	7.17	7.19	7.53		8.20	7.60	7.21
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	18.2	171.2				
Joseph, Rogail (RSA) (2000)																			
Semi-Final 2 - 2024 Olympic Games (Paris, FRA)																<i>Paris 2024 Olympc Games - Results Book (2024)</i>			
date	06-Aug-24	time	6.29	10.56	14.87	19.12	23.46		27.96	32.57	37.46	42.61	47.86		54.12	5 / 3			
reaction time	0.177	interval		4.27	4.31	4.25	4.34		4.50	4.61	4.89	5.15	5.25	6.26	PB		12.83	13.45	15.29
		velocity	7.15	8.20	8.12	8.24	8.06		7.78	7.59	7.16	6.80	6.67	6.39	7.39		8.18	7.81	6.87
H1 lead leg	L	strides	23	15	15	14	15		15	15	16	16	17	20	181				
Heat 2 - 2024 Olympic Games (Paris, FRA)																<i>Paris 2024 Olympc Games - Results Book (2024)</i>			
date	04-Aug-24	time	6.51	10.94	15.24	19.51	23.92		28.51	33.30	38.27	43.30	48.51		54.56	9 / 2			
reaction time	0.221	interval		4.43	4.30	4.27	4.41		4.59	4.79	4.97	5.03	5.21	6.05	PB		13.00	13.79	15.21
		velocity	6.91	7.90	8.14	8.20	7.94		7.63	7.31	7.04	6.96	6.72	6.61	7.33		8.08	7.61	6.90
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	17	17	20	184				
Kagawa, Yumeka (JPN) (2001)																			
FINAL - 2020 Japanese U20 National Championships (Hiroshima, JPN)																<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>			
date	25-Oct-20	time	7.02	11.70	16.55	21.45	26.51		31.78	37.17	42.74	48.31	53.89		60.11	3 / 3			
reaction time	0.230	interval		4.68	4.85	4.90	5.06		5.27	5.39	5.57	5.57	5.58	6.22			14.43	15.72	16.72
		velocity	6.41	7.48	7.22	7.14	6.92		6.64	6.49	6.28	6.28	6.27	6.43	6.65		7.28	6.68	6.28
H1 lead leg		strides		16	16	16	16		17	17	17	17	17	149					
Kamada, Saki (JPN) (1997)																			
FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)																<i>Enomoto (2015) - 68th high school championships: JAF scientific committee- biomechanics data</i>			
date	31-Jul-15	time	6.81	11.44	16.22	20.95	25.89		31.21	36.50	42.09	47.65	53.52		60.04	8 / 5			
reaction time		interval		4.63	4.78	4.73	4.94		5.32	5.29	5.59	5.56	5.87	6.52			14.14	15.55	17.02
		velocity	6.61	7.56	7.32	7.40	7.09		6.58	6.62	6.26	6.29	5.96	6.13	6.66		7.43	6.75	6.17
H1 lead leg		strides		17	17	17	17		18	18	18	18	19	159					
Kanda, Saki (JPN)																			
FINAL - 2020 Shimane High School Championships (Izumo, JPN)																<i>Shimizu (2020) - shimane high school championships 2020 - biomechanics data analysis</i>			
date	12-Jul-20	time	8.15	13.90	19.62	25.45	31.42		37.40	43.48	49.83	56.47	63.02		69.90	7 / 3			
reaction time		interval		5.75	5.72	5.83	5.97		5.98	6.08	6.35	6.64	6.55	6.88			17.30	18.03	19.54
		velocity	5.52	6.09	6.12	6.00	5.86		5.85	5.76	5.51	5.27	5.34	5.81	5.72		6.07	5.82	5.37
H1 lead leg		strides	28	20	20	20	21		21	20	21	22	22	26.5	241.5				
FINAL - 2019 Shimane High School Championships (Izumo, JPN)																<i>Shimizu (2019) - shimane high school championships 2019 - biomechanics data analysis</i>			
date	25-May-19	time	7.89	13.77	19.84	25.81	31.80		37.85	43.92	50.19	56.48	62.96		70.37	8 / 4			
reaction time		interval		5.88	6.07	5.97	5.99		6.05	6.07	6.27	6.29	6.48	7.41			17.92	18.11	19.04
		velocity	5.70	5.95	5.77	5.86	5.84		5.79	5.77	5.58	5.56	5.40	5.40	5.68		5.86	5.80	5.51
H1 lead leg		strides	29	21	21	21	21		21	21	22	22	22	27	248				
Karlsson, Hanna (SWE) (2003)																			
National FINAL - 2023 Bauhaus Galan (Stockholm, SWE)																<i>Omega Timing (2023) - diamond league race analysis</i>			
date	02-Jul-23	time	6.77	11.27	15.84	20.56	25.50		30.64	35.92	41.48	47.32	53.34		60.37	6 / 5			
reaction time	0.163	interval		4.50	4.57	4.72	4.94		5.14	5.28	5.56	5.84	6.02	7.03			13.79	15.36	17.42

H1 lead leg	velocity	6.65	7.78	7.66	7.42	7.09		6.81	6.63	6.29	5.99	5.81	5.69	6.63		7.61	6.84	6.03
	strides																	
Kashima, Himari (JPN)																		
FINAL - 2009 Japanese National High School Championships (Nara, JPN) <i>Matsuo (2009) - 62nd high school championships: JAF scientific committee - biomechanics data collection</i>																		
date	31-Jul-09	time	6.74	11.39	16.21	21.06	26.00	30.99	36.10	41.42	46.96	52.68		59.14		1/2		
reaction time		interval	4.65	4.82	4.85	4.94	4.99	5.11	5.32	5.54	5.72	6.46				14.32	15.04	16.58
		velocity	6.68	7.53	7.26	7.22	7.09	7.01	6.85	6.58	6.32	6.12	6.19	6.76		7.33	6.98	6.33
H1 lead leg		strides	17	17	17	17	17	17	17	18	19	19	158					
Kashiwagura, Umi (JPN) (2004)																		
FINAL - 2022 Japanese National High School Championships (Naruto, JPN) <i>Kishima (2022) - national high school championships biomechanics data collection</i>																		
date	05-Aug-22	time	6.75	11.22	15.77	20.57	25.53	30.65	35.88	41.18	46.75	52.53		59.12		7/2		
reaction time		interval	4.47	4.55	4.80	4.96	5.12	5.23	5.30	5.57	5.78	6.59				13.82	15.31	16.65
		velocity	6.67	7.83	7.69	7.29	7.06	6.84	6.69	6.60	6.28	6.06	6.07	6.77		7.60	6.86	6.31
H1 lead leg	R	strides	22	16	16	17	17	17	17	17	18	19	23	199				
Katou, Misato (JPN) (2007)																		
FINAL - 2024 Japanese National High School Championships (Fukuoka, JPN) <i>Takashima (2024) - national high school sports festival - biomechanics data</i>																		
date	30-Jul-24	time	6.84	11.44	16.25	21.12	26.11	31.33	36.74	42.19	47.71	53.35		59.76		4/5		
reaction time	0.187	interval	4.60	4.81	4.87	4.99	5.22	5.41	5.45	5.52	5.64	6.41				14.28	15.62	16.61
		velocity	6.58	7.61	7.28	7.19	7.01	6.70	6.47	6.42	6.34	6.21	6.24	6.69		7.35	6.72	6.32
H1 lead leg		strides	23	17	17	17	17	17	18	18	19	19	24	206				
Kawabata, Szuka (JPN) (1993)																		
B FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN) <i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																		
date	24-Oct-20	time	6.64	10.99	15.58	20.30	25.26	30.53	35.82	41.11	46.93	52.97		59.45		7/1		
reaction time		interval	4.35	4.59	4.72	4.96	5.27	5.29	5.29	5.82	6.04	6.48				13.66	15.52	17.15
		velocity	6.78	8.05	7.63	7.42	7.06	6.64	6.62	6.62	6.01	5.79	6.17	6.73		7.69	6.77	6.12
H1 lead leg		strides	15	16	16	17	17	17	17	17	19	19	153					
FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN) <i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																		
date	20-Sep-20	time	6.76	11.18	15.90	20.72	25.73	30.88	36.19	41.84	47.58	53.50		59.98		2/5		
reaction time	0.198	interval	4.42	4.72	4.82	5.01	5.15	5.31	5.65	5.74	5.92	6.48				13.96	15.47	17.31
		velocity	6.66	7.92	7.42	7.26	6.99	6.80	6.59	6.19	6.10	5.91	6.17	6.67		7.52	6.79	6.07
H1 lead leg		strides	15	16	16	17	17	17	17	18	18	19	153					
B FINAL - 2019 Shizuoka International Athletics Meeting (Fukuuroi, JPN) <i>Kobayashi (2019) - research on athlete performance and technique- 2019 data book</i>																		
date	03-May-19	time	6.76	11.21	15.87	20.64	25.58	30.66	36.05	41.68	47.36	53.32		59.87		1/3		
reaction time		interval	4.45	4.66	4.77	4.94	5.08	5.39	5.63	5.68	5.96	6.55				13.88	15.41	17.27
		velocity	6.66	7.87	7.51	7.34	7.09	6.89	6.49	6.22	6.16	5.87	6.11	6.68		7.56	6.81	6.08
H1 lead leg		strides	15	16	16	16	16	16	17	18	18	19	151					
Kawachi, Sena (JPN) (2003)																		
FINAL - 2021 Japanese High School National Championships (Fukui, JPN) <i>Shibayama (2021) - national high school and U20 national championships</i>																		
date	30-Jul-21	time	6.77	11.31	16.10	21.01	26.06	31.10	36.19	41.57	46.97	52.43		58.32		3/2		
reaction time	0.192	interval	4.54	4.79	4.91	5.05	5.04	5.09	5.38	5.40	5.46	5.89				14.24	15.18	16.24
		velocity	6.65	7.71	7.31	7.13	6.93	6.94	6.88	6.51	6.48	6.41	6.79	6.86		7.37	6.92	6.47
H1 lead leg		strides	16	16	16	17	17	17	17	17	18	18	152					
Kawahara, Haruka (JPN)																		
FINAL - 2023 Shimane High School Championships (Izumo, JPN) <i>Shimizu (2023) - shimane high school championships 2023 - biomechanics data analysis</i>																		
date	27-May-23	time	8.22	13.85	19.67	25.58	31.78	38.15	44.80	51.45	58.25	64.85		72.13		8/5		
reaction time		interval	5.63	5.82	5.91	6.20	6.37	6.65	6.65	6.80	6.60	7.28				17.36	19.22	20.05
		velocity	5.47	6.22	6.01	5.92	5.65	5.49	5.26	5.26	5.15	5.30	5.49	5.55		6.05	5.46	5.24
H1 lead leg		strides	27	19	19	19	20	20	21	21	21	21	25.2	233.2				
Kawamura, Yuka (JPN) (2001)																		
A FINAL - 2023 Shizuoka International Meeting (Fukuuroi, JPN) <i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																		
date	03-May-23	time	6.88	11.35	15.96	20.70	25.55	30.57	35.68	40.90	46.26	51.74		58.12		6/1		
reaction time	0.288	interval	4.47	4.61	4.74	4.85	5.02	5.11	5.22	5.36	5.48	6.38				13.82	14.98	16.06
		velocity	6.54	7.83	7.59	7.38	7.22	6.97	6.85	6.70	6.53	6.39	6.27	6.88		7.60	7.01	6.54
H1 lead leg	R	strides	23	16	16	16	16	17	17	17	17	17	21.2	193.2				
FINAL - 2021 Shizuoka International Athletics Meeting (Fukuuroi, JPN) <i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																		
date	03-May-21	time	7.02	11.64	16.42	21.20	26.06	31.15	36.29	41.56	46.95	52.50		58.96		3/4		
reaction time	0.214	interval	4.62	4.78	4.78	4.86	5.09	5.14	5.27	5.39	5.55	6.46				14.18	15.09	16.21
		velocity	6.41	7.58	7.32	7.32	7.20	6.88	6.81	6.64	6.49	6.31	6.19	6.78		7.40	6.96	6.48
H1 lead leg	R	strides	23	16	16	16	16	17	17	17	17	17	172					
FINAL - 2020 Japanese National Championships (Niigata, JPN) <i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																		
date	03-Oct-20	time	6.96	11.51	16.18	20.99	25.84	30.85	36.00	41.29	46.68	52.17		58.38		2/8		
reaction time	0.212	interval	4.55	4.67	4.81	4.85	5.01	5.15	5.29	5.39	5.49	6.21				14.03	15.01	16.17
		velocity	6.47	7.69	7.49	7.28	7.22	6.99	6.80	6.62	6.49	6.38	6.44	6.85		7.48	7.00	6.49
H1 lead leg	R	strides	23	16	16	16	16	17	17	17	17	17	21	193				
FINAL - 2019 Japanese National High School Championships (Okinawa, JPN) <i>Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection</i>																		

date	06-Aug-19	time	6.83	11.46	16.18	20.97	25.95	31.16	36.37	41.61	47.20	53.00	59.91	7 / 7				
reaction time		interval		4.63	4.72	4.79	4.98	5.21	5.21	5.24	5.59	5.80	6.91		14.14	15.40	16.63	
		velocity	6.59	7.56	7.42	7.31	7.03	6.72	6.72	6.68	6.26	6.03	5.79	6.68	7.43	6.82	6.31	
H1 lead leg		strides		17	17	17	17	17	17	18	18	19	157					
FINAL - 2018 Japanese National High School Championships (Nagoya, JPN) <i>Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection</i>																		
date	04-Aug-18	time	6.77	11.39	16.37	21.34	26.46	31.66	37.07	42.83	49.00	54.79	61.38	3 / 8				
reaction time		interval		4.62	4.98	4.97	5.12	5.20	5.41	5.76	6.17	5.79	6.59		14.57	15.73	17.72	
		velocity	6.65	7.58	7.03	7.04	6.84	6.73	6.47	6.08	5.67	6.04	6.07	6.52	7.21	6.68	5.93	
H1 lead leg		strides		17	17	17	17	17	17	19	19	19	159					
Kawano, Shiho (JPN) (1999)																		
		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Japanese National High School Championships (Yamagata, JPN) <i>Kota (2017) - 70th high school championships: JAF scientific committee- biomechanics data</i>																		
date	31-Jul-17	time	6.84	11.43	16.13	21.17	26.29	31.58	36.92	42.29	47.88	53.55	59.96	5 / 7				
reaction time	0.240	interval		4.59	4.70	5.04	5.12	5.29	5.34	5.37	5.59	5.67	6.41			14.33	15.75	16.63
		velocity	6.58	7.63	7.45	6.94	6.84	6.62	6.55	6.52	6.26	6.17	6.24	6.67		7.33	6.67	6.31
H1 lead leg		strides		16	16	17	17	17	17	17	18	18	153					
Kira, Manami (JPN) (1991)																		
		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2015 Japanese National Championships (Niigata, JPN) <i>Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan</i>																		
date	28-Jun-15	time	6.71	11.13	15.54	20.04	24.66	29.46	34.41	39.63	45.00	50.77	57.92	7 / 1				
reaction time	0.178	interval		4.42	4.41	4.50	4.62	4.80	4.95	5.22	5.37	5.77	7.15			13.33	14.37	16.36
		velocity	6.71	7.92	7.94	7.78	7.58	7.29	7.07	6.70	6.52	6.07	5.59	6.91		7.88	7.31	6.42
H1 lead leg	L	strides		23	15	15	15	16	16	17	17	18	22.7	190				
FINAL - 2015 Seiko Golden Grand Prix (Kawasaki, JPN) <i>Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan</i>																		
date	10-May-15	time	6.66	11.00	15.39	19.89	24.49	29.36	34.48	39.75	45.21	51.20	57.73	4 / 2				
reaction time		interval		4.34	4.39	4.50	4.60	4.87	5.12	5.27	5.46	5.99	6.53			13.23	14.59	16.72
		velocity	6.76	8.06	7.97	7.78	7.61	7.19	6.84	6.64	6.41	5.84	6.13	6.93		7.94	7.20	6.28
H1 lead leg		strides		15	15	15	15	16	16	16	16	17	22	163				
FINAL - 2014 Japanese National Championships (Fukushima, JPN) <i>Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions</i>																		
date	08-Jun-14	time	6.72	11.06	15.45	19.92	24.52	29.41	34.38	39.52	44.96	50.60	57.27	6 / 2				
reaction time		interval		4.34	4.39	4.47	4.60	4.89	4.97	5.14	5.44	5.64	6.67			13.20	14.46	16.22
		velocity	6.70	8.06	7.97	7.83	7.61	7.16	7.04	6.81	6.43	6.21	6.00	6.98		7.95	7.26	6.47
H1 lead leg	L	strides		23	15	15	15	16	17	17	17	18	22.2	190				
A FINAL - 2014 Shizuoka International Athletics Meeting (Fukuroi, JPN) <i>Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions</i>																		
date	03-May-14	time	6.81	11.25	15.79	20.42	25.07	29.94	35.00	40.14	45.50	51.12	57.69	1 / 2				
reaction time		interval		4.44	4.54	4.63	4.65	4.87	5.06	5.14	5.36	5.62	6.57			13.61	14.58	16.12
		velocity	6.61	7.88	7.71	7.56	7.53	7.19	6.92	6.81	6.53	6.23	6.09	6.93		7.71	7.20	6.51
H1 lead leg		strides		15	15	15	15	16	16	16	16	17	141					
Kleemeier, Marielle (EST) (1996)																		
		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2022 European Athletics Championships (Munich, GER) <i>European Athletics (2022) - european athletics championships race analysis</i>																		
date	17-Aug-22	time	6.37	10.68	15.02	19.51	24.22	26.33	29.05	34.24	39.65	45.21	51.10	57.46	5 / 7			
reaction time	0.199	interval		4.31	4.34	4.49	4.71	4.83	5.19	5.41	5.56	5.89	6.36			13.14	14.73	16.86
		velocity	7.06	8.12	8.06	7.80	7.43	7.60	7.25	6.74	6.47	6.29	5.94	6.29	6.96	7.99	7.13	6.23
H1 lead leg	R	strides		23	14	15	15	16	16	16	17	17	21	185				
Kloster, Line (NOR) (1990)																		
		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Repechage 1 - 2024 Olympic Games (Paris, FRA) <i>Paris 2024 Olympic Games - Results Book (2024)</i>																		
date	05-Aug-24	time	6.27	10.38	14.64	18.99	23.48	28.06	32.90	38.13	43.69	49.33	56.73	5 / 5				
reaction time	0.137	interval		4.11	4.26	4.35	4.49	4.58	4.84	5.23	5.56	5.64	7.40			12.72	13.91	16.43
		velocity	7.18	8.52	8.22	8.05	7.80	7.64	7.23	6.69	6.29	6.21	5.41	7.05		8.25	7.55	6.39
H1 lead leg	R	strides		22	15	15	15	15	15	17	17	17	22	185				
Heat 5 - 2024 Olympic Games (Paris, FRA) <i>Paris 2024 Olympic Games - Results Book (2024)</i>																		
date	04-Aug-24	time	6.32	10.54	14.85	19.34	23.88	28.58	33.58	38.85	44.57	50.46	57.69	8 / 7				
reaction time	0.158	interval		4.22	4.31	4.49	4.54	4.70	5.00	5.27	5.72	5.89	7.23			13.02	14.24	16.88
		velocity	7.12	8.29	8.12	7.80	7.71	7.45	7.00	6.64	6.12	5.94	5.53	6.93		8.06	7.37	6.22
H1 lead leg	R	strides		22	15	15	15	15	15	16	16	17	145					
FINAL - 2024 European Athletics Championships (Roma, ITA) <i>European Athletics (2024) - 2024 european athletics championships - results book</i>																		
date	11-Jun-24	time	6.32	10.40	14.68	19.06	23.55	28.20	32.95	38.08	43.51	49.00	55.29	5 / 6				
reaction time	0.168	interval		4.08	4.28	4.38	4.49	4.65	4.75	5.13	5.43	5.49	6.29			12.74	13.89	16.05
		velocity	7.12	8.58	8.18	7.99	7.80	7.53	7.37	6.82	6.45	6.38	6.36	7.23		8.24	7.56	6.54
H1 lead leg	R	strides		22	15	15	15	15	15	16	16	17	20	135				
Semi-Final 3 - 2024 European Athletics Championships (Roma, ITA) <i>European Athletics (2024) - 2024 european athletics championships - results book</i>																		
date	10-Jun-24	time	6.23	10.31	14.67	18.99	23.51	28.12	32.79	37.77	43.22	48.48	54.56	7 / 1				
reaction time	0.171	interval		4.08	4.36	4.32	4.52	4.61	4.67	4.98	5.45	5.26	6.08			12.76	13.80	15.69
		velocity	7.22	8.58	8.03	8.10	7.74	7.59	7.49	7.03	6.42	6.65	6.58	7.33		8.23	7.61	6.69
H1 lead leg	R	strides		22	15	15	15	15	15	15	16	16	19.5	178.5				
Semi-Final 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis) <i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																		
date	22-Aug-23	time	6.30	10.57	14.78	19.08	23.52			38.23	43.51	49.08	55.43	2 / 7				

reaction time	0.152	interval	4.27	4.21	4.30	4.44				14.71	5.28	5.57	6.35							12.78			
		velocity	7.14	8.20	8.31	8.14	7.88			7.14	6.63	6.28	6.30	7.22						8.22			
H1 lead leg	R	strides	22	14	14	15	15			16	16	17	20	149									
Heat 4 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																			<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	21-Aug-23	time	6.26	10.53	14.70	18.93	23.46	28.16	32.96	38.03	43.46	48.96		55.23	9 / 4								
reaction time	0.170	interval	4.27	4.17	4.23	4.53	4.70	4.80	5.07	5.43	5.50	6.27								12.67	14.03	16.00	
		velocity	7.19	8.20	8.39	8.27	7.73	7.45	7.29	6.90	6.45	6.36	6.38	7.24						8.29	7.48	6.56	
H1 lead leg	R	strides	22	14	14	15	15	15	15	15	16	16	19.5	176.5									
FINAL - 2023 Bislett Games (Oslo, NOR)																			<i>Omega Timing (2023) - diamond league race analysis</i>				
date	15-Jun-23	time	6.27	10.42	14.75	19.10	23.57	28.22	33.14	38.50	43.91	49.63		56.44	2 / 8								
reaction time	0.150	interval	4.15	4.33	4.35	4.47	4.65	4.92	5.36	5.41	5.72	6.81								12.83	14.04	16.49	
		velocity	7.18	8.43	8.08	8.05	7.83	7.53	7.11	6.53	6.47	6.12	5.87	7.09						8.18	7.48	6.37	
H1 lead leg	R	strides	22	15	15	15	15	15	16	16	17	17	163										
Semi-Final 1 - 2022 European Athletics Championships (Munich, GER)																			<i>European Athletics (2022) - european athletics championships race analysis</i>				
date	18-Aug-22	time	6.15	10.15	14.45	18.82	23.29	25.29	27.91	32.80	37.90	43.22	48.98	55.63	5 / 3								
reaction time	0.153	interval	4.00	4.30	4.37	4.47	4.62	4.89	5.10	5.32	5.76	6.65								12.67	13.98	16.18	
		velocity	7.32	8.75	8.14	8.01	7.83	7.91	7.58	7.16	6.86	6.58	6.08	6.02	7.19					8.29	7.51	6.49	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	17	20	181									
FINAL - 2022 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)																			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	10-Aug-22	time	6.20	10.28	14.53	18.90	23.32	25.26	27.90	32.63	37.56	42.90	48.30	54.62	7 / 6								
reaction time	0.156	interval	4.08	4.25	4.37	4.42	4.58	4.73	4.93	5.34	5.40	6.32								12.70	13.73	15.67	
		velocity	7.26	8.58	8.24	8.01	7.92	7.92	7.64	7.40	7.10	6.55	6.48	6.33	7.32					8.27	7.65	6.70	
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	20	179									
FINAL - 2022 Bislett Games (Oslo, NOR) (TV Analysis)																			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	16-Jun-22	time	6.28	10.40	14.78	19.18	23.72	28.54	33.54	38.64	44.08	49.66		56.07	3 / 7								
reaction time	0.135	interval	4.12	4.38	4.40	4.54	4.82	5.00	5.10	5.44	5.58	6.41								12.90	14.36	16.12	
		velocity	7.17	8.50	7.99	7.95	7.71	7.26	7.00	6.86	6.43	6.27	6.24	7.13						8.14	7.31	6.51	
H1 lead leg	R	strides	22	14	15	15	15	15	16	16	17	17	20	182									
Heat 5 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																			<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>				
date	31-Jul-21	time	6.43	10.62	14.90	19.36	24.01	28.76	33.86		44.54	50.10		56.45	2 / 7								
reaction time	0.151	interval	4.19	4.28	4.46	4.65	4.75	5.10		10.68	5.56	6.35								12.93	14.50	16.24	
		velocity	7.00	8.35	8.18	7.85	7.53	7.37	6.86		6.55	6.29	6.30	7.09						8.12	7.24	6.47	
H1 lead leg	R	strides	22	15	15	15	15	15	16			17	130										
FINAL - 2020 Galà dei Castelli (Bellinzona, SUI) (TV Analysis)																			<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>				
date	15-Sep-20	time	6.36	10.60	15.04	19.52	24.20	29.00	34.04		44.80	50.32		56.71	6 / 5								
reaction time		interval	4.24	4.44	4.48	4.68	4.80	5.04		10.76	5.52	6.39								13.16	14.52	16.28	
		velocity	7.08	8.25	7.88	7.81	7.48	7.29	6.94		6.51	6.34	6.26	7.05						7.98	7.23	6.45	
H1 lead leg	R	strides	22	15	15	15	15	16	16			17	20	151									
FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis)																			<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>				
date	07-Jun-18	time	6.56	10.84	15.28		24.84	26.9	29.68	34.64	39.76	44.96	50.24	56.48	2 / 8								
reaction time	0.190	interval	4.28	4.44		9.56		4.84	4.96	5.12	5.20	5.28	6.24									15.60	
		velocity	6.86	8.18	7.88		7.32	7.43	7.23	7.06	6.84	6.73	6.63	6.41	7.08								6.73
H1 lead leg	R	strides	23	15	15				16	16		17	17	119									
Knebes, Riley (USA) (1996)																							
Heat 5 - 2024 USA Olympic Trials (Eugene, OR)																			<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>				
date	27-Jun-24	time	6.46	10.81	15.37	20.00	24.78	26.86	29.55	34.65	40.01	45.36	50.73	57.52	6 / 7								
reaction time		interval	4.35	4.56	4.63	4.78	4.78	4.77	5.10	5.36	5.35	5.37	6.79							13.54	14.65	16.08	
		velocity	6.97	8.05	7.68	7.56	7.32	7.45	7.34	6.86	6.53	6.54	6.52	5.89	6.95					7.75	7.17	6.53	
H1 lead leg		strides																					
Heat 1 - 2022 USATF National Championships (Eugene, OR)																			<i>USATF (2022) - Results powered by Karmarush</i>				
date	24-Jun-22	time	6.59	10.92	15.44	20.03	24.84	27.02	29.86	35.02	40.42	45.94	51.59	58.38	9 / 5								
reaction time		interval	4.33	4.52	4.59	4.81		5.02	5.16	5.40	5.52	5.65	6.79							13.44	14.99	16.57	
		velocity	6.83	8.08	7.74	7.63	7.28	7.40	6.97	6.78	6.48	6.34	6.19	5.89	6.85					7.81	7.00	6.34	
H1 lead leg	L	strides	24	16	16	16	17		17	17	18			141									
Knight, Andrenette (JAM) (1996)																							
FINAL - 2024 Memorial van damme (Brussels, BEL)																			<i>Omega Timing (2024) - diamond league race analysis</i>				
date	14-Sep-24	time	6.24	10.24	14.41	18.74	23.29		28.07	33.07	38.26	43.79	49.58	56.70	2 / 8								
reaction time	0.165	interval	4.00	4.17	4.33	4.55		4.78	5.00	5.19	5.53	5.79	7.12							12.50	14.33	16.51	
		velocity	7.21	8.75	8.39	8.08	7.69		7.32	7.00	6.74	6.33	6.04	5.62	7.05					8.40	7.33	6.36	
H1 lead leg	R	strides	23				15		16	16	16	17	17	20.7									
FINAL - 2024 Weltklasse (Züch, SUI)																			<i>Omega Timing (2024) - diamond league race analysis</i>				
date	05-Sep-24	time	6.20	10.19	14.35	18.60	23.03		27.59	32.38	37.51	42.82	48.47	55.42	3 / 6								
reaction time	0.176	interval	3.99	4.16	4.25	4.43		4.56	4.79	5.13	5.31	5.65	6.95							12.40	13.78	16.09	
		velocity	7.26	8.77	8.41	8.24	7.90		7.68	7.31	6.82	6.59	6.19	5.76	7.22					8.47	7.62	6.53	
H1 lead leg	R	strides	22	15	15				15	15	16	16	17	20	151								

FINAL - 2024 Golden Gala • Pietro Mennea (Roma, ITA)														<i>Omega Timing (2024) - diamond league race analysis</i>				
date	30-Aug-24	time	6.16	10.19	14.31	18.59	23.12	27.75	32.54	37.54	42.72	48.16	54.90	7 / 5				
reaction time	0.176	interval		4.03	4.12	4.28	4.53	4.63	4.79	5.00	5.18	5.44	6.74		12.43	13.95	15.62	
		velocity	7.31	8.68	8.50	8.18	7.73	7.56	7.31	7.00	6.76	6.43	5.93	7.29	8.45	7.53	6.72	
H1 lead leg	R	strides	22	15	15	15	15	15	16		17	17	147					
FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL)														<i>Omega Timing (2024) - diamond league race analysis</i>				
date	25-Aug-24	time	6.18	10.18	14.33	18.57	22.94	27.43	32.19	37.13	42.18	47.39	53.68	3 / 6				
reaction time	0.166	interval		4.00	4.15	4.24	4.37	4.49	4.76	4.94	5.05	5.21	6.29		12.39	13.62	15.20	
		velocity	7.28	8.75	8.43	8.25	8.01	7.80	7.35	7.09	6.93	6.72	6.36	7.45	8.47	7.71	6.91	
H1 lead leg	R	strides	22	15	15	15	15	15	16	16	16	16	20	181				
FINAL - 2024 Athletissima (Lausanne, SUI)														<i>Omega Timing (2024) - diamond league race analysis</i>				
date	22-Aug-24	time	6.29	10.35	14.50	18.79	23.32	28.01	32.84	37.90	43.11	48.50	54.93	7 / 4				
reaction time	0.182	interval		4.06	4.15	4.29	4.53	4.69	4.83	5.06	5.21	5.39	6.43		12.50	14.05	15.66	
		velocity	7.15	8.62	8.43	8.16	7.73	7.46	7.25	6.92	6.72	6.49	6.22	7.28	8.40	7.47	6.70	
H1 lead leg	L	strides	22	14	14	14	15	15	15	16	16	16	19.5	176.5				
FINAL - 2024 London Athletics Meet (London, GBR)														<i>Omega Timing (2024) - diamond league race analysis</i>				
date	20-Jul-24	time	6.29	10.36	14.57	18.96	23.41	27.99	32.69	37.51	42.59	47.64	53.69	8 / 4				
reaction time	0.170	interval		4.07	4.21	4.39	4.45	4.58	4.70	4.82	5.08	5.05	6.05		12.67	13.73	14.95	
		velocity	7.15	8.60	8.31	7.97	7.87	7.64	7.45	7.26	6.89	6.93	6.61	7.45	8.29	7.65	7.02	
H1 lead leg	R	strides	23	15	15	15	15	15	15				113					
FINAL - 2024 Bauhaus Galan (Stockholm, SWE)														<i>Omega Timing (2024) - diamond league race analysis</i>				
date	02-Jun-24	time	6.18	10.15	14.22	18.40	22.76	27.29	32.09	37.17	42.46	47.95	54.62	4 / 3				
reaction time	0.168	interval		3.97	4.07	4.18	4.36	4.53	4.80	5.08	5.29	5.49	6.67		12.22	13.69	15.86	
		velocity	7.28	8.82	8.60	8.37	8.03	7.73	7.29	6.89	6.62	6.38	6.00	7.32	8.59	7.67	6.62	
H1 lead leg	R	strides	23	15		15	15	15	16	16	17	17	20.7	169.7				
FINAL - 2024 Bislett Games (Oslo, NOR) (TV Analysis)														<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>				
date	30-May-24	time	6.18	10.18	14.25	18.45	22.82	27.56	32.37	37.41	42.66	48.21	54.63	4 / 2				
reaction time	0.172	interval		4.00	4.07	4.20	4.37	4.74	4.81	5.04	5.25	5.55	6.42		12.27	13.92	15.84	
		velocity	7.28	8.75	8.60	8.33	8.01	7.38	7.28	6.94	6.67	6.31	6.23	7.32	8.56	7.54	6.63	
H1 lead leg	R	strides	23	15	15	15	15	16	16	16	17	17	20	185				
FINAL - 2023 Memorial van Damme (Brussels, BEL)														<i>Omega Timing (2023) - diamond league race analysis</i>				
date	08-Sep-23	time	6.09	9.97	13.98	18.10	22.43	27.03	31.79	36.78	42.09	47.77	54.75	3 / 6				
reaction time	0.153	interval		3.88	4.01	4.12	4.33	4.60	4.76	4.99	5.31	5.68	6.98		12.01	13.69	15.98	
		velocity	7.39	9.02	8.73	8.50	8.08	7.61	7.35	7.01	6.59	6.16	5.73	7.31	8.74	7.67	6.57	
H1 lead leg	R	strides	24	15	15			16	16	16	17	17	20.2	156.2				
FINAL - 2023 Xiamen Diamond League (Xiamen, CHN)														<i>Omega Timing (2023) - diamond league race analysis</i>				
date	02-Sep-23	time	6.18	10.13	14.20	18.43	22.83	27.44	32.21	37.24	42.44	47.64	53.87	7 / 2				
reaction time	0.162	interval		3.95	4.07	4.23	4.40	4.61	4.77	5.03	5.20	5.20	6.23		12.25	13.78	15.43	
		velocity	7.28	8.86	8.60	8.27	7.95	7.59	7.34	6.96	6.73	6.73	6.42	7.43	8.57	7.62	6.80	
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	17	20	186				
FINAL - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	24-Aug-23	time	6.24	10.37	14.44	18.52	22.92	27.49	32.29	37.30	42.67	48.31	55.20	4 / 8				
reaction time	0.158	interval		4.13	4.07	4.08	4.40	4.57	4.80	5.01	5.37	5.64	6.89		12.28	13.77	16.02	
		velocity	7.21	8.47	8.60	8.58	7.95	7.66	7.29	6.99	6.52	6.21	5.81	7.25	8.55	7.63	6.55	
H1 lead leg	R	strides	23	15	15	15	15	16			17	17	20.7	153.7				
Semi-Final 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	22-Aug-23	time	6.27	10.41	14.51	18.61	22.99	27.49	32.23	37.20	42.30	47.58	53.72	7 / 2				
reaction time	0.163	interval		4.14	4.10	4.10	4.38	4.50	4.74	4.97	5.10	5.28	6.14		12.34	13.62	15.35	
		velocity	7.18	8.45	8.54	8.54	7.99	7.78	7.38	7.04	6.86	6.63	6.51	7.45	8.51	7.71	6.84	
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	17	20	182				
Heat 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	21-Aug-23	time	6.20	10.00	14.03	18.13	22.50	27.16	31.98	36.96	42.23	47.60	54.21	5 / 2				
reaction time	0.165	interval		3.80	4.03	4.10	4.37	4.66	4.82	4.98	5.27	5.37	6.61		11.93	13.85	15.62	
		velocity	7.26	9.21	8.68	8.54	8.01	7.51	7.26	7.03	6.64	6.52	6.05	7.38	8.80	7.58	6.72	
H1 lead leg	R	strides	23	15	15	15	15	16	16	16	17	16	20	184				
FINAL - 2022 Athletissima (Lausanne, SUI) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	26-Aug-22	time	6.16	10.14		18.56	23.02	24.86	27.57	32.30	37.16	42.30	47.76	54.33	1 / 3			
reaction time	0.148	interval		3.98		4.42	4.46	4.55	4.73	4.86	5.14	5.46	6.57		12.40	13.74	15.46	
		velocity	7.31	8.79		8.31	7.85	8.05	7.69	7.40	7.20	6.81	6.41	6.09	7.36	8.47	7.64	6.79
H1 lead leg	R	strides	22	15		15		15	16	16	16	17	20	152				
Semi-Final 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	20-Jul-22	time	6.37	10.60	15.07	19.50	24.10	26.19	28.90	33.73	38.80	49.40	55.39	2 / 7				
reaction time	0.148	interval		4.23	4.47	4.43	4.60	4.80	4.83	5.07	10.60	5.99		13.13	14.23	15.67		
		velocity	7.06	8.27	7.83	7.90	7.61	7.64	7.29	7.25	6.90	6.60	6.68	7.22	8.00	7.38	6.70	

H1 lead leg R strides 22 15 15 15 15 15 15 15 15 19 146

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

date 19-Jul-22 time 6.33 15.00 19.40 23.93 25.89 28.70 33.70 38.90 44.20 49.57 55.48 2 / 4
 reaction time 0.144 interval 8.67 4.40 4.53 4.77 5.00 5.20 5.30 5.37 5.91 13.07 14.30 15.87
 velocity 7.11 8.07 7.95 7.73 7.72 7.34 7.00 6.73 6.60 6.52 6.77 7.21 8.03 7.34 6.62
 H1 lead leg R strides 15 15 15 15 16 16 19 126

FINAL - 2022 Music City Track Carnival (Nashville, TN) (TV Analysis) (H5 5m long)*Henson (2022) - Athlete First: 2022 year end hurdle report*

date 05-Jun-22 time 10.14 14.23 18.35 23.28 27.27 32.10 37.04 42.11 47.35 53.39 4 / 2
 reaction time interval 4.09 4.12 4.93 3.99 4.83 4.94 5.07 5.24 6.04 **PB** 18.35 13.75 15.25
 velocity 7.89 8.56 8.50 8.11 8.77 7.25 7.09 6.90 6.68 6.62 7.49 5.72 7.64 6.89
 H1 lead leg R strides 15 15 17 13 16 16 16 108

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

date 12-Jun-21 time 6.40 14.83 19.23 23.97 33.73 38.70 43.97 49.47 55.81 4 / 3
 reaction time 0.178 interval 8.43 4.40 4.74 9.76 4.97 5.27 5.50 6.34 12.83 14.50 15.74
 velocity 7.03 8.30 7.95 7.38 7.17 7.04 6.64 6.36 6.31 7.17 8.18 7.24 6.67
 H1 lead leg R strides 23 15 16 17 17 20.2 108.2

Knight, Jessie (GBR) (1994)

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

Semi-Final 3 - 2024 Olympic Games (Paris, FRA)*Paris 2024 Olympc Games - Results Book (2024)*

date 06-Aug-24 time 6.35 10.52 14.77 19.08 23.55 28.22 33.11 38.29 43.57 48.89 54.90 3 / 6
 reaction time 0.156 interval 4.17 4.25 4.31 4.47 4.67 4.89 5.18 5.28 5.32 6.01 12.73 14.03 15.78
 velocity 7.09 8.39 8.24 8.12 7.83 7.49 7.16 6.76 6.63 6.58 6.66 7.29 8.25 7.48 6.65
 H1 lead leg R strides 22 15 15 15 15 15 15 16 128

Repechage 2 - 2024 Olympic Games (Paris, FRA)*Paris 2024 Olympc Games - Results Book (2024)*

date 05-Aug-24 time 6.41 10.65 14.97 19.37 23.97 28.77 33.73 38.80 43.99 49.23 55.10 3 / 2
 reaction time 0.175 interval 4.24 4.32 4.40 4.60 4.80 4.96 5.07 5.19 5.24 5.87 12.96 14.36 15.50
 velocity 7.02 8.25 8.10 7.95 7.61 7.29 7.06 6.90 6.74 6.68 6.81 7.26 8.10 7.31 6.77
 H1 lead leg R strides 22 15 15 15 15 15 15 16 16 19 178

Heat 3 - 2024 Olympic Games (Paris, FRA)*Paris 2024 Olympc Games - Results Book (2024)*

date 04-Aug-24 time 6.43 10.69 15.04 19.41 23.97 28.71 33.69 38.82 44.04 49.35 55.39 5 / 5
 reaction time 0.171 interval 4.26 4.35 4.37 4.56 4.74 4.98 5.13 5.22 5.31 6.04 12.98 14.28 15.66
 velocity 7.00 8.22 8.05 8.01 7.68 7.38 7.03 6.82 6.70 6.59 6.62 7.22 8.09 7.35 6.70
 H1 lead leg R strides 22 15 15 15 15 15 15 15 15 19 176

FINAL - 2024 London Athletics Meet (London, GBR)*Omega Timing (2024) - diamond league race analysis*

date 20-Jul-24 time 6.34 10.50 14.77 19.06 23.58 28.30 33.11 38.05 43.12 48.25 54.15 1 / 5
 reaction time 0.159 interval 4.16 4.27 4.29 4.52 4.72 4.81 4.94 5.07 5.13 5.90 12.72 14.05 15.14
 velocity 7.10 8.41 8.20 8.16 7.74 7.42 7.28 7.09 6.90 6.82 6.78 7.39 8.25 7.47 6.94
 H1 lead leg R strides 22 15 15 15 15 15 15 15 97

Semi-Final 3 - 2024 European Athletics Championships (Roma, ITA)*European Athletics (2024) - 2024 european athletics championships - results book*

date 10-Jun-24 time 6.40 10.61 15.06 19.54 24.20 29.00 33.94 39.11 44.52 49.90 56.01 6 / 7
 reaction time 0.156 interval 4.21 4.45 4.48 4.66 4.80 4.94 5.17 5.41 5.38 6.11 13.14 14.40 15.96
 velocity 7.03 8.31 7.87 7.81 7.51 7.29 7.09 6.77 6.47 6.51 6.55 7.14 7.99 7.29 6.58
 H1 lead leg R strides 22 15 15 15 15 15 15 15 16 19 162

FINAL - 2024 Bislett Games (Oslo, NOR) (TV Analysis)*Henson (2024) - Athlete First: 2024 year end hurdle report*

date 30-May-24 time 6.55 10.79 15.12 19.53 28.87 33.79 44.27 49.65 55.52 2 / 5
 reaction time 0.154 interval 4.24 4.33 4.41 9.34 4.92 10.48 5.38 5.87 12.98 14.26 15.86
 velocity 6.87 8.25 8.08 7.94 7.49 7.11 6.68 6.51 6.81 7.20 8.09 7.36 6.62
 H1 lead leg R strides 22 15 15 15 15 15 16 16 19.2 163.2

FINAL - 2024 Meeting International Mohammed VI d'Athlétisme (Marrakech, MAR) (TV Analysis)*Henson (2024) - Athlete First: 2024 year end hurdle report*

date 19-May-24 time 6.58 10.86 15.49 19.71 24.19 28.92 34.04 39.28 44.76 50.44 56.71 2 / 8
 reaction time 0.163 interval 4.28 4.63 4.22 4.48 4.73 5.12 5.24 5.48 5.68 6.27 13.13 14.33 16.40
 velocity 6.84 8.18 7.56 8.29 7.81 7.40 6.84 6.68 6.39 6.16 6.38 7.05 8.00 7.33 6.40
 H1 lead leg R strides 22 14 16 15 15 15 16 16 16 19.5 164.5

Semi-Final 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)*Henson (2023) - Athlete First: 2023 year end hurdle report*

date 22-Aug-23 time 6.61 11.01 15.28 19.54 23.99 28.72 33.56 38.50 43.64 48.88 54.51 8 / 4
 reaction time 0.187 interval 4.40 4.27 4.26 4.45 4.73 4.84 4.94 5.14 5.24 5.63 12.93 14.02 15.32
 velocity 6.81 7.95 8.20 8.22 7.87 7.40 7.23 7.09 6.81 6.68 7.10 7.34 8.12 7.49 6.85
 H1 lead leg R strides 22 14 14 14 14 15 15 15 16 139

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

date 21-Aug-23 time 6.53 10.97 15.30 19.53 24.03 28.76 33.56 38.53 43.63 48.71 54.27 8 / 1
 reaction time 0.161 interval 4.44 4.33 4.23 4.50 4.73 4.80 4.97 5.10 5.08 5.56 13.00 14.03 15.15
 velocity 6.89 7.88 8.08 8.27 7.78 7.40 7.29 7.04 6.86 6.89 7.19 7.37 8.08 7.48 6.93
 H1 lead leg R strides 22 14 14 14 14 15 15 15 15 15 18.5 171.5

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

date 23-Jul-23 time 6.40 10.62 14.86 19.17 23.61 28.30 33.08 38.08 43.13 48.24 54.09 7 / 5

reaction time	0.182	interval	4.22	4.24	4.31	4.44	4.69	4.78	5.00	5.05	5.11	5.85	=PB	12.77	13.91	15.16		
		velocity	7.03	8.29	8.25	8.12	7.88	7.46	7.32	7.00	6.93	6.85	6.84	7.40	8.22	7.55	6.93	
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	19	157					
FINAL - 2023 Athletissima (Lausanne, SUI)														<i>Omega Timing (2023) - diamond league race analysis</i>				
date	30-Jun-23	time	6.42	10.66	15.02	19.36	23.85	28.48	33.36	38.52	43.79	49.13	55.13	3 / 4				
reaction time	0.178	interval	4.24	4.36	4.34	4.49	4.63	4.88	5.16	5.27	5.34	6.00		12.94	14.00	15.77		
		velocity	7.01	8.25	8.03	8.06	7.80	7.56	7.17	6.78	6.64	6.55	6.67	7.26	8.11	7.50	6.66	
H1 lead leg	R	strides	22	14		14		15	15		16	16	19	131				
Semi-Final 2 - 2022 European Athletics Championships (Munich, GER)														<i>European Athletics (2022) - european athletics championships race analysis</i>				
date	18-Aug-22	time	6.38	10.65	15.06	19.52	24.05	26.08	28.73	33.69	38.83	44.04	49.44	55.39	3 / 4			
reaction time	0.226	interval	4.27	4.41	4.46	4.53	4.68	4.96	5.14	5.21	5.40	5.95		13.14	14.17	15.75		
		velocity	7.05	8.20	7.94	7.85	7.73	7.67	7.48	7.06	6.81	6.72	6.48	6.72	7.22	7.99	7.41	6.67
H1 lead leg	R	strides	22			15	15		15	15		16	16	19	133			
FINAL - 2022 Commonwealth Games (Birmingham, GBR) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	06-Aug-22	time	6.40	10.50	14.53	18.90	23.47	25.5	28.33	33.23	38.20	43.37	48.73	55.11	8 / 5			
reaction time	0.160	interval	4.10	4.03	4.37	4.57	4.76	4.86	4.90	4.97	5.17	5.36	6.38		12.50	14.33	15.50	
		velocity	7.03	8.54	8.68	8.01	7.66	7.84	7.20	7.14	7.04	6.77	6.53	6.27	7.26	8.40	7.33	6.77
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	19.2	179.2				
FINAL - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	30-Jun-22	time	6.44	10.68	14.98	19.36	23.88	25.76	28.58	33.56	38.62	43.80	49.04	54.89	5 / 7			
reaction time	0.157	interval	4.24	4.30	4.38	4.52	4.70	4.98	5.06	5.18	5.24	5.85		12.92	14.20	15.48		
		velocity	6.99	8.25	8.14	7.99	7.74	7.76	7.45	7.03	6.92	6.76	6.68	6.84	7.29	8.13	7.39	6.78
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	19	178				
FINAL - 2022 Bislett Games (Oslo, NOR) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	16-Jun-22	time	6.44	10.66	14.94	19.28	23.82	25.8	28.58	33.46	38.58	43.72	48.98	54.84	4 / 3			
reaction time	0.160	interval	4.22	4.28	4.34	4.54	4.76	4.88	5.12	5.14	5.26	5.86		12.84	14.18	15.52		
		velocity	6.99	8.29	8.18	8.06	7.71	7.35	7.17	6.84	6.81	6.65	6.83	7.29	8.18	7.40	6.77	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	19.2	179.2				
FINAL - 2022 Golden Spike (Ostrava, CZE) (TV Analysis) (300m Hurdles)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	31-May-22	time	6.97	10.87	15.03	19.40	23.90	28.77	33.50				38.84	4 / 5				
reaction time	0.170	interval	3.90	4.16	4.37	4.50	4.87	4.73				5.34	NR PB		12.43	14.10		
		velocity	7.17	8.97	8.41	8.01	7.78	7.19	7.40			7.49	7.72		8.45	7.45		
H1 lead leg	R	strides	24	15	15	15	15		15			18.2	117.2					
FINAL - 2022 Müller Birmingham Diamond League (Birmingham, GBR) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	21-May-22	time	6.43		15.03	19.47	24.03	25.82	28.83	33.73	39.00	44.23	49.63	55.50	2 / 6			
reaction time	0.147	interval		8.60	4.44	4.56		4.80	4.90	5.27	5.23	5.40	5.87		13.04	14.26	15.90	
		velocity	7.00		8.14	7.88	7.68	7.75	7.29	7.14	6.64	6.69	6.48	6.81	7.21	8.05	7.36	6.60
H1 lead leg	R	strides	22		15	15		15	15	16	16	16	19.2	149.2				
Heat 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)														<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>				
date	31-Jul-21	time	fell into hurdle											dnf	2 / --			
reaction time	0.160	interval																
		velocity																
H1 lead leg	R	strides	23											23				
FINAL - 2021 Müller British Grand Prix (Gateshead, GBR) (TV Analysis)														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	13-Jul-21	time	6.34	10.56	14.90	19.30	23.80	25.7	28.46	33.32	38.36	43.60	48.78	54.69	3 / 4			
reaction time	0.147	interval	4.22	4.34	4.40	4.50		4.66	4.86	5.04	5.24	5.18	5.91		12.96	14.02	15.46	
		velocity	7.10	8.29	8.06	7.95	7.78	7.78	7.51	7.20	6.94	6.68	6.76	6.77	7.31	8.10	7.49	6.79
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	19	179				
FINAL - 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)														<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>				
date	17-Sep-20	time	6.40	10.72	15.16	19.60	26.2	28.88	33.84	38.92	44.16	49.48	55.58	2 / 6				
reaction time	0.164	interval	4.32	4.44	4.44		9.28	4.96	5.08	5.24	5.32	6.10		13.20	14.24	15.64		
		velocity	7.03	8.10	7.88	7.88	7.63	7.54	7.06	6.89	6.68	6.58	6.56	7.20	7.95	7.37	6.71	
H1 lead leg	R	strides	23	15	15	15			15	15	16	16	19.2	149.2				
Knoroz, Anna (RUS) (1970)																		
FINAL - 1998 European Championships (Budapest, HUN)														<i>Sanchez (1998) - Budapest '98: análisis de la carreras con villas</i>				
date	23-Aug-98	time	6.60				23.90						49.32	55.47	1 / 7			
reaction time		interval					17.30						25.42	6.15				
		velocity	6.82				8.09						6.88	6.50	7.21			
H1 lead leg	L	strides	24	16	16	16	16	16	16	17	17	18	22	194				
FINAL - 1994 European Championships (Helsinki, FIN)														<i>Behm (1995) - la tactique du 400 haies</i>				
date	10-Aug-94	time	6.6	10.8	15.0	19.4	23.7	28.1	32.5	38.0	43.1	48.5	54.68	1 / 3				
reaction time		interval	4.20	4.20	4.40	4.30		4.40	4.40	5.50	5.10	5.40	6.18		12.80	13.10	16.00	
		velocity	6.82	8.33	8.33	7.95	8.14	7.95	7.95	6.36	6.86	6.48	6.47	7.32	8.20	8.02	6.56	
H1 lead leg		strides	16	16	16	16	16	16	16	17	17	18	148					

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Koda, Yuna (JPN)												<i>Shimizu (2023) - shimane high school championships 2023 - biomechanics data analysis</i>							
FINAL - 2023 Shimane High School Championships (Izumo, JPN)																			
date	27-May-23	time	7.97	13.45	19.13	25.13	31.45	37.88	44.28	50.82	57.63	64.87		72.25	1 / 6				
reaction time		interval		5.48	5.68	6.00	6.32	6.43	6.40	6.54	6.81	7.24	7.38			17.16	19.15	20.59	
		velocity	5.65	6.39	6.16	5.83	5.54	5.44	5.47	5.35	5.14	4.83	5.42	5.54		6.12	5.48	5.10	
H1 lead leg		strides	28	19	19	21	21	21	21	21	21	23	26.2	241.2					
Kodama, Saki (JPN) (1997)												<i>Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan</i>							
FINAL - 2015 Japanese National Junior Championships (Nagoya, JPN)																			
date	18-Oct-15	time	6.82	11.42	16.06	20.85	25.87	31.01	36.22	41.46	47.13	52.70		58.91	1 / 1				
reaction time		interval		4.60	4.64	4.79	5.02	5.14	5.21	5.24	5.67	5.57	6.21	PB		14.03	15.37	16.48	
		velocity	6.60	7.61	7.54	7.31	6.97	6.81	6.72	6.68	6.17	6.28	6.44	6.79		7.48	6.83	6.37	
H1 lead leg		strides		16	16	16	17	17	17	17	18	18		152					
Kokoro, Hidaka (JPN)												<i>Shimizu (2024) - shimane high school championships 2024 - biomechanics data analysis</i>							
FINAL - 2024 Shimane High School Championships (Izumo, JPN)																			
date	25-May-24	time	7.42	12.48	17.72	23.05	28.67	34.33	40.28	46.47	53.25	60.35		68.45	7 / 4				
reaction time		interval		5.06	5.24	5.33	5.62	5.66	5.95	6.19	6.78	7.10	8.10			15.63	17.23	20.07	
		velocity	6.06	6.92	6.68	6.57	6.23	6.18	5.88	5.65	5.16	4.93	4.94	5.84		6.72	6.09	5.23	
H1 lead leg		strides	26	18	18	18	18	19	19	19	21	21	24.5	221.5					
Kong Yingying (CHN) (2003)												<i>Shandong Athletics Sport Science (2024)</i>							
FINAL - 2024 Chinese National Championships (Quzhou, CHN)																			
date	16-Sep-24	time	6.62	10.96	15.43	20.00	24.57	29.46	34.38	39.49	44.64	49.93		55.87	5 / 1				
reaction time	0.188	interval		4.34	4.47	4.57	4.57	4.89	4.92	5.11	5.15	5.29	5.94	PB		13.38	14.38	15.55	
		velocity	6.80	8.06	7.83	7.66	7.66	7.16	7.11	6.85	6.80	6.62	6.73	7.16		7.85	7.30	6.75	
H1 lead leg	L	strides	23	15	16	16	15	16	16	17	17	17	20.2	188.2					
FINAL - 2024 Chinese National Grand Prix Final (Rizhao, CHN)												<i>Shandong Athletics Sport Science (2024)</i>							
date	29-Jun-24	time	6.62	10.81	15.10	19.50	24.07	28.98	33.98	39.32	44.78	50.20		56.43	7 / 2				
reaction time	0.196	interval		4.19	4.29	4.40	4.57	4.91	5.00	5.34	5.46	5.42	6.23	PB		12.88	14.48	16.22	
		velocity	6.80	8.35	8.16	7.95	7.66	7.13	7.00	6.55	6.41	6.46	6.42	7.09		8.15	7.25	6.47	
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	17	20.5	186.5					
Heat 3 - 2024 Chinese National Grand Prix Final (Rizhao, CHN)												<i>Shandong Athletics Sport Science (2024)</i>							
date	28-Jun-24	time	6.66	11.10	15.66	20.22	24.88	29.86	35.08	40.36	45.76	51.34		58.13	5 / 1				
reaction time	0.196	interval		4.44	4.56	4.56	4.66	4.98	5.22	5.28	5.40	5.58	6.79			13.56	14.86	16.26	
		velocity	6.76	7.88	7.68	7.68	7.51	7.03	6.70	6.63	6.48	6.27	5.89	6.88		7.74	7.07	6.46	
H1 lead leg	L	strides	23	16	16	16	16	16	17	17	17	17	20.5	191.5					
FINAL - 2024 Second Belt & Road Invitational Athletics Meeting (Chongqing, CHN)												<i>Shandong Athletics Sport Science (2024)</i>							
date	29-May-24	time	6.72	11.06	15.45	19.99	24.72	29.53	34.58	39.69	44.94	50.35		56.45	3 / 1				
reaction time	0.249	interval		4.34	4.39	4.54	4.73	4.81	5.05	5.11	5.25	5.41	6.10	PB		13.27	14.59	15.77	
		velocity	6.70	8.06	7.97	7.71	7.40	7.28	6.93	6.85	6.67	6.47	6.56	7.09		7.91	7.20	6.66	
H1 lead leg	L	strides	23	16	15	15	16	16	17	17	17	17	20.2	189.2					
Heat 3 - 2024 Second Belt & Road Invitational Athletics Meeting (Chongqing, CHN)												<i>Shandong Athletics Sport Science (2024)</i>							
date	28-May-24	time	6.62	10.93	15.33	19.84	24.54	29.59	35.08	40.76	46.73	52.72		59.24	4 / 1				
reaction time	0.243	interval		4.31	4.40	4.51	4.70	5.05	5.49	5.68	5.97	5.99	6.52			13.22	15.24	17.64	
		velocity	6.80	8.12	7.95	7.76	7.45	6.93	6.38	6.16	5.86	5.84	6.13	6.75		7.94	6.89	5.95	
H1 lead leg	L	strides	23	15	15	15	15	16	17	17	17	17	20	187					
FINAL - 2023 Chinese World Championship & Asian Games Trials (Shenyang, CHN)												<i>Shandong Athletics Sport Science (2023)</i>							
date	27-Jun-23	time	6.62	10.86	15.28	19.89	24.66	29.58	34.77	40.14	45.53	50.95		57.14	6 / 2				
reaction time	0.281	interval		4.24	4.42	4.61	4.77	4.92	5.19	5.37	5.39	5.42	6.19	PB		13.27	14.88	16.18	
		velocity	6.80	8.25	7.92	7.59	7.34	7.11	6.74	6.52	6.49	6.46	6.46	7.00		7.91	7.06	6.49	
H1 lead leg	L	strides	23	15	15	16	16	16	17	17	17	17	20.2	189.2					
Heat 1 - 2023 Chinese World Championship & Asian Games Trials (Shenyang, CHN)												<i>Shandong Athletics Sport Science (2023)</i>							
date	27-Jun-23	time	6.55	10.68	14.92	19.22	23.71	28.58	33.85	39.30	44.96	50.83		57.78	5 / 1				
reaction time	0.235	interval		4.13	4.24	4.30	4.49	4.87	5.27	5.45	5.66	5.87	6.95			12.67	14.63	16.98	
		velocity	6.87	8.47	8.25	8.14	7.80	7.19	6.64	6.42	6.18	5.96	5.76	6.92		8.29	7.18	6.18	
H1 lead leg	L	strides	23	15	15	15	15	16	17	17	17	17	21	188					
FINAL - 2023 Chinese National Grand Prix 4 (Chongqing, CHN)												<i>Shandong Athletics Sport Science (2023)</i>							
date	04-Jun-23	time	6.74	11.14	15.63	20.30	25.06	29.98	35.07	40.31	45.71	51.30		57.54	6 / 2				
reaction time	0.236	interval		4.40	4.49	4.67	4.76	4.92	5.09	5.24	5.40	5.59	6.24	PB		13.56	14.77	16.23	
		velocity	6.68	7.95	7.80	7.49	7.35	7.11	6.88	6.68	6.48	6.26	6.41	6.95		7.74	7.11	6.47	
H1 lead leg	L	strides	23	16	16	16	16	16	16	16	17	18	21	191					
Heat 1 - 2021 Chinese National Championships (Chongqing, CHN)												<i>CAA Hurdle Development (2021)</i>							
date	26-Jun-21	time	6.93	11.55	16.26	21.08	26.12	31.30	36.55	42.04	47.75	53.48		60.10	7 / 4				
reaction time	0.272	interval		4.62	4.71	4.82	5.04	5.18	5.25	5.49	5.71	5.73	6.62			14.15	15.47	16.93	
		velocity	6.49	7.58	7.43	7.26	6.94	6.76	6.67	6.38	6.13	6.11	6.04	6.66		7.42	6.79	6.20	
H1 lead leg	R	strides	23	16	16	16	17	17	17	18	18	18	22	198					
FINAL - 2020 Chinese Olympic Trials (Shaoying, CHN)												<i>CAA Hurdle Development (2021)</i>							

date	13-Jun-21	time	6.87	11.51	16.35	21.17	26.19		31.38	36.67	42.04	47.66	53.39		59.75	7 / 4			
reaction time	0.360	interval		4.64	4.84	4.82	5.02		5.19	5.29	5.37	5.62	5.73	6.36	PB		14.30	15.50	16.72
		velocity	6.55	7.54	7.23	7.26	6.97		6.74	6.62	6.52	6.23	6.11	6.29	6.69		7.34	6.77	6.28
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	18	18	21	196				

FINAL - 2021 Philippe Cup Athletics Invitational (Wuhan, CHN)

CAA Hurdle Development (2021)

date	20-May-21	time	6.99	11.46	16.06	20.85	25.77		30.88	36.32	41.81	47.51	53.44		59.87	5 / 3			
reaction time	0.305	interval		4.47	4.60	4.79	4.92		5.11	5.44	5.49	5.70	5.93	6.43	PB		13.86	15.47	17.12
		velocity	6.44	7.83	7.61	7.31	7.11		6.85	6.43	6.38	6.14	5.90	6.22	6.68		7.58	6.79	6.13
H1 lead leg	L	strides	24	16	16	17	17		17	18	18	18	19	21.5	201.5				

Korzuch, Julia (POL) (1995)

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

National FINAL - 2023 Bauhaus Galan (Stockholm, SWE)

Omega Timing (2023) - diamond league race analysis

date	02-Jul-23	time	6.67	11.13	15.63	20.23	24.98		29.94	35.14	40.54	46.15	52.08		58.94	3 / 4			
reaction time	0.138	interval		4.46	4.50	4.60	4.75		4.96	5.20	5.40	5.61	5.93	6.86			13.56	14.91	16.94
		velocity	6.75	7.85	7.78	7.61	7.37		7.06	6.73	6.48	6.24	5.90	5.83	6.79		7.74	7.04	6.20
H1 lead leg		strides																	

Kovacev, Mirjana (FRG)

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

FINAL - 1973 DLV-Test (Frankfurt-am-Main, FRG)

Keydel (1973) - 400m Hürden test der frauen vom 26. bis 28.7.1973

date	28-Jul-73	time	6.7	11.4	16.3	21.2	26.2		31.3	37.0	43.2	49.5	55.9		63.2	1 / 2			
reaction time		interval		4.65	4.91	4.91	4.97		5.14	5.74	6.20	6.23	6.40	7.33			14.47	15.85	18.83
		velocity	6.70	7.53	7.13	7.13	7.04		6.81	6.10	5.65	5.62	5.47	5.46	6.33		7.26	6.62	5.58
H1 lead leg		strides	23	17	17	17	17		17	17	17	19	19		180				

FINAL - 1971 West German Athletics - 400m Hurdles Test (Bonn, FRG)

Keydel (1971) - die 400m hürden machten das rennen

date	15-May-71	time	7.2	12.0	17.2	22.4	27.8		33.2	39.0	44.8	50.5	56.2		62.0	1 / 3			
reaction time		interval		4.80	5.20	5.20	5.40		5.40	5.80	5.80	5.70	5.70	5.80			15.20	16.60	17.20
		velocity	6.25	7.29	6.73	6.73	6.48		6.48	6.03	6.03	6.14	6.14	6.90	6.45		6.91	6.33	6.10
H1 lead leg		strides	23	17	17	17	17		17	19	19	19	19		184				

Koyama, Kana (JPN) (1998)

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

FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN)

Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season

date	24-Oct-20	time	6.81	11.16	15.63	20.25	25.09		30.30	35.59	40.89	46.48	52.17		58.65	4 / 2			
reaction time		interval		4.35	4.47	4.62	4.84		5.21	5.29	5.30	5.59	5.69	6.48			13.44	15.34	16.58
		velocity	6.61	8.05	7.83	7.58	7.23		6.72	6.62	6.60	6.26	6.15	6.17	6.82		7.81	6.84	6.33
H1 lead leg		strides		15	15	15	16		16	17	17	17	17		145				

FINAL - 2020 Japanese National Championships (Niigata, JPN)

Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season

date	03-Oct-20	time	6.74	11.16	15.72	20.42	25.28		30.18	35.32	40.56	45.91	51.32		57.44	4 / 5			
reaction time	0.158	interval		4.42	4.56	4.70	4.86		4.90	5.14	5.24	5.35	5.41	6.12	PB		13.68	14.90	16.00
		velocity	6.68	7.92	7.68	7.45	7.20		7.14	6.81	6.68	6.54	6.47	6.54	6.96		7.68	7.05	6.56
H1 lead leg	L	strides	22	15	15	15	16		16	17	17	17	17	21	188				

FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN)

Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season

date	23-Aug-20	time	6.74	11.24	15.85	20.60	25.49		30.60	35.75	41.07	46.48	52.00		58.14	8 / 3			
reaction time	0.146	interval		4.50	4.61	4.75	4.89		5.11	5.15	5.32	5.41	5.52	6.14			13.86	15.15	16.25
		velocity	6.68	7.78	7.59	7.37	7.16		6.85	6.80	6.58	6.47	6.34	6.51	6.88		7.58	6.93	6.46
H1 lead leg		strides		15	15	15	15		16	16	17	17	17		143				

FINAL - 2019 Japanese National Championships (Fukuoka, JPN)

Yamanaka (2019) - research on athlete performance and technique- 2019 data book

date	30-Jun-19	time	6.77	11.16	15.65	20.32	25.18		30.03	35.14	40.44	45.85	51.40		57.61	6 / 2			
reaction time	0.172	interval		4.39	4.49	4.67	4.86		4.85	5.11	5.30	5.41	5.55	6.21			13.55	14.82	16.26
		velocity	6.65	7.97	7.80	7.49	7.20		7.22	6.85	6.60	6.47	6.31	6.44	6.94		7.75	7.09	6.46
H1 lead leg	L	strides	22	15	15	15	16		16	17	17	17	17	20.7	187.7				

FINAL - 2019 Seiko Golden Grand Prix (Osaka, JPN)

Hirokawa (2019) - research on athlete performance and technique- 2019 data book

date	19-May-19	time	6.67	10.99	15.53	20.29	25.21		30.18	35.25	40.42	45.85	51.32		57.45	3 / 6			
reaction time	0.173	interval		4.32	4.54	4.76	4.92		4.97	5.07	5.17	5.43	5.47	6.13	PB		13.62	14.96	16.07
		velocity	6.75	8.10	7.71	7.35	7.11		7.04	6.90	6.77	6.45	6.40	6.53	6.96		7.71	7.02	6.53
H1 lead leg	L	strides	22	15	15	15	16		16	17	17	17	17	22	189				

A FINAL - 2019 Kinami Memorial (Osaka, JPN)

Matsubayashi (2019) - research on athlete performance and technique- 2019 data book

date	06-May-19	time	6.76	11.11	15.57	20.24	25.14		30.11	35.09	40.22	45.62	51.20		57.77	3 / 2			
reaction time		interval		4.35	4.46	4.67	4.90		4.97	4.98	5.13	5.40	5.58	6.57	PB		13.48	14.85	16.11
		velocity	6.66	8.05	7.85	7.49	7.14		7.04	7.03	6.82	6.48	6.27	6.09	6.92		7.79	7.07	6.52
H1 lead leg		strides		15	15	15	16		16	17	17	17	17	21.5	166.5				

A FINAL - 2019 Shizuoka International Athletics Meeting (Fukuoi, JPN)

Kobayashi (2019) - research on athlete performance and technique- 2019 data book

date	03-May-19	time	6.77	11.13	15.55	20.14	25.03		29.86	34.95	40.24	45.78	51.45		57.80	1 / 1			
reaction time		interval		4.36	4.42	4.59	4.89		4.83	5.09	5.29	5.54	5.67	6.35	=PB		13.37	14.81	16.50
		velocity	6.65	8.03	7.92	7.63	7.16		7.25	6.88	6.62	6.32	6.17	6.30	6.92		7.85	7.09	6.36
H1 lead leg		strides		15	15	15	16		16	17	17	17	17		145				

FINAL - 2018 Japanese National Championships (Yamaguchi, JPN)

Morioka (2018) - race pattern analysis of Japan's top 400m hurdlers - main national competitions in 2018

date	24-Jun-18	time	6.62	10.97	15.52	20.41	25.35		30.37	35.49	40.75	46.14	51.63		57.94	4 / 3			
reaction time	0.164	interval		4.35	4.55	4.89	4.94		5.02	5.12	5.26	5.39	5.49	6.31			13.79	15.08	16.14

H1 lead leg	L	velocity	6.80	8.05	7.69	7.16	7.09		6.97	6.84	6.65	6.49	6.38	6.34	6.90		7.61	6.96	6.51
			22	15	15	16	16		17	17	17	17	17	21	190				
FINAL - 2016 Japanese National High School Championships (Okayama, JPN)																			
<i>Kota (2016) - 69th high school championships: JAF scientific committee- biomechanics data</i>																			
date	31-Jul-16	time	6.79	11.29	16.02	21.00	26.06		31.06	36.15	41.39	46.78	52.55		59.18		5 / 2		
reaction time		interval		4.50	4.73	4.98	5.06		5.00	5.09	5.24	5.39	5.77	6.63			14.21	15.15	16.40
		velocity	6.63	7.78	7.40	7.03	6.92		7.00	6.88	6.68	6.49	6.07	6.03	6.76		7.39	6.93	6.40
H1 lead leg		strides		15	15	16	16		17	17	17	17	17		147				
FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)																			
<i>Enomoto (2015) - 68th high school championships: JAF scientific committee- biomechanics data</i>																			
date	31-Jul-15	time	7.01	11.66	16.47	21.35	26.38		31.48	36.75	42.16	47.88	53.70		60.15		5 / 6		
reaction time		interval		4.65	4.81	4.88	5.03		5.10	5.27	5.41	5.72	5.82	6.45			14.34	15.40	16.95
		velocity	6.42	7.53	7.28	7.17	6.96		6.86	6.64	6.47	6.12	6.01	6.20	6.65		7.32	6.82	6.19
H1 lead leg		strides		17	17	17	17		17	17	17	18	18		155				
Kozaki, Haruka (JPN) (1999)																			
H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10																			
FINAL - 2017 Japanese National High School Championships (Yamagata, JPN)																			
<i>Kota (2017) - 70th high school championships: JAF scientific committee- biomechanics data</i>																			
date	31-Jul-17	time	6.86	11.38	16.08	20.97	25.98		31.16	36.65	42.18	47.68	53.29		59.67		8 / 4		
reaction time	0.185	interval		4.52	4.70	4.89	5.01		5.18	5.49	5.53	5.50	5.61	6.38			14.11	15.68	16.64
		velocity	6.56	7.74	7.45	7.16	6.99		6.76	6.38	6.33	6.36	6.24	6.27	6.70		7.44	6.70	6.31
H1 lead leg		strides		17	17	17	17		17	17	17	17	17		153				
Krafzik, Carolina (GER) (1995)																			
Repechage 2 - 2024 Olympic Games (Paris, FRA)																			
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																			
date	05-Aug-24	time	6.27	10.33	14.54	18.90	23.48		28.41	33.47	38.60	43.92	49.40		56.02		4 / 6		
reaction time	0.173	interval		4.06	4.21	4.36	4.58		4.93	5.06	5.13	5.32	5.48	6.62			12.63	14.57	15.93
		velocity	7.18	8.62	8.31	8.03	7.64		7.10	6.92	6.82	6.58	6.39	6.04	7.14		8.31	7.21	6.59
H1 lead leg	L	strides	23	15	15	15	15		17	17	17	17	17	21.7	189.7				
Heat 2 - 2024 Olympic Games (Paris, FRA)																			
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																			
date	04-Aug-24	time	6.27	10.27	14.36	18.59	23.10		27.91	33.81	39.38	45.16	51.25		58.49		4 / 8		
reaction time	0.181	interval		4.00	4.09	4.23	4.51		4.81	5.90	5.57	5.78	6.09	7.24			12.32	15.22	17.44
		velocity	7.18	8.75	8.56	8.27	7.76		7.28	5.93	6.28	6.06	5.75	5.52	6.84		8.52	6.90	6.02
H1 lead leg	L	strides	23	15	15	15	15		16	20	19	19		157					
Semi-Final 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																			
<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																			
date	22-Aug-23	time	6.33	10.44	14.48	18.58	22.95		27.66	32.56	37.67	42.93	48.35		54.58		5 / 5		
reaction time	0.192	interval		4.11	4.04	4.10	4.37		4.71	4.90	5.11	5.26	5.42	6.23			12.25	13.98	15.79
		velocity	7.11	8.52	8.66	8.54	8.01		7.43	7.14	6.85	6.65	6.46	6.42	7.33		8.57	7.51	6.65
H1 lead leg	L	strides	23	15	15	15	15		17	17	17	17	17	21.7	189.7				
Heat 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																			
<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																			
date	21-Aug-23	time	6.10	10.00	14.17	18.30	22.57		27.36	32.36	37.36	42.60	48.00		54.53		8 / 3		
reaction time	0.190	interval		3.90	4.17	4.13	4.27		4.79	5.00	5.00	5.24	5.40	6.53			12.20	14.06	15.64
		velocity	7.38	8.97	8.39	8.47	8.20		7.31	7.00	7.00	6.68	6.48	6.13	7.34		8.61	7.47	6.71
H1 lead leg	L	strides	23	15	15	15	15		17	17	17	17	17	21.7	172.7				
National FINAL - 2023 Bauhaus Galan (Stockholm, SWE)																			
<i>Omega Timing (2023) - diamond league race analysis</i>																			
date	02-Jul-23	time	6.24	10.31	14.49	18.83	23.37		28.15	33.09	38.17	43.50	49.09		55.71		5 / 1		
reaction time	0.178	interval		4.07	4.18	4.34	4.54		4.78	4.94	5.08	5.33	5.59	6.62			12.59	14.26	16.00
		velocity	7.21	8.60	8.37	8.06	7.71		7.32	7.09	6.89	6.57	6.26	6.04	7.18		8.34	7.36	6.56
H1 lead leg		strides																	
FINAL - 2022 European Athletics Championships (Munich, GER)																			
<i>European Athletics (2022) - european athletics championships race analysis</i>																			
date	19-Aug-22	time	6.24	10.22	14.32	18.52	22.97	24.97	27.67	32.57	37.69	42.95	48.67		56.02		8 / 8		
reaction time	0.215	interval		3.98	4.10	4.20	4.45		4.70	4.90	5.12	5.26	5.72	7.35			12.28	14.05	16.10
		velocity	7.21	8.79	8.54	8.33	7.87	8.01	7.45	7.14	6.84	6.65	6.12	5.44	7.14		8.55	7.47	6.52
H1 lead leg	L	strides	23	15		15		16	16	17	17	19	22.5	160.5					
Semi-Final 1 - 2022 European Athletics Championships (Munich, GER)																			
<i>European Athletics (2022) - european athletics championships race analysis</i>																			
date	18-Aug-22	time	6.16	10.16	14.29	18.58	23.02	25.01	27.66	32.57	37.79	43.15	48.78		55.29		3 / 2		
reaction time	0.184	interval		4.00	4.13	4.29	4.44		4.64	4.91	5.22	5.36	5.63	6.51			12.42	13.99	16.21
		velocity	7.31	8.75	8.47	8.16	7.88	8.00	7.54	7.13	6.70	6.53	6.22	6.14	7.23		8.45	7.51	6.48
H1 lead leg	L	strides	23	15		15		16	16	17	17	17	21	172					
Heat 2 - 2022 European Athletics Championships (Munich, GER)																			
<i>European Athletics (2022) - european athletics championships race analysis</i>																			
date	17-Aug-22	time	6.34	10.38	14.59	18.86	23.19	25.15	27.81	32.68	37.81	42.99	48.28		54.32		4 / 1		
reaction time	0.249	interval		4.04	4.21	4.27	4.33		4.62	4.87	5.13	5.18	5.29	6.04	PB		12.52	13.82	15.60
		velocity	7.10	8.66	8.31	8.20	8.08	7.95	7.58	7.19	6.82	6.76	6.62	6.62	7.36		8.39	7.60	6.73
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	20	186				
FINAL - 2022 Bislett Games (Oslo, NOR) (TV Analysis)																			
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																			
date	16-Jun-22	time	6.34	10.42	14.64	19.02	23.72		28.74	33.84	39.10	44.82	51.06		58.74		1 / 8		
reaction time	0.170	interval		4.08	4.22	4.38	4.70		5.02	5.10	5.26	5.72	6.24	7.68			12.68	14.82	17.22
		velocity	7.10	8.58	8.29	7.99	7.45		6.97	6.86	6.65	6.12	5.61	5.21	6.81		8.28	7.09	6.10
H1 lead leg	L	strides	23	15	15	15	17		17	17		18	20	157					

Semi-Final 1 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)

date	02-Aug-21	time	6.40	10.36	14.50	18.73	23.10	27.76	32.78	43.36	48.83	54.96	4 / 4					
reaction time	0.172	interval		3.96	4.14	4.23	4.37	4.66	5.02	10.58	5.47	6.13		12.33	14.05	16.05		
		velocity	7.03	8.84	8.45	8.27	8.01	7.51	6.97	6.62	6.40	6.53	7.28		8.52	7.47	6.54	
H1 lead leg	L	strides	23	15	15	15	15	17	17	17	17	17	21	189				

Henson (2024) - Athlete First: 2021 year end hurdle report

Heat 5 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)

date	31-Jul-21	time	6.33	10.30	14.43	18.73	23.40	28.23	33.26	38.33	43.74	48.95	54.71	5 / 2					
reaction time	0.189	interval		3.97	4.13	4.30	4.67	4.83	5.03	5.07	5.41	5.21	5.76		12.40	14.53	15.69		
		velocity	7.11	8.82	8.47	8.14	7.49	7.25	6.96	6.90	6.47	6.72	6.94	PB	7.31	8.47	7.23	6.69	
H1 lead leg	L	strides	23	15	15	15	17	17	17	17	17	17	20	173					

Henson (2024) - Athlete First: 2021 year end hurdle report

FINAL - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis)

date	04-Jul-21	time	6.22	10.18	14.30	18.73	23.18	25.3	27.96	32.98	38.14	43.32	48.78	55.20	2 / 7					
reaction time	0.187	interval		3.96	4.12	4.30	4.67	4.83	5.02	5.16	5.18	5.46	6.42						15.80	
		velocity	7.23	8.84	8.50	7.88	7.91	7.32	6.97	6.78	6.76	6.41	6.23	7.25					6.65	
H1 lead leg	L	strides	22	15	15	15	16	16	17	17	17	19	21.7	159.7						

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

Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)

date	02-Oct-19	time	6.36	10.44	14.64	19.04	23.60	28.52	33.56	38.80	44.20	49.88	56.41	3 / 8						
reaction time	0.191	interval		4.08	4.20	4.40	4.56	4.92	5.04	5.24	5.40	5.68	6.53		12.68	14.52	16.32			
		velocity	7.08	8.58	8.33	7.95	7.68	7.11	6.94	6.68	6.48	6.16	6.13	7.09		8.28	7.23	6.43		
H1 lead leg	L	strides	23	15	15	15	15	16	17	17	17	18	151							

Henson (2020) - Athlete First: 2019 year end hurdle report

Kron, Tina (GER) (1981)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Heat 1 - 2009 German National Championships (Ulm, GER)																			
<i>Killing (2009) - der rhythmus is entscheidend</i>																			
date	04-Jul-09	time	6.54	10.71	14.98	19.30	23.80	28.54	33.73	39.17	44.77	50.52	57.18	1 / 1					
reaction time	0.187	interval		4.17	4.27	4.32	4.50	4.74	5.19	5.44	5.60	5.75	6.66		12.76	14.43	16.79		
		velocity	6.88	8.39	8.20	8.10	7.78	7.38	6.74	6.43	6.25	6.09	6.01	7.00		8.23	7.28	6.25	
H1 lead leg		strides		15	15	15	15	16	16	18	18	18	146						

Kubokura, Satomi (JPN) (1982)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2016 Japanese National Championships (Nagoya, JPN)																		
<i>Morioka (2016) - race pattern of top 400m hurdlers in japan</i>																		
date	26-Jun-16	time	6.67	11.02	15.56	20.23	25.10	30.04	35.16	40.33	45.51	50.72	56.62	5 / 2				
reaction time	0.176	interval		4.35	4.54	4.67	4.87	4.94	5.12	5.17	5.18	5.21	5.90		13.56	14.93	15.56	
		velocity	6.75	8.05	7.71	7.49	7.19	7.09	6.84	6.77	6.76	6.72	6.78	7.06		7.74	7.03	6.75
H1 lead leg		strides		16	16	16	16	16	17	17	17	17	148					

FINAL - 2016 Seiko Golden Grand Prix (Kawasaki, JPN)

date	08-May-16	time	6.63	10.93	15.38	19.93	24.65	29.50	34.51	39.62	44.83	50.07	56.14	4 / 2					
reaction time	0.176	interval		4.30	4.45	4.55	4.72	4.85	5.01	5.11	5.21	5.24	6.07		13.30	14.58	15.56		
		velocity	6.79	8.14	7.87	7.69	7.42	7.22	6.99	6.85	6.72	6.68	6.59	7.13		7.89	7.20	6.75	
H1 lead leg	L	strides	23	16	16	16	16	16	17	17	17	17	21	192					

Morioka (2016) - race pattern of top 400m hurdlers in japan

FINAL - 2016 Shizuoka International Athletics Meeting (Fukuroi, JPN)

date	03-May-16	time	6.56	10.88	15.42	20.06	24.83	29.63	34.84	40.18	45.62	51.39	57.91	1 / 2				
reaction time		interval		4.32	4.54	4.64	4.77	4.80	5.21	5.34	5.44	5.77	6.52		13.50	14.78	16.55	
		velocity	6.86	8.10	7.71	7.54	7.34	7.29	6.72	6.55	6.43	6.07	6.13	6.91		7.78	7.10	6.34
H1 lead leg		strides		16	16	16	16	16	17	17	17	18	149					

Morioka (2016) - race pattern of top 400m hurdlers in japan

FINAL - 2014 Japanese National Championships (Fukushima, JPN)

date	08-Jun-14	time	6.61	10.95	15.49	20.01	24.71	29.41	34.38	39.47	44.68	50.02	56.39	4 / 1					
reaction time		interval		4.34	4.54	4.52	4.70	4.70	4.97	5.09	5.21	5.34	6.37		13.40	14.37	15.64		
		velocity	6.81	8.06	7.71	7.74	7.45	7.45	7.04	6.88	6.72	6.55	6.28	7.09		7.84	7.31	6.71	
H1 lead leg	L	strides	23	16	16	16	16	16	17	17	17	17	21.5	193					

Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions

A FINAL - 2014 Shizuoka International Athletics Meeting (Fukuroi, JPN)

date	03-May-14	time	6.56	10.83	15.33	19.90	24.65	29.45	34.54	39.65	44.91	50.28	56.72	1 / 1				
reaction time		interval		4.27	4.50	4.57	4.75	4.80	5.09	5.11	5.26	5.37	6.44		13.34	14.64	15.74	
		velocity	6.86	8.20	7.78	7.66	7.37	7.29	6.88	6.85	6.65	6.52	6.21	7.05		7.87	7.17	6.67
H1 lead leg		strides		16	16	16	16	16	17	17	17	17	148					

Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions

FINAL - 2012 Japanese National Championships (Osaka, JPN)

date	10-Jun-12	time	6.59	10.93	15.40	19.97	24.67	29.47	34.51	39.62	44.69	49.85	55.98	7 / 1					
reaction time		interval		4.34	4.47	4.57	4.70	4.80	5.04	5.11	5.07	5.16	6.13		13.38	14.54	15.34		
		velocity	6.83	8.06	7.83	7.66	7.45	7.29	6.94	6.85	6.90	6.78	6.53	7.15		7.85	7.22	6.84	
H1 lead leg	L	strides	23	16	16	16	16	16	17	17	17	17	21	192					

Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions

A FINAL - 2012 Shizuoka International Athletics Meeting (Fukuroi, JPN)

date	03-May-12	time	6.49	10.68	15.18	19.78	24.42	29.12	34.06	39.22	44.48	49.80	56.03	1 / 2				
reaction time		interval		4.19	4.50	4.60	4.64	4.70	4.94	5.16	5.26	5.32	6.23		13.29	14.28	15.74	
		velocity	6.93	8.35	7.78	7.61	7.54	7.45	7.09	6.78	6.65	6.58	6.42	7.14		7.90	7.35	6.67
H1 lead leg		strides		15	16	16	16	16	17	17	17	17	147					

Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions

FINAL - 2011 Asian Championships (Kobe, JPN)

date	10-Jul-11	time	6.47	10.82	15.39	20.04	24.88	29.62	34.63	39.75	44.92	50.34	56.52	1 / 1				
reaction time	0.198	interval		4.35	4.57	4.65	4.84	4.74	5.01	5.12	5.17	5.42	6.18		13.57	14.59	15.71	

Yasunori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11

H1 lead leg	velocity	6.96	8.05	7.66	7.53	7.23	7.38	6.99	6.84	6.77	6.46	6.47	7.08	7.74	7.20	6.68	
	strides	16	16	16	16	16	16	17	17	17	18	17	149				
FINAL - 2011 Japanese National Championships (Kumagaya, JPN) <i>Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>																	
date	12-Jun-11	time	6.51	10.91	15.36	19.95	24.55	29.37	34.22	39.19	44.30	49.61	55.81	/ 1			
reaction time		interval	4.40	4.45	4.59	4.60	4.82	4.85	4.97	5.11	5.31	6.20		13.44	14.27	15.39	
		velocity	6.91	7.95	7.87	7.63	7.61	7.26	7.22	7.04	6.85	6.59	6.45	7.17	7.81	7.36	6.82
H1 lead leg		strides	16	16	16	16	17	17	17	17	17	17	149				
FINAL - 2010 Japanese National Championships (Marugume, JPN) <i>Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>																	
date	06-Jun-10	time	6.47	10.76	15.25	19.82	24.44	29.23	34.22	39.36	44.52	49.73	55.83	/ 1			
reaction time	0.183	interval	4.29	4.49	4.57	4.62	4.79	4.99	5.14	5.16	5.21	6.10		13.35	14.40	15.51	
		velocity	6.96	8.16	7.80	7.66	7.58	7.31	7.01	6.81	6.78	6.72	6.56	7.16	7.87	7.29	6.77
H1 lead leg		strides	15	16	16	16	16	16	16	17	17	17	146				
FINAL - 2010 Osaka Grand Prix (Osaka, JPN) <i>Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>																	
date	08-May-10	time	6.34	10.58	14.95	19.32	23.94	28.61	33.58	38.79	44.18	49.72	56.29	/ 4			
reaction time		interval	4.24	4.37	4.37	4.62	4.67	4.97	5.21	5.39	5.54	6.57		12.98	14.26	16.14	
		velocity	7.10	8.25	8.01	8.01	7.58	7.49	7.04	6.72	6.49	6.32	6.09	7.11	8.09	7.36	6.51
H1 lead leg		strides	16	16	16	16	16	16	17	17	17	17	148				
Race A - 2010 Shizuoka International Athletics Meeting (Fukuroi, JPN) <i>Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>																	
date	03-May-10	time	6.46	10.73	15.23	19.78	24.47	29.15	34.07	39.13	44.39	49.98	56.50	/ 2			
reaction time		interval	4.27	4.50	4.55	4.69	4.68	4.92	5.06	5.26	5.59	6.52		13.32	14.29	15.91	
		velocity	6.97	8.20	7.78	7.69	7.46	7.48	7.11	6.92	6.65	6.26	6.13	7.08	7.88	7.35	6.60
H1 lead leg		strides	16	16	16	16	16	16	17	17	17	17	148				
FINAL - 2009 Japanese National Championships (Hiroshima, JPN) <i>Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>																	
date	27-Jun-09	time	6.54	10.88	15.50	20.19	25.09	29.94	34.96	40.12	45.36	50.62	56.70	4 / 1			
reaction time		interval	4.34	4.62	4.69	4.90	4.85	5.02	5.16	5.24	5.26	6.08		13.65	14.77	15.66	
		velocity	6.88	8.06	7.58	7.46	7.14	7.22	6.97	6.78	6.68	6.65	6.58	7.05	7.69	7.11	6.70
H1 lead leg		strides	16	16	16	16	16	16	17	17	17	17	148				
FINAL - 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	6.52	10.81	15.33	19.88	24.57	29.34	34.29	39.46	44.73	50.22	56.73	/ 4			
reaction time		interval	4.29	4.52	4.55	4.69	4.77	4.95	5.17	5.27	5.49	6.51		13.36	14.41	15.93	
		velocity	6.90	8.16	7.74	7.69	7.46	7.34	7.07	6.77	6.64	6.38	6.14	7.05	7.86	7.29	6.59
H1 lead leg		strides	16	16	16	16	16	16	17	17	17	18	149				
FINAL - 2008 Japanese National Championships (Kawasaki, JPN) <i>Yasunori (2009) - race pattern analysis of prestigious Japanese 400m hurdlers</i>																	
date	27-Jun-08	time	6.56	10.76	15.15	19.64	24.24	28.98	33.85	38.94	44.18	49.69	56.21	/ 1			
reaction time		interval	4.20	4.39	4.49	4.60	4.74	4.87	5.09	5.24	5.51	6.52		13.08	14.21	15.84	
		velocity	6.86	8.33	7.97	7.80	7.61	7.38	7.19	6.88	6.68	6.35	6.13	7.12	8.03	7.39	6.63
H1 lead leg		strides	16	16	16	16	16	16	17	17	17	17	148				
FINAL - 2008 Osaka Grand Prix (Osaka, JPN) <i>Yasunori (2009) - race pattern analysis of prestigious Japanese 400m hurdlers</i>																	
date	10-May-08	time	6.77	11.23	15.70	20.43	25.18	30.08	35.20	40.41	45.82	51.49	57.84	8 / 4			
reaction time		interval	4.46	4.47	4.73	4.75	4.90	5.12	5.21	5.41	5.67	6.35		13.66	14.77	16.29	
		velocity	6.65	7.85	7.83	7.40	7.37	7.14	6.84	6.72	6.47	6.17	6.30	6.92	7.69	7.11	6.45
H1 lead leg		strides	16	16	16	16	17	17	17	18	18	151					
Race 2 - 2008 Shizuoka International Athletics Meeting (Fukuroi, JPN) <i>Yasunori (2009) - race pattern analysis of prestigious Japanese 400m hurdlers</i>																	
date	03-May-08	time	6.61	10.96	15.40	19.92	24.61	29.43	34.40	39.52	44.93	50.50	56.83	/ 1			
reaction time		interval	4.35	4.44	4.52	4.69	4.82	4.97	5.12	5.41	5.57	6.33		13.31	14.48	16.10	
		velocity	6.81	8.05	7.88	7.74	7.46	7.26	7.04	6.84	6.47	6.28	6.32	7.04	7.89	7.25	6.52
H1 lead leg		strides	16	16	16	16	17	17	17	18	18	151					
Heat 1 - 2007 IAAF World Championships (Osaka, JPN) <i>Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers</i>																	
date	27-Aug-07	time	6.57	10.90	15.44	20.06	24.83	29.77	34.86	40.00	45.26	50.77	57.01	2 / 6			
reaction time	0.202	interval	4.33	4.54	4.62	4.77	4.94	5.09	5.14	5.26	5.51	6.24		13.49	14.80	15.91	
		velocity	6.85	8.08	7.71	7.58	7.34	7.09	6.88	6.81	6.65	6.35	6.41	7.02	7.78	7.09	6.60
H1 lead leg		strides	16	16	16	16	16	16	18	17	17	18	150				
FINAL - 2007 Japanese National Championships (Osaka, JPN) <i>Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers</i>																	
date	01-Jul-07	time	6.56	10.99	15.43	20.00	24.64	29.40	34.28	39.31	44.48	49.93	56.09	/ 1			
reaction time		interval	4.43	4.44	4.57	4.64	4.76	4.88	5.03	5.17	5.45	6.16		13.44	14.28	15.65	
		velocity	6.86	7.90	7.88	7.66	7.54	7.35	7.17	6.96	6.77	6.42	6.49	7.13	7.81	7.35	6.71
H1 lead leg		strides	16	16	16	16	17	17	17	17	18	150					
FINAL - 2006 Seiko Super Grand Prix (Yokohama, JPN) <i>Yasunori (2007) - race pattern analysis of top Japanese 400m hurdlers</i>																	
date	24-Sep-06	time	6.59	10.88	15.38	19.92	24.69	29.48	34.47	39.53	44.72	50.03	56.19	/ 2			
reaction time		interval	4.29	4.50	4.54	4.77	4.79	4.99	5.06	5.19	5.31	6.16		13.33	14.55	15.56	
		velocity	6.83	8.16	7.78	7.71	7.34	7.31	7.01	6.92	6.74	6.59	6.49	7.12	7.88	7.22	6.75
H1 lead leg		strides	16	16	16	16	16	16	17	17	17	17	148				
FINAL - 2005 Osaka Grand Prix (Osaka, JPN) <i>Yasunori (2006) - race pattern analysis of top Japanese 400m hurdlers</i>																	
date	07-May-05	time	6.67	11.16	15.75	20.44	25.34	30.19	35.14	40.13	45.42	50.89	57.10	/ 2			

reaction time	interval	4.49	4.59	4.69	4.90		4.85	4.95	4.99	5.29	5.47	6.21		13.77	14.70	15.75		
	velocity	6.75	7.80	7.63	7.46	7.14	7.22	7.07	7.01	6.62	6.40	6.44	7.01	7.63	7.14	6.67		
H1 lead leg	strides		16	16	15	17	17	17	17	17	18		150					
FINAL - 2004 Seiko Super Grand Prix (Yokohama, JPN)													<i>Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers</i>					
date	23-Sep-04	time	6.69	11.28	15.97	20.72	25.66		30.63	35.67	40.81	46.08	51.40	57.27	/ 4			
reaction time		interval		4.59	4.69	4.75	4.94		4.97	5.04	5.14	5.27	5.32	5.87	PB	14.03	14.95	15.73
		velocity	6.73	7.63	7.46	7.37	7.09		7.04	6.94	6.81	6.64	6.58	6.81	6.98	7.48	7.02	6.68
H1 lead leg		strides		16	16	17	17		17	17	17	17	17	151				
Kudo, Mei (JPN) (2002)																		
FINAL - 2023 Japanese National Championships (Osaka, JPN)													<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>					
date	04-Jun-23	time	6.91	11.48	16.10	20.84	25.61		30.53	35.65	40.81	46.03	51.58	57.84	3 / 5			
reaction time	0.212	interval		4.57	4.62	4.74	4.77		4.92	5.12	5.16	5.22	5.55	6.26	PB	13.93	14.81	15.93
		velocity	6.51	7.66	7.58	7.38	7.34		7.11	6.84	6.78	6.70	6.31	6.39	6.92	7.54	7.09	6.59
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	17	18	174				
FINAL - 2022 Japanese National Championships (Osaka, JPN)													<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>					
date	12-Jun-22	time	6.87	11.51	16.13	20.92	25.88		30.93	36.16	41.57	47.10	52.71	59.16	7 / 8			
reaction time	0.213	interval		4.64	4.62	4.79	4.96		5.05	5.23	5.41	5.53	5.61	6.45		14.05	15.24	16.55
		velocity	6.55	7.54	7.58	7.31	7.06		6.93	6.69	6.47	6.33	6.24	6.20	6.76	7.47	6.89	6.34
H1 lead leg		strides		16	16	16	16		17	17	17	17	18	150				
FINAL - 2022 Shizuoka International Athletics Meeting (Fukuroi, JPN)													<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>					
date	03-May-22	time	7.01	11.68	16.38	21.34	26.46		31.70	36.97	42.29	47.71	53.37	59.49	7 / 8			
reaction time	0.205	interval		4.67	4.70	4.96	5.12		5.24	5.27	5.32	5.42	5.66	6.12		14.33	15.63	16.40
		velocity	6.42	7.49	7.45	7.06	6.84		6.68	6.64	6.58	6.46	6.18	6.54	6.72	7.33	6.72	6.40
H1 lead leg	L	strides	24	16	16	17	17		17	17	17	17	18	176				
FINAL - 2021 Japanese U20 National Championships (Osaka, JPN)													<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>					
date	27-Jun-21	time	6.99	11.59	16.43	21.39	26.46		31.53	36.64	41.86	47.43	53.05	58.97	6 / 1			
reaction time	0.186	interval		4.60	4.84	4.96	5.07		5.07	5.11	5.22	5.57	5.62	5.92	PB	14.40	15.25	16.41
		velocity	6.44	7.61	7.23	7.06	6.90		6.90	6.85	6.70	6.28	6.23	6.76	6.78	7.29	6.89	6.40
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	18	18	21.2	200.2			
FINAL - 2020 Japanese High School National Championships (Hiroshima, JPN)													<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>					
date	25-Oct-20	time	6.92	11.58	16.45	21.40	26.51		31.77	37.24	42.93	48.87	54.79	60.75	6 / 7			
reaction time	0.210	interval		4.66	4.87	4.95	5.11		5.26	5.47	5.69	5.94	5.92	5.96		14.48	15.84	17.55
		velocity	6.50	7.51	7.19	7.07	6.85		6.65	6.40	6.15	5.89	5.91	6.71	6.58	7.25	6.63	5.98
H1 lead leg		strides		17	18	17	17		17	17	17	19	19	158				
Kudo, Mitsuki (JPN) (2004)																		
FINAL - 2021 Japanese High School National Championships (Fukui, JPN)													<i>Shibayama (2021) - national high school and U20 national championships</i>					
date	30-Jul-21	time	7.40	12.31	17.40	22.56	28.01		33.45	38.89	44.56	50.27	56.10	62.41	8 / 8			
reaction time	0.285	interval		4.91	5.09	5.16	5.45		5.44	5.44	5.67	5.71	5.83	6.31		15.16	16.33	17.21
		velocity	6.08	7.13	6.88	6.78	6.42		6.43	6.43	6.17	6.13	6.00	6.34	6.41	6.93	6.43	6.10
H1 lead leg		strides		19	19	17	19		19	19	19	19	19	169				
FINAL - 2021 Japanese U20 National Championships (Osaka, JPN)													<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>					
date	27-Jun-21	time	7.07	11.61	16.22	20.94	25.99		31.33	36.67	42.23	47.91	54.05	61.02	9 / 6			
reaction time	0.206	interval		4.54	4.61	4.72	5.05		5.34	5.34	5.56	5.68	6.14	6.97		13.87	15.73	17.38
		velocity	6.36	7.71	7.59	7.42	6.93		6.55	6.55	6.29	6.16	5.70	5.74	6.56	7.57	6.68	6.04
H1 lead leg	R	strides	26	17	17	17	19		19	19	19	19	21	193				
Kuki, Yurie (JPN) (1993)																		
B FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)													<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>					
date	06-Jun-21	time	6.86	11.26	15.82	20.47	25.44		30.48	35.84	41.34	47.01	52.92	59.42	4 / 3			
reaction time		interval		4.40	4.56	4.65	4.97		5.04	5.36	5.50	5.67	5.91	6.50		13.61	15.37	17.08
		velocity	6.56	7.95	7.68	7.53	7.04		6.94	6.53	6.36	6.17	5.92	6.15	6.73	7.71	6.83	6.15
H1 lead leg	R	strides	23	15	15	15	16		16	17	17	17	18	22.2	191.2			
FINAL - 2021 Ready Steady Tokyo (Tokyo, JPN)													<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>					
date	09-May-21	time	6.87	11.36	15.97	20.69	25.69		31.06	36.42	41.84	47.31	53.05	59.80	8 / 5			
reaction time	0.139	interval		4.49	4.61	4.72	5.00		5.37	5.36	5.42	5.47	5.74	6.75		13.82	15.73	16.63
		velocity	6.55	7.80	7.59	7.42	7.00		6.52	6.53	6.46	6.40	6.10	5.93	6.69	7.60	6.68	6.31
H1 lead leg	R	strides	23	15	15	15	16		18	17	17	17	18	171				
C FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN)													<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>					
date	24-Oct-20	time	6.82	11.33	15.90	20.87	26.29		31.65	36.99	42.38	48.03	53.80	60.75	3 / 2			
reaction time		interval		4.51	4.57	4.97	5.42		5.36	5.34	5.39	5.65	5.77	6.95		14.05	16.12	16.81
		velocity	6.60	7.76	7.66	7.04	6.46		6.53	6.55	6.49	6.19	6.07	5.76	6.58	7.47	6.51	6.25
H1 lead leg		strides		15	15	16	17		18	17	17	17	17	149				
FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN)													<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>					
date	20-Sep-20	time	6.97	11.54	16.30	21.17	26.29		31.43	36.79	42.28	47.80	53.40	59.94	7 / 4			
reaction time	0.192	interval		4.57	4.76	4.87	5.12		5.14	5.36	5.49	5.52	5.60	6.54		14.20	15.62	16.61
		velocity	6.46	7.66	7.35	7.19	6.84		6.81	6.53	6.38	6.34	6.25	6.12	6.67	7.39	6.72	6.32

H1 lead leg	strides	15	15	15	16	16	17	17	17	17	17	145								
Kuritani, Mizuki (JPN) (1998)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
FINAL - 2016 Japanese National High School Championships (Okayama, JPN)	<i>Kota (2016) - 69th high school championships: JAF scientific committee- biomechanics data</i>																			
date	31-Jul-16	time	6.79	11.29	16.23	21.35	26.74	32.18	37.70	43.31	49.05	54.85	61.21	3 / 7						
reaction time		interval	4.50	4.94	5.12	5.39	5.44	5.52	5.61	5.74	5.80	6.36			14.56	16.35	17.15			
		velocity	6.63	7.78	7.09	6.84	6.49	6.43	6.34	6.24	6.10	6.03	6.29	6.53	7.21	6.42	6.12			
H1 lead leg	strides	17	17	17	17	18	18	18	18	18	18	158								
Kurochkina, Tatyana (BLR) (1967)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
FINAL - 2001 European Cup (Bremen, GER)	<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>																			
date	23-Jun-01	time	6.70	11.01	15.27	19.69	24.77	29.13	34.17	39.33	44.67	50.11	56.17	1 / 5						
reaction time		interval	4.31	4.26	4.42	5.08	4.36	5.04	5.16	5.34	5.44	6.06			12.99	14.48	15.94			
		velocity	6.72	8.12	8.22	7.92	6.89	8.03	6.94	6.78	6.55	6.43	6.60	7.12	8.08	7.25	6.59			
H1 lead leg	strides																			
FINAL - 1997 European Cup (Munich, GER)	<i>Jung (2003) - http://www.fgs.uni-halle.de</i>																			
date	21-Jun-97	time	6.85	15.46	19.88	24.44	29.16	34.09	39.15	44.37	49.82	56.19	1 / 4							
reaction time		interval	8.61	4.42	4.56	4.72	4.93	5.06	5.22	5.45	6.37				13.03	14.21	15.73			
		velocity	6.57	8.13	7.92	7.68	7.42	7.10	6.92	6.70	6.42	6.28	7.12		8.06	7.39	6.68			
H1 lead leg	strides																			
Kurochkina, Tatyana (URS) (1967)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
FINAL - 1988 Olympic Games (Seoul, KOR)	<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>																			
date	28-Sep-88	time	6.52	10.57	14.73	19.05	23.46	27.98	32.67	37.59	42.79	48.18	54.39	1 / 7						
reaction time	0.231	interval	4.05	4.16	4.32	4.41	4.52	4.69	4.92	5.20	5.39	6.21	PB		12.53	13.62	15.51			
		velocity	6.90	8.64	8.41	8.10	7.94	7.74	7.46	7.11	6.73	6.49	6.44	7.35	8.38	7.71	6.77			
H1 lead leg	L	strides	23	15	15	15	15	15	15	16	16	17	20.1	182.1						
Semi-Final 2 - 1988 Olympic Games (Seoul, KOR)	<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>																			
date	26-Sep-88	time	6.61	10.75	15.04	19.37	23.90	28.46	33.23	38.23	43.36	48.68	54.46	3 / 2						
reaction time	0.261	interval	4.14	4.29	4.33	4.53	4.56	4.77	5.00	5.13	5.32	5.78	PB		12.76	13.86	15.45			
		velocity	6.81	8.45	8.16	8.08	7.73	7.68	7.34	7.00	6.82	6.58	6.92	7.34	8.23	7.58	6.80			
H1 lead leg		strides	23	15	15	15	15	15	15	16	16	17	19.5	181.5						
Kusaka, Ayana (JPN) (2003)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
FINAL - 2022 Japanese U20 National Championships (Osaka, JPN)	<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																			
date	12-Jun-22	time	7.01	11.54	16.27	21.25	26.29	31.48	36.87	42.53	48.37	54.24	60.50	8 / 4						
reaction time	0.196	interval	4.53	4.73	4.98	5.04	5.19	5.39	5.66	5.84	5.87	6.26			14.24	15.62	17.37			
		velocity	6.42	7.73	7.40	7.03	6.94	6.74	6.49	6.18	5.99	5.96	6.39	6.61	7.37	6.72	6.04			
H1 lead leg		strides	17	17	17	17	17	17	17	19	19	19	159							
FINAL - 2021 Japanese High School National Championships (Fukui, JPN)	<i>Shibayama (2021) - national high school and U20 national championships</i>																			
date	30-Jul-21	time	6.73	11.36	16.07	20.95	25.96	31.03	36.40	42.28	48.14	54.14	60.46	7 / 4						
reaction time	0.173	interval	4.63	4.71	4.88	5.01	5.07	5.37	5.88	5.86	6.00	6.32			14.22	15.45	17.74			
		velocity	6.69	7.56	7.43	7.17	6.99	6.90	6.52	5.95	5.97	5.83	6.33	6.62	7.38	6.80	5.92			
H1 lead leg	R	strides	24	17	17	17	17	17	17	19	19	19	22.5	205.5						
FINAL - 2021 Japanese U20 National Championships (Osaka, JPN)	<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																			
date	27-Jun-21	time	6.81	11.28	15.90	20.59	25.51	30.76	36.40	42.18	48.11	54.29	61.20	3 / 7						
reaction time	0.194	interval	4.47	4.62	4.69	4.92	5.25	5.64	5.78	5.93	6.18	6.91			13.78	15.81	17.89			
		velocity	6.61	7.83	7.58	7.46	7.11	6.67	6.21	6.06	5.90	5.66	5.79	6.54	7.62	6.64	5.87			
H1 lead leg	R	strides	24	17	17	17	17	17	19	19	19	19	185							
FINAL - 2020 Japanese High School National Championships (Hiroshima, JPN)	<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																			
date	25-Oct-20	time	6.86	11.39	16.03	20.80	25.68	30.90	36.64	42.38	48.31	54.27	60.60	2 / 6						
reaction time	0.188	interval	4.53	4.64	4.77	4.88	5.22	5.74	5.74	5.93	5.96	6.33	PB		13.94	15.84	17.63			
		velocity	6.56	7.73	7.54	7.34	7.17	6.70	6.10	6.10	5.90	5.87	6.32	6.60	7.53	6.63	5.96			
H1 lead leg		strides	17	17	17	17	17	17	19	19	19	19	161							
Lachgar, Zahra (MAR) (1977)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
FINAL - 2002 IAAF World Cup (Madrid, ESP)	<i>Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas</i>																			
date	20-Sep-02	time	7.01	11.54	16.24	20.95	25.94	31.02	36.41	41.83	47.32	52.95	59.14	2 / 8						
reaction time	0.260	interval	4.53	4.70	4.71	4.99	5.08	5.39	5.42	5.49	5.63	6.19			13.94	15.46	16.54			
		velocity	6.42	7.73	7.45	7.43	7.01	6.89	6.49	6.46	6.38	6.22	6.46	6.76	7.53	6.79	6.35			
H1 lead leg	R	strides	24	16	16	16	16	17	17	18	19	19	21.5	199.5						
Lan Tianlu (CHN) (1999)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
Heat 4 - 2021 Chinese National Championships (Chongqing, CHN)	<i>CAA Hurdle Development (2021)</i>																			
date	26-Jun-21	time	6.91	11.46	16.20	21.09	25.99	31.13	36.43	41.86	47.36	53.17	59.82	3 / 5						
reaction time	0.223	interval	4.55	4.74	4.89	4.90	5.14	5.30	5.43	5.50	5.81	6.65			14.18	15.34	16.74			
		velocity	6.51	7.69	7.38	7.16	7.14	6.81	6.60	6.45	6.36	6.02	6.02	6.69	7.40	6.84	6.27			
H1 lead leg	L	strides	22	16	16	16	16	17	17	17	17	18	21.5	193.5						
FINAL - 2020 Chinese National Championships (Shaoxing, CHN)	<i>CAA Hurdle Development (2020)</i>																			
date	17-Sep-20	time	10.92	15.33	19.87	24.54	29.54	34.83	40.50	46.75	53.54	61.76	7 / 7							
reaction time		interval	4.41	4.54	4.67	5.00	5.29	5.67	6.25	6.79	8.22				14.96	18.71				
		velocity	7.33	7.94	7.71	7.49	7.00	6.62	6.17	5.60	5.15	4.87	6.48		7.02	5.61				

H1 lead leg	strides		16				17	17	18	19	20	24	131						
FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)																			
date	23-Aug-19	time	6.80	11.28	15.92	20.82	25.80	30.94	36.14	41.41	47.06	53.10	60.04	8 / 3					
reaction time	0.228	interval	4.48	4.64	4.90	4.98	5.14	5.20	5.27	5.65	6.04	6.94			14.02	15.32	16.96		
		velocity	6.62	7.81	7.54	7.14	7.03	6.81	6.73	6.64	6.19	5.79	5.76	6.66	7.49	6.85	6.19		
H1 lead leg	L	strides	23	16	16	17	17	17	17	17	18	19	22.5	199.5					
Heat 1 - 2019 Chinese National Grand Prix Final (Daqing, CHN)																			
date	22-Aug-19	time	7.02	11.63	16.38	21.29	26.24	31.45	36.70	42.06	47.56	53.55	60.49	7 / 3					
reaction time	0.306	interval	4.61	4.75	4.91	4.95	5.21	5.25	5.36	5.50	5.99	6.94			14.27	15.41	16.85		
		velocity	6.41	7.59	7.37	7.13	7.07	6.72	6.67	6.53	6.36	5.84	5.76	6.61	7.36	6.81	6.23		
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	18	22	195					
FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)																			
date	03-Aug-19	time	6.88	11.56	16.26	21.08	26.04	31.22	36.42	41.70	46.98	52.36	58.48	7 / 2					
reaction time	0.256	interval	4.68	4.70	4.82	4.96	5.18	5.20	5.28	5.28	5.38	6.12	PB		14.20	15.34	15.94		
		velocity	6.54	7.48	7.45	7.26	7.06	6.76	6.73	6.63	6.63	6.51	6.54	6.84	7.39	6.84	6.59		
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	17	21	193					
Heat 1 - 2019 Chinese World Championship Trials (Shenyang, CHN)																			
date	03-Aug-19	time	7.16	12.16	17.21	22.51	27.91	33.67	39.97	46.15	52.55	58.93	66.40	2 / 3					
reaction time	0.269	interval	5.00	5.05	5.30	5.40	5.76	6.30	6.18	6.40	6.38	7.47			15.35	17.46	18.96		
		velocity	6.28	7.00	6.93	6.60	6.48	6.08	5.56	5.66	5.47	5.49	5.35	6.02	6.84	6.01	5.54		
H1 lead leg	L	strides	23	16	16	16	16	17	18	18	18	18	22	198					
FINAL - 2019 Chinese National Championships (Shenyang, CHN)																			
date	10-Jul-19	time	6.87	11.47	16.10	20.73	25.52	30.56	35.67	40.97	46.41	52.23	58.79	6 / 4					
reaction time	0.203	interval	4.60	4.63	4.63	4.79	5.04	5.11	5.30	5.44	5.82	6.56	PB		13.86	14.94	16.56		
		velocity	6.55	7.61	7.56	7.56	7.31	6.94	6.85	6.60	6.43	6.01	6.10	6.80	7.58	7.03	6.34		
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	18	21.7	194.7					
Heat 2 - 2019 Chinese National Championships (Shenyang, CHN)																			
date	09-Jul-19	time	6.90	11.52	16.16	20.99	25.86	30.90	36.03	41.34	46.88	52.68	59.40	7 / 2					
reaction time	0.228	interval	4.62	4.64	4.83	4.87	5.04	5.13	5.31	5.54	5.80	6.72	PB		14.09	15.04	16.65		
		velocity	6.52	7.58	7.54	7.25	7.19	6.94	6.82	6.59	6.32	6.03	5.95	6.73	7.45	6.98	6.31		
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	18	21.5	194.5					
FINAL - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																			
date	08-Apr-19	time	6.85	11.26	15.88	20.60	25.47	30.56	35.83	41.47	47.44	53.76	61.06	9 / 5					
reaction time	0.303	interval	4.41	4.62	4.72	4.87	5.09	5.27	5.64	5.97	6.32	7.30			13.75	15.23	17.93		
		velocity	6.57	7.94	7.58	7.42	7.19	6.88	6.64	6.21	5.86	5.54	5.48	6.55	7.64	6.89	5.86		
H1 lead leg	L	strides	23	16	16	16	16	17	17	18	19	19	23	200					
Heat 4 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																			
date	07-Apr-19	time	6.97	11.62	16.48	21.25	26.10	31.18	36.67	42.39	48.23	54.03	60.76	5 / 2					
reaction time	0.256	interval	4.65	4.86	4.77	4.85	5.08	5.49	5.72	5.84	5.80	6.73			14.28	15.42	17.36		
		velocity	6.46	7.53	7.20	7.34	7.22	6.89	6.38	6.12	5.99	6.03	5.94	6.58	7.35	6.81	6.05		
H1 lead leg	L	strides	23	16	16	16	16	17	17	18	18	18	22	197					
Landin, Tyra (SWE) (2002)																			
National FINAL - 2023 Bauhaus Galan (Stockholm, SWE)																			
date	02-Jul-23	time	6.89	11.53	16.34	21.27	26.33	31.45	36.69	42.20	48.04	54.43	61.90	8 / 7					
reaction time	0.174	interval	4.64	4.81	4.93	5.06	5.12	5.24	5.51	5.84	6.39	7.47			14.38	15.42	17.74		
		velocity	6.53	7.54	7.28	7.10	6.92	6.84	6.68	6.35	5.99	5.48	5.35	6.46	7.30	6.81	5.92		
H1 lead leg		strides																	
Langley-Walker, Madison (USA) (199)																			
FINAL - 2023 USATF National Championships (Eugene, OR) (TV Analysis)																			
date	09-Jul-23	time	6.54	10.88	15.48	20.02	24.75	29.83		40.24			56.94	2 / 7					
reaction time		interval	4.34	4.60	4.54	4.73	5.08		10.41			16.70			13.48				
		velocity	6.88	8.06	7.61	7.71	7.40	6.89		6.72		6.29	7.02		7.79				
H1 lead leg	R	strides	24	16	17	16	16						89						
Lebreton, Catherine (FRA) (1960)																			
FINAL - 1987 French National Championships (Annecy, FRA)																			
date	09-Aug-87	time	7.10	12.00	16.70	21.55	26.60	31.70	36.85	42.00	47.30	52.60	58.68	/ 4					
reaction time		interval	4.90	4.70	4.85	5.05	5.10	5.15	5.15	5.30	5.30	6.08			14.45	15.30	15.75		
		velocity	6.34	7.14	7.45	7.22	6.93	6.86	6.80	6.80	6.60	6.60	6.58	6.82	7.27	6.86	6.67		
H1 lead leg		strides																	
Ledecká, Daniela (SVK) (1996)																			
Semi-Final 1 - 2024 European Athletics Championships (Roma, ITA)																			
date	10-Jun-24	time	6.57	11.02	15.63	20.20	24.83	29.50	34.28	39.14	44.30	49.68	55.83	2 / 8					
reaction time	0.155	interval	4.45	4.61	4.57	4.63	4.67	4.78	4.86	5.16	5.38	6.15	PB		13.63	14.08	15.40		
		velocity	6.85	7.87	7.59	7.66	7.56	7.49	7.32	7.20	6.78	6.51	6.50	7.16	7.70	7.46	6.82		
H1 lead leg	R	strides	23	16	16	16	16	16	16	16		17	21	173					

Heat 2 - 2024 European Athletics Championships (Roma, ITA)*European Athletics (2024) - 2024 european athletics championships - results book*

date	09-Jun-24	time	11.01	15.56	20.10	24.79	29.49	34.25	39.21	44.46	49.89	56.17	2 / 4				
reaction time	0.170	interval		4.55	4.54	4.69	4.70	4.76	4.96	5.25	5.43	6.28		14.15	15.64		
		velocity	7.27	7.69	7.71	7.46	7.45	7.35	7.06	6.67	6.45	6.37	7.12		7.42	6.71	
H1 lead leg		strides															

Semi-Final 2 - 2022 European Athletics Championships (Munich, GER)*European Athletics (2022) - european athletics championships race analysis*

date	18-Aug-22	time	6.40	10.66	15.02	19.48	24.04	26.18	28.95	34.20	39.54	45.02	50.68	57.08	2 / 8			
reaction time	0.249	interval		4.26	4.36	4.46	4.56	4.91	5.25	5.34	5.48	5.66	6.40		13.08	14.72	16.48	
		velocity	7.03	8.22	8.03	7.85	7.68	7.64	7.13	6.67	6.55	6.39	6.18	6.25	7.01	8.03	7.13	6.37
H1 lead leg	R	strides	23			15	15		16			17	17	20	123			

Heat 2 - 2022 European Athletics Championships (Munich, GER)*European Athletics (2022) - european athletics championships race analysis*

date	17-Aug-22	time	6.47	10.70	15.09	19.56	24.16	26.19	28.85	33.86	39.33	44.75	50.39	56.98	5 / 3			
reaction time	0.247	interval		4.23	4.39	4.47	4.60	4.69	5.01	5.47	5.42	5.64	6.59		13.09	14.30	16.53	
		velocity	6.96	8.27	7.97	7.83	7.61	7.64	7.46	6.99	6.40	6.46	6.21	6.07	7.02	8.02	7.34	6.35
H1 lead leg	R	strides	23	15	15	15	15	15	16	16	16	17	17	20.7	184.7			

FINAL - 2022 Gyulai István Memorial (Székesfehérvár, HUN) (TV Analysis)*Henson (2022) - Athlete First: 2022 year end hurdle report*

date	08-Aug-22	time	6.67	10.96	15.43	19.90	24.63	29.66	34.83	40.07	45.70	57.89	8 / 7				
reaction time	0.146	interval		4.29	4.47	4.47	4.73	5.03	5.17	5.24	5.63			13.23	14.93		
		velocity	6.75	8.16	7.83	7.83	7.40	6.96	6.77	6.68	6.22	6.91		7.94	7.03		
H1 lead leg	R	strides	23	15	15	15	15	16	16	16	17		148				

Ledovskaya, Tatyana (BLR) (1966)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****Semi-Final 3 - 1993 IAAF World Championships (Stuttgart, GER)***Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)*

date	17-Aug-93	time	6.30	10.32	14.64	18.81	23.19	27.74	32.60	37.67	42.93	48.32	54.60	5 / 3			
reaction time		interval		4.02	4.32	4.17	4.38	4.55	4.86	5.07	5.26	5.39	6.28		12.51	13.79	15.72
		velocity	7.14	8.71	8.10	8.39	7.99	7.69	7.20	6.90	6.65	6.49	6.37	7.33	8.39	7.61	6.68
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	17	21	187			

Ledovskaya, Tatyana (EUN) (1966)**Heat 2 - 1992 Olympic Games (Barcelona, ESP)***Lyle (1992) - miscellaneous coaching notes*

date	02-Aug-92	time	6.30	10.64	14.89	19.17	23.63	28.18	32.98	37.95	43.24	48.82	55.03	4 / 1			
reaction time		interval		4.34	4.25	4.28	4.46	4.55	4.80	4.97	5.29	5.58	6.21		12.87	13.81	15.84
		velocity	7.14	8.06	8.24	8.18	7.85	7.69	7.29	7.04	6.62	6.27	6.44	7.27	8.16	7.60	6.63
H1 lead leg		strides															

Ledovskaya, Tatyana (URS) (1966)**FINAL - 1991 IAAF World Championships (Tokyo, JPN)***Behm (1995) - la tactique du 400 haies*

date	29-Aug-91	time	6.3	10.5	14.7	18.9	23.2	27.7	32.3	36.9	41.9	47.1	53.11	6 / 1			
reaction time		interval		4.20	4.20	4.20	4.30	4.50	4.60	4.60	5.00	5.20	6.01	CR / NR	12.60	13.40	14.80
		velocity	7.14	8.33	8.33	8.33	8.14	7.78	7.61	7.61	7.00	6.73	6.66	7.53	8.33	7.84	7.09
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	17	20.7	180.7			

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

date	31-Aug-90	time	6.2	10.4	14.5	18.7	23.0	27.5	32.1	37.1	42.1	47.5	53.62	1 / 1			
reaction time		interval		4.20	4.10	4.20	4.30	4.50	4.60	5.00	5.00	5.40	6.12		12.50	13.40	15.40
		velocity	7.26	8.33	8.54	8.33	8.14	7.78	7.61	7.00	7.00	6.48	6.54	7.46	8.40	7.84	6.82
H1 lead leg		strides	23	15	15	15	15	15	15	15	16	17	161				

FINAL - 1988 Olympic Games (Seoul, KOR)*Arnold (1992) - Hurdling*

date	28-Sep-88	time	6.36	10.41	14.49	18.69	23.06	24.96	27.61	32.41	37.27	42.29	47.44	53.18	3 / 2			
reaction time	0.245	interval		4.05	4.08	4.20	4.37	4.55	4.80	4.86	5.02	5.15	5.74	PB	12.33	13.72	15.03	
		velocity	7.08	8.64	8.58	8.33	8.01	8.01	7.69	7.29	7.20	6.97	6.80	6.97	7.52	8.52	7.65	6.99
H1 lead leg	R	strides	23	15	15	15	15	16	16	16	16	17	20	184				

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

date	26-Sep-88	time	6.42	10.45	14.58	18.79	23.14	27.68	32.62	37.70	42.93	48.17	54.01	2 / 2			
reaction time	0.268	interval		4.03	4.13	4.21	4.35	4.54	4.94	5.08	5.23	5.24	5.84		12.37	13.83	15.55
		velocity	7.01	8.68	8.47	8.31	8.05	7.71	7.09	6.89	6.69	6.68	6.85	7.41	8.49	7.59	6.75
H1 lead leg		strides	24	15	15	16	16	17	17	17	17	17	20.5	191.5			

Lee, Tonya (USA) (1969)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 1996 USA Olympic Trials (Atlanta, GA)***USATF Women's Sprint Development (1996)*

date	16-Jun-96	time	6.58	10.83	15.08	19.47	23.98	25.89	28.81	33.95	39.17	56.59	8 / 7				
reaction time		interval		4.25	4.25	4.39	4.51	4.83	5.14	5.22				12.89	14.48		
		velocity	6.84	8.24	8.24	7.97	7.76	7.72	7.25	6.81	6.70	7.07		8.15	7.25		
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21	196			

Lehikoinen, Viivi (FIN) (1999)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****Repechage 1 - 2024 Olympic Games (Paris, FRA)***Paris 2024 Olympic Games - Results Book (2024)*

date	05-Aug-24	time	6.50	10.70	15.15	19.76	24.48	29.36	34.55	39.98	45.58	51.28	58.04	2 / 6			
reaction time	0.252	interval		4.20	4.45	4.61	4.72	4.88	5.19	5.43	5.60	5.70	6.76		13.26	14.79	16.73
		velocity	6.92	8.33	7.87	7.59	7.42	7.17	6.74	6.45	6.25	6.14	5.92	6.89	7.92	7.10	6.28
H1 lead leg	R	strides	23	16	15	16	16	16	16	16	18	18	18	172			

Heat 4 - 2024 Olympic Games (Paris, FRA)*Paris 2024 Olympic Games - Results Book (2024)*

date	04-Aug-24	time	6.49	10.81	15.20	19.68	24.23		28.96	33.89	39.00	44.33	49.89		56.67	2 / 7			
reaction time	0.189	interval		4.32	4.39	4.48	4.55		4.73	4.93	5.11	5.33	5.56	6.78			13.19	14.21	16.00
		velocity	6.93	8.10	7.97	7.81	7.69		7.40	7.10	6.85	6.57	6.29	5.90	7.06		7.96	7.39	6.56
H1 lead leg	L	strides	24			16	16		16	17	17	17	18		141				
Semi-Final 2 - 2024 European Athletics Championships (Roma, ITA)														<i>European Athletics (2024) - 2024 european athletics championships - results book</i>					
date	10-Jun-24	time	6.41	10.52	14.81	19.16	23.68		28.44	33.22	38.17	43.39	48.70		54.92	6 / 4			
reaction time	0.178	interval		4.11	4.29	4.35	4.52		4.76	4.78	4.95	5.22	5.31	6.22			12.75	14.06	15.48
		velocity	7.02	8.52	8.16	8.05	7.74		7.35	7.32	7.07	6.70	6.59	6.43	7.28		8.24	7.47	6.78
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	21	187				
FINAL - 2024 Bislett Games (Oslo, NOR) (TV Analysis)														<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>					
date	30-May-24	time	6.49	10.69	14.99	19.43		28.74	33.78		44.31	49.82		56.23	1 / 8				
reaction time	0.234	interval		4.20	4.30	4.44		9.31	5.04		10.53	5.51	6.41				12.94	14.35	16.04
		velocity	6.93	8.33	8.14	7.88		7.52	6.94		6.65	6.35	6.24	7.11			8.11	7.32	6.55
H1 lead leg	R	strides	23	15	15	16	16		17		17	18	21	158					
FINAL - 2024 Meeting International Mohammed VI d'Atlétisme (Marrakech, MAR) (TV Analysis)														<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>					
date	19-May-24	time	6.38	10.41	14.56	18.81	23.34		28.06	33.04	38.17	43.60	49.27		55.81	8 / 6			
reaction time	0.192	interval		4.03	4.15	4.25	4.53		4.72	4.98	5.13	5.43	5.67	6.54			12.43	14.23	16.23
		velocity	7.05	8.68	8.43	8.24	7.73		7.42	7.03	6.82	6.45	6.17	6.12	7.17		8.45	7.38	6.47
H1 lead leg	R	strides	23	15	15	15	16		16	16	17	18	18	21	190				
FINAL - 2023 Xiamen Diamond League (Xiamen, CHN)														<i>Omega Timing (2023) - diamond league race analysis</i>					
date	02-Sep-23	time	6.31	10.42	14.67	19.13	23.74		28.55	33.39	38.48	43.71	49.08		55.44	2 / 8			
reaction time	0.215	interval		4.11	4.25	4.46	4.61		4.81	4.84	5.09	5.23	5.37	6.36			12.82	14.26	15.69
		velocity	7.13	8.52	8.24	7.85	7.59		7.28	7.23	6.88	6.69	6.52	6.29	7.22		8.19	7.36	6.69
H1 lead leg	R	strides	23	15	15	16	16		16	16	16	17	17	17	167				
Semi-Final 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>					
date	22-Aug-23	time	6.42	10.61	14.81	18.88	23.29		27.89	32.66	37.63	42.72	48.04		54.48	4 / 3			
reaction time	0.200	interval		4.19	4.20	4.07	4.41		4.60	4.77	4.97	5.09	5.32	6.44			12.46	13.78	15.38
		velocity	7.01	8.35	8.33	8.60	7.94		7.61	7.34	7.04	6.88	6.58	6.21	7.34		8.43	7.62	6.83
H1 lead leg	R	strides	23	15	15	15	16		16	16	16	17	17	21	187				
Heat 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>					
date	21-Aug-23	time	6.23	10.30	14.70		23.46		28.20	33.03	38.00	43.20	48.50		54.65	2 / 4			
reaction time	0.181	interval		4.07	4.40		8.76		4.74	4.83	4.97	5.20	5.30	6.15					15.47
		velocity	7.22	8.60	7.95		7.99		7.38	7.25	7.04	6.73	6.60	6.50	7.32				6.79
H1 lead leg	R	strides	23	15	15	15			16		16	17	17	20	154				
FINAL - 2023 Athletissima (Lausanne, SU1)														<i>Omega Timing (2023) - diamond league race analysis</i>					
date	30-Jun-23	time	6.29	10.29	14.42	18.59	22.96		27.55	32.31	37.38	42.67	48.08		54.67	4 / 2			
reaction time	0.208	interval		4.00	4.13	4.17	4.37		4.59	4.76	5.07	5.29	5.41	6.59			12.30	13.72	15.77
		velocity	7.15	8.75	8.47	8.39	8.01		7.63	7.35	6.90	6.62	6.47	6.07	7.32		8.54	7.65	6.66
H1 lead leg	R	strides	23	15					16	16	16	17	17	21	141				
FINAL - 2022 European Athletics Championships (Munich, GER)														<i>European Athletics (2022) - european athletics championships race analysis</i>					
date	19-Aug-22	time	6.45	10.66	14.92	19.28	23.73	25.69	28.38	33.34	38.57	43.74	49.16		55.58	4 / 6			
reaction time	0.291	interval		4.21	4.26	4.36	4.45		4.65	4.96	5.23	5.17	5.42	6.42			12.83	14.06	15.82
		velocity	6.98	8.31	8.22	8.03	7.87	7.79	7.53	7.06	6.69	6.77	6.46	6.23	7.20		8.18	7.47	6.64
H1 lead leg	R	strides	25	16	16	16	16		16	17	17	17	17	20.5	193.5				
Semi-Final 2 - 2022 European Athletics Championships (Munich, GER)														<i>European Athletics (2022) - european athletics championships race analysis</i>					
date	18-Aug-22	time	6.27	10.35	14.63	19.09	23.63	25.67	28.33	33.16	38.12	43.21	48.37		54.50	5 / 1			
reaction time	0.204	interval		4.08	4.28	4.46	4.54		4.70	4.83	4.96	5.09	5.16	6.13	NR PB		12.82	14.07	15.21
		velocity	7.18	8.58	8.18	7.85	7.71	7.79	7.45	7.25	7.06	6.88	6.78	6.53	7.34		8.19	7.46	6.90
H1 lead leg	R	strides	23			16	16		16	16	17	17	17	20	158				
Semi-Final 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>					
date	20-Jul-22	time	6.27	10.30	14.60	18.97	23.57	25.75	28.30	33.10	38.10	43.20	48.40		54.60	4 / 6			
reaction time	0.168	interval		4.03	4.30	4.37	4.60		4.73	4.80	5.00	5.10	5.20	6.20	NR PB		12.70	14.13	15.30
		velocity	7.18	8.68	8.14	8.01	7.61	7.77	7.40	7.29	7.00	6.86	6.73	6.45	7.33		8.27	7.43	6.86
H1 lead leg	R	strides	23	15	15	15	16		16	16	17	17	17	20.2	187.2				
Heat 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>					
date	19-Jul-22	time	6.33	10.50	14.72	19.07	23.56	25.58	28.30		38.30	43.46	48.73		54.95	3 / 3			
reaction time	0.165	interval		4.17	4.22	4.35	4.49		4.74		10.00	5.16	5.27	6.22			12.74		
		velocity	7.11	8.39	8.29	8.05	7.80	7.82	7.38		7.00	6.78	6.64	6.43	7.28		8.24		
H1 lead leg	R	strides	23	15	15	15	16		16			17	17	20.2	154.2				
FINAL - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>					
date	30-Jun-22	time	6.40	10.60	14.84	19.18	23.66	25.58	28.36	33.20	38.22	43.36	48.64		54.80	2 / 6			
reaction time	0.180	interval		4.20	4.24	4.34	4.48		4.70	4.84	5.02	5.14	5.28	6.16	PB		12.78	14.02	15.44
		velocity	7.03	8.33	8.25	8.06	7.81	7.82	7.45	7.23	6.97	6.81	6.63	6.49	7.30		8.22	7.49	6.80
H1 lead leg	L	strides	24	16	16	16	16		16	16	16	17	17	20.5	190.5				

FINAL - 2022 Golden Spike (Ostrava, CZE) (TV Analysis) (300m Hurdles)

Henson (2022) - Athlete First: 2022 year end hurdle report

date	31-May-22	time	6.90		19.03	23.45		28.28	33.03				38.50	7 / 4				
reaction time	0.202	interval			12.13	4.42		4.83	4.75				5.47	NR PB		12.13	14.00	
		velocity	7.25		8.66	7.92		7.25	7.37				7.31	7.79		8.66	7.50	
H1 lead leg	R	strides	26		16	16		16	16				19.7	93.7				

Heat 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)

Henson (2024) - Athlete First: 2021 year end hurdle report

date	31-Jul-21	time	6.50	10.80	15.30	19.90	24.73		29.51	34.30	39.23	44.34	49.60		55.67	6 / 5			
reaction time	0.155	interval			4.30	4.50	4.60	4.83		4.78	4.79	4.93	5.11	5.26	6.07		13.40	14.40	15.30
		velocity	6.92	8.14	7.78	7.61	7.25		7.32	7.31	7.10	6.85	6.65	6.59	7.19		7.84	7.29	6.86
H1 lead leg	R	strides	23	16	16	16	16		16	16	16	17	17	20.5	189.5				

Leng Xueyan (CHN) (1972)

FINAL - 1992 ??? (???)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
date	???	time	6.44	10.80	15.29	19.92	24.53		29.03	34.06	39.49	44.68	49.90		56.40	???			
reaction time		interval		4.36	4.49	4.63	4.61		4.50	5.03	5.43	5.19	5.22	6.50		13.48	14.14	15.84	
		velocity	6.99	8.03	7.80	7.56	7.59		7.78	6.96	6.45	6.74	6.70	6.15	7.09		7.79	7.43	6.63
H1 lead leg		strides	23	16	16	16	16		16	16	17	17	17	22.5	192.5				

Cui (2008) - research on the rhythm characteristics of outstanding female 400m hurdlers in China

FINAL - 1991 ??? (???)

date	???	time	6.55	11.13	15.67	20.46	25.33		30.37	35.82	41.09	46.35	51.71		58.15	???			
reaction time		interval		4.58	4.54	4.79	4.87		5.04	5.45	5.27	5.26	5.36	6.44		13.91	15.36	15.89	
		velocity	6.87	7.64	7.71	7.31	7.19		6.94	6.42	6.64	6.65	6.53	6.21	6.88		7.55	6.84	6.61
H1 lead leg		strides	24	16	16	16	16		17	17	17	17	17	23	196				

Cui (2008) - research on the rhythm characteristics of outstanding female 400m hurdlers in China

Lenskaya, Irina (UKR) (1971)

FINAL - 1997 European Cup (Munich, GER)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
date	21-Jun-97	time	6.70	10.96	15.22	19.63	24.12		28.93	33.99	39.24	44.67	50.09		56.47	/ 5			
reaction time		interval		4.26	4.26	4.41	4.49		4.81	5.06	5.25	5.43	5.42	6.38		12.93	14.36	16.10	
		velocity	6.72	8.22	8.22	7.94	7.80		7.28	6.92	6.67	6.45	6.46	6.27	7.08		8.12	7.31	6.52
H1 lead leg		strides																	

Jung (2003) - http://www.fgs.uni-halle.de

Leuschner, Uschi (FRG)

FINAL - 1971 West German Athletics - 300m Hurdles Test (Bonn, FRG)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	15-May-71	time	4.0	7.8	11.5	15.4	19.5		23.7	28.2	32.6	37.2	41.8		44.5	/ 2		
reaction time		interval		3.80	3.70	3.90	4.10		4.20	4.50	4.40	4.60	4.60	2.70		11.40	12.80	13.60
		velocity																
H1 lead leg		strides	13	13	13	13	13		13	15	15	15	15	138				

Keydel (1971) - 300 ou 400 haies pour les femmes?

Lhabze, Lamiae (MAR) (1984)

FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
date	09-Sep-18	time	6.44	10.76	15.20	19.72	24.40		29.28	34.36		45.04	50.68		57.35	6 / 7			
reaction time	0.158	interval		4.32	4.44	4.52	4.68		4.88	5.08		10.68	5.64	6.67		13.28	14.64	16.32	
		velocity	6.99	8.10	7.88	7.74	7.48		7.17	6.89		6.55	6.21	6.00	6.97		7.91	7.17	6.43
H1 lead leg	L	strides	23	15	15	15	15		15	16		17	19.5	150.5					

Henson (2021) - Athlete First: 2018 year end hurdle report

Li Jianing (CHN)

U20 FINAL - 2022 Shandong Provincial Games (Rizhao, CHN)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
date	03-Sep-22	time	7.46	12.73	18.16	23.93	29.55		35.31	41.41	47.64	53.99	60.58		67.34	2 / 7			
reaction time	0.255	interval		5.27	5.43	5.77	5.62		5.76	6.10	6.23	6.35	6.59	6.76		16.47	17.48	19.17	
		velocity	6.03	6.64	6.45	6.07	6.23		6.08	5.74	5.62	5.51	5.31	5.92	5.94		6.38	6.01	5.48
H1 lead leg	L	strides	25	18	18	19	18		19	19	19	20	20	24	219				

Shandong Athletics Sport Science (2022)

Li Qianqian (CHN)

U18 FINAL - 2022 Shandong Provincial Games (Rizhao, CHN)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
date	03-Sep-22	time	7.31	12.15	17.15	22.36	27.83		33.75	39.88	45.83	52.24	59.36		67.39	2 / 2			
reaction time	0.432	interval		4.84	5.00	5.21	5.47		5.92	6.13	5.95	6.41	7.12	8.03		15.05	17.52	19.48	
		velocity	6.16	7.23	7.00	6.72	6.40		5.91	5.71	5.88	5.46	4.92	4.98	5.94		6.98	5.99	5.39
H1 lead leg	L	strides	24	17	17	17	17		19	19	19	20	21	25	215				

Shandong Athletics Sport Science (2022)

Li Yirong (CHN) (2002)

U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
date	17-Aug-19	time	7.08	11.86	16.78	21.82	26.92		32.24	37.66	43.40	49.50	55.94		63.46	6 / 4			
reaction time	0.188	interval		4.78	4.92	5.04	5.10		5.32	5.42	5.74	6.10	6.44	7.52		14.74	15.84	18.28	
		velocity	6.36	7.32	7.11	6.94	6.86		6.58	6.46	6.10	5.74	5.43	5.32	6.30		7.12	6.63	5.74
H1 lead leg	L	strides	25	17	17	17	17		18	18	19	20	21	24.5	213.5				

CAA Hurdle Development (2019)

Liang Ruihan (CHN)

U18 FINAL - 2022 Shandong Provincial Games (Rizhao, CHN)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	03-Sep-22	time	8.50	14.34	20.39	26.81	33.35		47.03	54.28			77.31	4 / 9			
reaction time	0.257	interval		5.84	6.05	6.42	6.54		13.68	7.25						18.31	20.22
		velocity	5.29	5.99	5.79	5.45	5.35		5.12	4.83			5.17			5.73	5.19
H1 lead leg	L	strides	26	19	20	20	20						105				

Shandong Athletics Sport Science (2022)

Liang Yina (CHN) (2001)

U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	17-Aug-19	time	6.94	11.52	16.20	21.04	26.14		31.54	37.10	42.74	48.54	54.48		61.35	7 / 5		

CAA Hurdle Development (2019)

reaction time	0.364	interval	4.58	4.68	4.84	5.10	5.40	5.56	5.64	5.80	5.94	6.87			14.10	16.06	17.38
		velocity	6.48	7.64	7.48	7.23	6.86	6.48	6.29	6.21	6.03	5.89	5.82	6.52	7.45	6.54	6.04
H1 lead leg	L	strides	24	17	17	17	17	18	18	18	18	18	22	204			
U20 Heat 1 - 2019 Chinese National Youth Games (Taiyuan, CHN)														<i>CAA Hurdle Development (2019)</i>			
date	17-Aug-19	time	6.98	11.70	16.58	21.56	26.80	32.32	38.08	43.84	49.84	55.92		62.37	7 / 2		
reaction time	0.241	interval		4.72	4.88	4.98	5.24	5.52	5.76	5.76	6.00	6.08	6.45		14.58	16.52	17.84
		velocity	6.45	7.42	7.17	7.03	6.68	6.34	6.08	6.08	5.83	5.76	6.20	6.41	7.20	6.36	5.89
H1 lead leg	R	strides	25	16	17	17	17	18	18	18	19	19	21.5	205.5			
Heat 3 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)														<i>CAA Hurdle Development (2019)</i>			
date	07-Apr-19	time	7.06	11.73	16.55	21.45	26.54	31.83	37.52	43.29	49.22	55.39		62.02	8 / 2		
reaction time	0.376	interval		4.67	4.82	4.90	5.09	5.29	5.69	5.77	5.93	6.17	6.63		14.39	16.07	17.87
		velocity	6.37	7.49	7.26	7.14	6.88	6.62	6.15	6.07	5.90	5.67	6.03	6.45	7.30	6.53	5.88
H1 lead leg	L	strides	24	17	17	17	17	18	18	18	19	19	22	206			
Heat 1 - 2018 Chinese National Championships (Taiyuan, CHN)														<i>Henson (2018) - coaching observations</i>			
date	15-Sep-18	time	7.02	11.56	16.23	20.99	25.92	31.03	36.43	41.93	47.66	53.69		60.38	5 / 4		
reaction time		interval		4.54	4.67	4.76	4.93	5.11	5.40	5.50	5.73	6.03	6.69		13.97	15.44	17.26
		velocity	6.41	7.71	7.49	7.35	7.10	6.85	6.48	6.36	6.11	5.80	5.98	6.62	7.52	6.80	6.08
H1 lead leg	L	strides	25	17	17	17	17	17	18	18	18	18	164				
Lin Zixin (CHN) (2004)																	
Heat 3 - 2021 East China District Meeting (Zhaoqing, CHN)														<i>CAA Hurdle Development (2021)</i>			
date	25-Apr-21	time	7.54	12.70	18.08	23.61								72.25	5 / 6		
reaction time	0.223	interval		5.16	5.38	5.53									16.07		
		velocity	5.97	6.78	6.51	6.33								5.54	6.53		
H1 lead leg	L	strides	24	17	17	17								75			
Lindley, Ashton (USA) (2002)																	
Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	26-Jun-21	time	6.54	11.04	15.65	20.32	25.15		30.26		40.83	46.21		58.04	2 / 7		
reaction time	0.288	interval		4.50	4.61	4.67	4.83		5.11		10.57	5.38			13.78		
		velocity	6.88	7.78	7.59	7.49	7.25		6.85		6.62	6.51		6.89	7.62		
H1 lead leg	L	strides		16	16	16	16					17		81			
FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	12-Jun-21	time	6.57		15.40	19.97	24.73			39.97	45.13	50.50		56.74	2 / 7		
reaction time	0.213	interval			8.83	4.57	4.76			15.24	5.16	5.37	6.24	PB		13.40	
		velocity	6.85		7.93	7.66	7.35			6.89	6.78	6.52	6.41	7.05	7.84		
H1 lead leg	L	strides	23			16	16					17	17	89			
Lin Jingyu (CHN) (1997)																	
Heat 3 - 2021 Chinese National Championships (Chongqing, CHN)														<i>CAA Hurdle Development (2021)</i>			
date	26-Jun-21	time	6.96	11.53	16.26	21.07	26.02	31.16	36.70	42.57	48.60	54.70		61.28	2 / 6		
reaction time	0.186	interval		4.57	4.73	4.81	4.95		5.14	5.54	5.87	6.03	6.10	6.58		14.11	15.63
		velocity	6.47	7.66	7.40	7.28	7.07		6.81	6.32	5.96	5.80	5.74	6.08	6.53	7.44	6.72
H1 lead leg	R	strides	24	17	17	17	17		17	19	19	19	19	21	206		5.83
Linkiewicz, Joanna (POL) (1990)																	
Semi-Final 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)														<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>			
date	02-Aug-21	time	6.66	10.93	15.23	19.76	24.33	29.13	34.06	39.13	44.20	49.56		55.67	9 / 5		
reaction time	0.157	interval		4.27	4.30	4.53	4.57		4.80	4.93	5.07	5.07	5.36	6.11		13.10	14.30
		velocity	6.76	8.20	8.14	7.73	7.66		7.29	7.10	6.90	6.90	6.53	6.55	7.19	8.02	7.34
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	17	17	20.5	192.5		6.77
Heat 5 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)														<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>			
date	31-Jul-21	time	6.60	10.90	15.26	19.83	24.50	29.30	34.17		44.22	49.23		54.93	8 / 4		
reaction time	0.130	interval		4.30	4.36	4.57	4.67		4.80	4.87	10.05	5.01	5.70	PB		13.23	14.34
		velocity	6.82	8.14	8.03	7.66	7.49		7.29	7.19	6.97	6.99	7.02	7.28	7.94	7.32	6.97
H1 lead leg	L	strides	24	16	16	16	16		17	17		17	20	159			
FINAL - 2020 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)														<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>			
date	19-Aug-20	time	6.64	11.08	15.64	20.28	25.08	30.08	35.24	40.32	45.56		57.11	8 / 7			
reaction time	0.175	interval		4.44	4.56	4.64	4.80		5.00	5.16	5.08	5.24			13.64	14.96	
		velocity	6.78	7.88	7.68	7.54	7.29		7.00	6.78	6.89	6.68		7.00	7.70	7.02	
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	17		156			
Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)														<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>			
date	02-Oct-19	time	6.48	10.72	15.04	19.56	24.24	29.04	33.96	38.92	44.00	49.24		55.38	9 / 6		
reaction time	0.166	interval		4.24	4.32	4.52	4.68		4.80	4.92	4.96	5.08	5.24	6.14		13.08	14.40
		velocity	6.94	8.25	8.10	7.74	7.48		7.29	7.11	7.06	6.89	6.68	6.51	7.22	8.03	7.29
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	17	17	20.5	176.5		6.87
FINAL - 2019 Seiko Golden Grand Prix (Osaka, JPN)														<i>Hirokawa (2019) - research on athlete performance and technique- 2019 data book</i>			
date	19-May-19	time	6.56	10.84	15.30	19.81	24.57	29.51	34.52	39.57	44.76	50.07		56.35	7 / 4		
reaction time	0.112	interval		4.28	4.46	4.51	4.76		4.94	5.01	5.05	5.19	5.31	6.28		13.25	14.71

H1 lead leg	L	velocity	6.86	8.18	7.85	7.76	7.35	7.09	6.99	6.93	6.74	6.59	6.37	7.10	7.92	7.14	6.75	
		strides	24	16	16	16	16	17	17	17	17	17	21	194				
FINAL - 2018 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)														<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>				
date	12-May-18	time	6.60	10.92	15.32	19.84	24.44	29.24	34.12	39.08	44.24	49.60	55.84	2 / 5				
reaction time	0.138	interval	4.32	4.40	4.52	4.60	4.80	4.88	4.96	5.16	5.36	6.24		13.24	14.28	15.48		
		velocity	6.82	8.10	7.95	7.74	7.61	7.29	7.17	7.06	6.78	6.53	6.41	7.16	7.93	7.35	6.78	
H1 lead leg	L	strides	25	16	16	16	16	17	17	17	17	18	175					
FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis)														<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>				
date	01-Sep-16	time	6.56	10.92	15.40	20.00	24.76	29.68	34.64	39.72	44.84	49.47	55.41	8 / 8				
reaction time	0.183	interval	4.36	4.48	4.60	4.76	4.92	4.96	5.08	5.12				13.44	14.64			
		velocity	6.86	8.03	7.81	7.61	7.35	7.11	7.06	6.89	6.84		7.11	7.81	7.17			
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	17	140					
FINAL - 2016 Birmingham Diamond League (Birmingham, GBR) (TV Analysis)														<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>				
date	05-Jun-16	time	6.67	11.03	15.47	20.00	24.73	29.63	34.43	39.43	44.40	49.47	55.41	8 / 6				
reaction time	0.165	interval	4.36	4.44	4.53	4.73	4.90	4.80	5.00	4.97	5.07	5.94		13.33	14.43	15.04		
		velocity	6.75	8.03	7.88	7.73	7.40	7.14	7.29	7.00	7.04	6.90	6.73	7.22	7.88	7.28	6.98	
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	17	173					
Linz, Christine (FRG) (1940)																		
FINAL - 1973 DLV-Test (Frankfurt-am-Main, FRG)														<i>Keydel (1973) - 400m Hürden test der frauen vom 26. bis 28.7.1973</i>				
date	28-Jul-73	time	7.2	12.7	18.2	23.9	29.5	35.6	41.6	47.7	54.6	61.2	68.3	/ 8				
reaction time		interval	5.41	5.54	5.66	5.69	6.09	5.94	6.15	6.85	6.64	7.10		16.61	17.72	19.64		
		velocity	6.22	6.47	6.32	6.18	6.15	5.75	5.89	5.69	5.11	5.27	5.63	5.86	6.32	5.93	5.35	
H1 lead leg		strides	25	17	17	17	17	17	17	19	19	21	186					
Little, Shamier (USA) (1995)																		
FINAL - 2024 Memorial van damme (Brussels, BEL)														<i>Omega Timing (2024) - diamond league race analysis</i>				
date	14-Sep-24	time	6.17	10.22	14.34	18.54	22.86	27.38	32.07	37.05	42.36	48.14	55.26	6 / 4				
reaction time	0.199	interval	4.05	4.12	4.20	4.32	4.52	4.69	4.98	5.31	5.78	7.12		12.37	13.53	16.07		
		velocity	7.29	8.64	8.50	8.33	8.10	7.74	7.46	7.03	6.59	6.06	5.62	7.24	8.49	7.76	6.53	
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	17	20.7	137.7				
FINAL - 2024 Weltklasse (Züich, SUI)														<i>Omega Timing (2024) - diamond league race analysis</i>				
date	05-Sep-24	time	6.12	10.15	14.28	18.43	22.67	27.04	31.64	36.51	41.66	47.09	54.07	5 / 3				
reaction time	0.174	interval	4.03	4.13	4.15	4.24	4.37	4.60	4.87	5.15	5.43	6.98		12.31	13.21	15.45		
		velocity	7.35	8.68	8.47	8.43	8.25	8.01	7.61	7.19	6.80	6.45	5.73	7.40	8.53	7.95	6.80	
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	17	20.2	182.2				
FINAL - 2024 Golden Gala • Pietro Mennea (Roma, ITA)														<i>Omega Timing (2024) - diamond league race analysis</i>				
date	30-Aug-24	time	6.28	10.45	14.68	19.12	23.65	28.25	32.91	37.71	42.76	48.01	54.15	8 / 3				
reaction time	0.234	interval	4.17	4.23	4.44	4.53	4.60	4.66	4.80	5.05	5.25	6.14		12.84	13.79	15.10		
		velocity	7.17	8.39	8.27	7.88	7.73	7.61	7.51	7.29	6.93	6.67	6.51	7.39	8.18	7.61	6.95	
H1 lead leg	R	strides	23	15	14	14	15	15	15	16	16	19	162					
FINAL - 2024 Athletissima (Lausanne, SUI)														<i>Omega Timing (2024) - diamond league race analysis</i>				
date	22-Aug-24	time	6.22	10.36	14.60	19.00	23.57	28.34	33.28	38.86	44.81	51.08	58.57	6 / 8				
reaction time	0.203	interval	4.14	4.24	4.40	4.57	4.77	4.94	5.58	5.95	6.27	7.49		12.78	14.28	17.80		
		velocity	7.23	8.45	8.25	7.95	7.66	7.34	7.09	6.27	5.88	5.58	5.34	6.83	8.22	7.35	5.90	
H1 lead leg	R	strides	23	15	15	15	15	15	15	17	18	18	136					
FINAL - 2024 London Athletics Meet (London, GBR)														<i>Omega Timing (2024) - diamond league race analysis</i>				
date	20-Jul-24	time	6.25	10.31	14.45	18.71	23.11	27.67	32.28	37.01	41.91	46.98	52.78	5 / 2				
reaction time	0.207	interval	4.06	4.14	4.26	4.40	4.56	4.61	4.73	4.90	5.07	5.80		12.46	13.57	14.70		
		velocity	7.20	8.62	8.45	8.22	7.95	7.68	7.59	7.40	7.14	6.90	6.90	7.58	8.43	7.74	7.14	
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	15	19	147					
FINAL - 2024 USA Olympic Trials (Eugene, OR)														<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>				
date	30-Jun-24	time	6.32	10.41	14.63	18.94	23.37	25.30	27.79	32.39	37.20	42.28	47.21	52.98	7 / 4			
reaction time		interval	4.09	4.22	4.31	4.43	4.42	4.60	4.81	5.08	4.93	5.77		12.62	13.45	14.82		
		velocity	7.12	8.56	8.29	8.12	7.90	7.91	7.92	7.61	7.28	6.89	7.10	6.93	7.55	8.32	7.81	7.09
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	19.2	179.2				
Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)														<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>				
date	29-Jun-24	time	6.34	10.42	14.63	19.00	23.45	25.42	27.87	32.51	37.41	42.72	47.77	53.49	7 / 1			
reaction time		interval	4.08	4.21	4.37	4.45	4.42	4.64	4.90	5.31	5.05	5.72		12.66	13.51	15.26		
		velocity	7.10	8.58	8.31	8.01	7.87	7.87	7.92	7.54	7.14	6.59	6.93	6.99	7.48	8.29	7.77	6.88
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	19	179				
Heat 5 - 2024 USA Olympic Trials (Eugene, OR)														<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>				
date	27-Jun-24	time	6.31	10.44	14.77	19.36	23.95	25.99	28.58	33.40	38.49	43.69	48.76	54.93	5 / 1			
reaction time		interval	4.13	4.33	4.59	4.59	4.63	4.82	5.09	5.20	5.07	6.17		13.05	14.04	15.36		
		velocity	7.13	8.47	8.08	7.63	7.63	7.70	7.56	7.26	6.88	6.73	6.90	6.48	7.28	8.05	7.48	6.84
H1 lead leg		strides																

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

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

FINAL - 2023 Galà Dei Castelli (Bellinzona, ITA) (TV Analysis)*Henson (2023) - Athlete First: 2023 year end hurdle report*

date	04-Sep-23	time	6.44	10.64	14.92	23.48	27.96	32.56	37.28	42.32	47.52	53.64	5 / 2			
reaction time		interval		4.20	4.28	8.56	4.48	4.60	4.72	5.04	5.20	6.12			14.96	
		velocity	6.99	8.33	8.18	8.18	7.81	7.61	7.42	6.94	6.73	6.54	7.46		7.02	
H1 lead leg	R	strides	23	15	15		15	15	15	16	16	20	150			

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

date	24-Aug-23	time	6.24	10.41	14.58	18.68	23.02	27.46	31.96	36.64	41.54	46.81	52.80	5 / 2			
reaction time	0.181	interval		4.17	4.17	4.10	4.34	4.44	4.50	4.68	4.90	5.27	5.99		12.44	13.28	14.85
		velocity	7.21	8.39	8.39	8.54	8.06	7.88	7.78	7.48	7.14	6.64	6.68	7.58	8.44	7.91	7.07
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	20	164				

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

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

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

date	21-Aug-23	time	6.17	10.33	14.50	18.70	23.13	27.73	32.46	37.37	42.63	48.13	54.40	4 / 2			
reaction time	0.215	interval		4.16	4.17	4.20	4.43	4.60	4.73	4.91	5.26	5.50	6.27		12.53	13.76	15.67
		velocity	7.29	8.41	8.39	8.33	7.90	7.61	7.40	7.13	6.65	6.36	6.38	7.35	8.38	7.63	6.70
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	17	19.2	180.2			

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

date	23-Jul-23	time	6.20	10.29	14.44	18.70	23.07	27.69	32.46	37.30	42.52	47.80	53.76	4 / 3			
reaction time	0.174	interval		4.09	4.15	4.26	4.37	4.62	4.77	4.84	5.22	5.28	5.96		12.50	13.76	15.34
		velocity	7.26	8.56	8.43	8.22	8.01	7.58	7.34	7.23	6.70	6.63	6.71	7.44	8.40	7.63	6.84
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	20	180			

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

date	09-Jul-23	time	6.27	10.24	14.38	18.68	23.09	27.59	32.36	37.24	42.24	47.48	53.34	5 / 1			
reaction time		interval		3.97	4.14	4.30	4.41	4.50	4.77	4.88	5.00	5.24	5.86		12.41	13.68	15.12
		velocity	7.18	8.82	8.45	8.14	7.94	7.78	7.34	7.17	7.00	6.68	6.83	7.50	8.46	7.68	6.94
H1 lead leg	R	strides	23	15	15	15	15	15	16	16	16	16	20.2	182.2			

FINAL - 2023 Golden Gala Pietro Mennea (Firenze, ITA)*Omega Timing (2023) - diamond league race analysis*

date	02-Jun-23	time	6.18	10.35	14.66	19.04	23.50	27.98	32.62	37.36	42.21	47.30	53.38	4 / 2			
reaction time	0.153	interval		4.17	4.31	4.38	4.46	4.48	4.64	4.74	4.85	5.09	6.08		12.86	13.58	14.68
		velocity	7.28	8.39	8.12	7.99	7.85	7.81	7.54	7.38	7.22	6.88	6.58	7.49	8.16	7.73	7.15
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	15	16	19.2	178.2			

FINAL - 2023 Meeting International Mohammed VI d'Athlétisme (Rabat, MAR)*Omega Timing (2023) - diamond league race analysis*

date	28-May-23	time	6.18	10.20	14.39	18.71	23.17	27.77	32.73	37.51	42.57	47.93	53.95	4 / 1			
reaction time	0.183	interval		4.02	4.19	4.32	4.46	4.60	4.96	4.78	5.06	5.36	6.02		12.53	14.02	15.20
		velocity	7.28	8.71	8.35	8.10	7.85	7.61	7.06	7.32	6.92	6.53	6.64	7.41	8.38	7.49	6.91
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	15	16	19.5	178.5			

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

date	22-Jul-22	time	6.33	10.53	14.73	19.17	23.68	25.52	32.96	37.67	42.60	47.77	53.76	3 / 4			
reaction time	0.147	interval		4.20	4.20	4.44	4.51		9.28	4.71	4.93	5.17	5.99		12.84	13.79	14.81
		velocity	7.11	8.33	8.33	7.88	7.76	7.84	7.54	7.43	7.10	6.77	6.68	7.44	8.18	7.61	7.09
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	128				

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

date	20-Jul-22	time	6.17	10.26	14.53	18.80	23.33	25.43	27.93	32.73	37.60	42.63	47.77	53.61	6 / 2		
reaction time	0.178	interval		4.09	4.27	4.27	4.53		4.60	4.80	4.87	5.03	5.14	5.84		12.63	13.93
		velocity	7.29	8.56	8.20	8.20	7.73	7.86	7.61	7.29	7.19	6.96	6.81	6.85	7.46	8.31	7.54
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	19.2	179.2		

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

date	19-Jul-22	time	6.33	10.43	14.63	18.97	23.50	25.53	28.17		38.03	43.27	48.63	54.77	8 / 2		
reaction time	0.165	interval		4.10	4.20	4.34	4.53		4.67		9.86	5.24	5.36	6.14		12.64	
		velocity	7.11	8.54	8.33	8.06	7.73	7.83	7.49		7.10	6.68	6.53	6.51	7.30	8.31	
H1 lead leg	R	strides	23	15	15	15	15		15		16	16	19	149			

FINAL - 2022 USATF National Championships (Eugene, OR)*USATF (2022) - Results powered by Karmarush*

date	25-Jun-22	time	6.31	10.37	14.55	18.94	23.44	25.44	28.03	32.56	37.27	42.29	47.61	53.94	53.92	8 / 3		
reaction time		interval		4.06	4.18	4.39	4.50		4.59	4.53	4.71	5.02	5.32	6.31		12.63	13.62	15.05
		velocity	7.13	8.62	8.37	7.97	7.78	7.86	7.63	7.73	7.43	6.97	6.58	6.34	7.42	8.31	7.71	6.98
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16		144				

Semi-Final 2 - 2022 USATF National Championships (Eugene, OR) (TV Analysis)

date	24-Jun-22	time	6.50	10.70	15.10	19.66	24.36	26.35	29.16	34.20	39.33	44.46	49.73	Henson (2022) - Athlete First: 2022 year end hurdle report					
reaction time		interval		4.20	4.40	4.56	4.70		4.80	5.04	5.13	5.13	5.27	5.87	55.60	7 / 3			
		velocity	6.92	8.33	7.95	7.68	7.45	7.59	7.29	6.94	6.82	6.82	6.64	6.81	7.19		13.16	14.54	15.53
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	16	16	20	182		7.98	7.22	6.76

FINAL - 2021 Weltklasse (Zürich, SUI) (TV Analysis)

date	09-Sep-21	time	6.20	10.28		18.84	23.28	25.1	27.80	32.48	37.24	42.24	47.36	Henson (2021) - Athlete First: 2021 year end hurdle report						
reaction time	0.165	interval		4.08		8.56	4.44		4.52	4.68	4.76	5.00	5.12	5.99	53.35	3 / 2		12.64	13.64	14.88
		velocity	7.26	8.58		8.18	7.88	7.97	7.74	7.48	7.35	7.00	6.84	6.68	7.50		8.31	7.70	7.06	
H1 lead leg	R	strides	22	15		15		15	15	15	16	16	16	20	150					

FINAL - 2021 Meeting de Paris (Paris, FRA) (TV Analysis)

date	28-Aug-21	time	6.27	10.63	15.22	19.75	24.32		28.98	33.85	38.90	44.37	50.10	Henson (2021) - Athlete First: 2021 year end hurdle report						
reaction time	0.222	interval		4.36	4.59	4.53	4.57		4.66	4.87	5.05	5.47	5.73	7.08	57.18	5 / 8		13.48	14.10	16.25
		velocity	7.18	8.03	7.63	7.73	7.66		7.51	7.19	6.93	6.40	6.11	5.65	7.00		7.79	7.45	6.46	
H1 lead leg	R	strides	23	16	16	15	15		16	16	16	17	17	20.2	187.2					

FINAL - 2021 Athletissima (Lausanne, SUI) (TV Analysis)

date	26-Aug-21	time	6.20	10.24	14.40				27.76	32.52	37.32	42.28	47.48	Henson (2021) - Athlete First: 2021 year end hurdle report						
reaction time	0.202	interval		4.04	4.16				13.36	4.76	4.80	4.96	5.20	6.30	53.78	3 / 2				14.96
		velocity	7.26	8.66	8.41				7.86	7.35	7.29	7.06	6.73	6.35	7.44					7.02
H1 lead leg	R	strides	23	15	15				16	16	16	16	17	20	138					

FINAL - 2021 Prefontaine Classic (Eugene, OR) (TV Analysis)

date	21-Aug-21	time	6.28	10.40	14.60	18.88	23.46	25.4	28.20	33.10	37.96	42.88	47.88	Henson (2021) - Athlete First: 2021 year end hurdle report						
reaction time	0.190	interval		4.12	4.20	4.28	4.58		4.74	4.90	4.86	4.92	5.00	5.91	53.79	6 / 2		12.60	14.22	14.78
		velocity	7.17	8.50	8.33	8.18	7.64	7.87	7.38	7.14	7.20	7.11	7.00	6.77	7.44		8.33	7.38	7.10	
H1 lead leg	R	strides	23	15	15	15	16		16	16	16	17	16	19	184					

FINAL - 2021 Müller British Grand Prix (Gateshead, GBR) (TV Analysis)

date	13-Jul-21	time	6.40	10.56	14.82	19.16	23.58	25.5	28.12	32.92	37.90	43.10	48.38	Henson (2021) - Athlete First: 2021 year end hurdle report						
reaction time	0.214	interval		4.16	4.26	4.34	4.42		4.54	4.80	4.98	5.20	5.28	6.15	54.53	4 / 2		12.76	13.76	15.46
		velocity	7.03	8.41	8.22	8.06	7.92	7.84	7.71	7.29	7.03	6.73	6.63	6.50	7.34		8.23	7.63	6.79	
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	16	17	19	182					

FINAL - 2021 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)

date	06-Jul-21	time	6.40	10.58	14.78	19.04	23.39		27.83	32.42	37.23	42.12	47.21	Henson (2021) - Athlete First: 2021 year end hurdle report						
reaction time	0.339	interval		4.18	4.20	4.26	4.35		4.44	4.59	4.81	4.89	5.09	5.64	52.85	6 / 2		12.64	13.38	14.79
		velocity	7.03	8.37	8.33	8.22	8.05		7.88	7.63	7.28	7.16	6.88	7.09	7.57		8.31	7.85	7.10	
H1 lead leg	R	strides	22	15	15	15	15		15	16	16	16	16	19.5	164.5					

FINAL - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis)

date	04-Jul-21	time	6.18	10.28	14.42	18.78	23.28	25.2	27.72	32.26	36.92	41.72	46.72	Henson (2021) - Athlete First: 2021 year end hurdle report						
reaction time	0.200	interval		4.10	4.14	4.36	4.50		4.44	4.54	4.66	4.80	5.00	5.67	52.39	6 / 2		12.60	13.48	14.46
		velocity	7.28	8.54	8.45	8.03	7.78	7.94	7.88	7.71	7.51	7.29	7.00	7.05	7.64		8.33	7.79	7.26	
H1 lead leg	R	strides		15	15	15	15		15	15	15	16	16	19.7	156.7					

FINAL - 2020 USA Olympic Trials (Eugene, OR)

date	27-Jun-21	time	6.20	10.22	14.38	18.59	22.96	24.93	27.52	32.27	36.99	42.50	47.69	Athlete Tracking (2021) - Women's 400mH - Unofficial Split Times						
reaction time	0.213	interval		4.02	4.16	4.21	4.37		4.56	4.75	4.72	5.51	5.19	6.16	53.85	5 / 4		12.39	13.68	15.42
		velocity	7.26	8.71	8.41	8.31	8.01	8.02	7.68	7.37	7.42	6.35	6.74	6.49	7.43		8.47	7.68	6.81	
H1 lead leg	R	strides		15	15	15	15		16	16	15	18	17	142						

Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)

date	26-Jun-21	time	6.37	10.54	14.86	19.25	23.75		28.43	33.23	38.10	43.01	48.01	Henson (2021) - Athlete First: 2021 year end hurdle report						
reaction time	0.222	interval		4.17	4.32	4.39	4.50		4.68	4.80	4.87	4.91	5.00	5.70	53.71	5 / 1		12.88	13.98	14.78
		velocity	7.06	8.39	8.10	7.97	7.78		7.48	7.29	7.19	7.13	7.00	7.02	7.45		8.15	7.51	7.10	
H1 lead leg	R	strides		15	15	15	15		16	16	16	16	16	19	159					

Heat 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)

date	25-Jun-21	time	6.53	10.80	15.16	19.66	24.30		29.06	33.93	38.76	43.86	49.10	Henson (2021) - Athlete First: 2021 year end hurdle report						
reaction time	0.301	interval		4.27	4.36	4.50	4.64		4.76	4.87	4.83	5.10	5.24	6.12	55.22	7 / 1		13.13	14.27	15.17
		velocity	6.89	8.20	8.03	7.78	7.54		7.35	7.19	7.25	6.86	6.68	6.54	7.24		8.00	7.36	6.92	
H1 lead leg	R	strides	23	15	15	15	16		16	16	16	16	16	19	183					

FINAL - 2019 Weltklasse (Zürich, SUI) (TV Analysis)

date	29-Aug-19	time	6.18	10.40		18.96	23.38	25.3	27.92	32.68		42.56	47.74	Henson (2020) - Athlete First: 2019 year end hurdle report						
reaction time	0.202	interval		4.22		8.56	4.42		4.54	4.76		9.88	5.18	6.12	53.86	2 / 2		12.78	13.72	15.06
		velocity	7.28	8.29		8.18	7.92	7.91	7.71	7.35		7.09	6.76	6.54	7.43		8.22	7.65	6.97	
H1 lead leg	L	strides	22	15		15		15	15			16	20	118						

FINAL - 2019 USATF National Championships (Des Moines, IA) (TV Analysis)

date	28-Jul-19	time	6.15	10.11	14.28	18.45	22.78		27.36	32.13	37.07	42.10	47.34	Henson (2020) - Athlete First: 2019 year end hurdle report						
reaction time	0.198	interval		3.96	4.17	4.17	4.33		4.58	4.77	4.94	5.03	5.24	6.57	53.91	5 / 4		12.30	13.68	15.21
		velocity	7.32	8.84	8.39	8.39	8.08		7.64	7.34	7.09	6.96	6.68	6.09	7.42		8.54	7.68	6.90	

H1 lead leg	L	strides	23	14	14	14	14	15	16	16	16	17	21	180							
FINAL - 2019 Athletissima (Lausanne, SUI) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>						
date	05-Jul-19	time	6.12	10.24	14.50	18.88	23.32	25.3	27.90	32.74	37.72	42.80	48.00	53.73	5 / 1						
reaction time	0.223	interval	4.12	4.26	4.38	4.44		4.58	4.84	4.98	5.08	5.20	5.73			12.76	13.86	15.26			
		velocity	7.35	8.50	8.22	7.99	7.88	7.91	7.64	7.23	7.03	6.89	6.73	6.98	7.44		8.23	7.58	6.88		
H1 lead leg	L	strides	23	15	15	15	15	15	16	16	16	17	19.7	182.7							
FINAL - 2019 Bislett Games (Oslo, NOR) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>						
date	13-Jun-19	time	6.32	10.42	14.62	18.88	23.38	25.3	28.06	32.90	37.86	43.10	48.50	54.92	6 / 3						
reaction time	0.273	interval	4.10	4.20	4.26	4.50		4.68	4.84	4.96	5.24	5.40	6.42			12.56	14.02	15.60			
		velocity	7.12	8.54	8.33	8.22	7.78	7.91	7.48	7.23	7.06	6.68	6.48	6.23	7.28		8.36	7.49	6.73		
H1 lead leg	R	strides	24	15	15	15	15	16	16	16	17	17	20	186							
FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>						
date	06-Jun-19	time	6.28	10.44	14.72	19.12	23.64		28.32	33.08	38.04	43.12	48.30	54.40	4 / 2						
reaction time	0.215	interval	4.16	4.28	4.40	4.52		4.68	4.76	4.96	5.08	5.18	6.10			12.84	13.96	15.22			
		velocity	7.17	8.41	8.18	7.95	7.74		7.48	7.35	7.06	6.89	6.76	6.56	7.35		8.18	7.52	6.90		
H1 lead leg	R	strides	24	15	15	15	15	16	16	16	16	16	20	184							
FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)															<i>Henson (2021) - Athlete First: 2018 year end hurdle report</i>						
date	09-Sep-18	time	6.28	10.52	14.88	19.32	23.84		28.36	33.00	37.84	42.80	47.88	53.86	5 / 2						
reaction time	0.223	interval	4.24	4.36	4.44	4.52		4.52	4.64	4.84	4.96	5.08	5.98			13.04	13.68	14.88			
		velocity	7.17	8.25	8.03	7.88	7.74		7.74	7.54	7.23	7.06	6.89	6.69	7.43		8.05	7.68	7.06		
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	15	16	19.2	178.2							
FINAL - 2018 Weltklasse (Zürich, SUI) (TV Analysis)															<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>						
date	30-Aug-18	time	6.24	10.44	14.75	19.20	23.64	25.6	28.24	32.96	37.84	42.88	48.08	54.21	3 / 2						
reaction time	0.213	interval	4.20	4.31	4.45	4.44		4.60	4.72	4.88	5.04	5.20	6.13			12.96	13.76	15.12			
		velocity	7.21	8.33	8.12	7.87	7.88	7.81	7.61	7.42	7.17	6.94	6.73	6.53	7.38		8.10	7.63	6.94		
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	17	20	182							
FINAL - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)															<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>						
date	21-Jul-18	time	6.32	10.60	14.92	19.32	23.92		28.52	33.36	38.24	43.24	48.24	53.95	5 / 1						
reaction time	0.143	interval	4.28	4.32	4.40	4.60		4.60	4.84	4.88	5.00	5.00	5.71			13.00	14.04	14.88			
		velocity	7.12	8.18	8.10	7.95	7.61		7.61	7.23	7.17	7.00	7.00	7.01	7.41		8.08	7.48	7.06		
H1 lead leg	L	strides	23	15	14	15	15	15	15	16	16	16	16	19.5	180.5						
FINAL - 2018 Athletissima (Lausanne, SUI) (TV Analysis)															<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>						
date	05-Jul-18	time	6.16	10.36	14.68	19.04	23.48		28.04	32.72	37.52	42.44	47.48	53.41	4 / 1						
reaction time	0.188	interval	4.20	4.32	4.36	4.44		4.56	4.68	4.80	4.92	5.04	5.93			12.88	13.68	14.76			
		velocity	7.31	8.33	8.10	8.03	7.88		7.68	7.48	7.29	7.11	6.94	6.75	7.49		8.15	7.68	7.11		
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	16	20	181							
FINAL - 2018 USATF National Championships (Des Moines, IA) (TV Analysis)															<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>						
date	24-Jun-18	time	6.30	10.51	14.78	19.15	23.55		28.09	32.66	37.40	42.31	47.54	53.61	5 / 1						
reaction time		interval	4.21	4.27	4.37	4.40		4.54	4.57	4.74	4.91	5.23	6.07			12.85	13.51	14.88			
		velocity	7.14	8.31	8.20	8.01	7.95		7.71	7.66	7.38	7.13	6.69	6.59	7.46		8.17	7.77	7.06		
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	15	16	16	20	180						
FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis)															<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>						
date	07-Jun-18	time	6.20	10.28	14.52	18.88	23.36	25.3	27.88	32.56	37.48	42.48	47.68	53.94	4 / 2						
reaction time	0.200	interval	4.08	4.24	4.36	4.48		4.52	4.68	4.92	5.00	5.20	6.26			12.68	13.68	15.12			
		velocity	7.26	8.58	8.25	8.03	7.81	7.91	7.74	7.48	7.11	7.00	6.73	6.39	7.42		8.28	7.68	6.94		
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	16	20	181						
FINAL - 2018 Prefontaine Classic (Eugene, OR) (TV Analysis)															<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>						
date	26-May-18	time	6.44	10.52	14.64	18.88	23.28		27.88	32.68	37.72	43.12	48.72	55.23	2 / 5						
reaction time	0.249	interval	4.08	4.12	4.24	4.40		4.60	4.80	5.04	5.40	5.60	6.51			12.44	13.80	16.04			
		velocity	6.99	8.58	8.50	8.25	7.95		7.61	7.29	6.94	6.48	6.25	6.14	7.24		8.44	7.61	6.55		
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	17	17	20	184						
FINAL - 2017 Müller Grand Prix (Birmingham, GBR) (TV Analysis)															<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>						
date	20-Aug-17	time	6.48	10.64	14.88	19.20	23.76		28.56	33.56	38.80	44.32	50.24	57.42	3 / 6						
reaction time	0.220	interval	4.16	4.24	4.32	4.56		4.80	5.00	5.24	5.52	5.92	7.18			12.72	14.36	16.68			
		velocity	6.94	8.41	8.25	8.10	7.68		7.29	7.00	6.68	6.34	5.91	5.57	6.97		8.25	7.31	6.29		
H1 lead leg	R	strides	24	15	15	15	15	16	16	16	17	18	167								
FINAL - 2017 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)															<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>						
date	21-Jul-17	time	6.32	10.40	15.00	23.44			32.60	37.52	42.60	47.84		54.02	4 / 2						
reaction time	0.243	interval	4.08		8.60	4.44			9.16	4.92	5.08	5.24	6.18			12.68	13.60	15.24			
		velocity	7.12	8.58	8.14	7.88			7.64	7.11	6.89	6.68	6.47	7.40		8.28	7.72	6.89			
H1 lead leg	R	strides	24	15		15				16	16	16	19.5	121.5							
FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis)															<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>						
date	06-Jul-17	time	6.48	10.80	15.24	19.64	24.12		28.72	33.36	38.16	43.28	48.64	55.10	4 / 6						
reaction time	0.230	interval	4.32	4.44	4.40	4.48		4.60	4.64	4.80	5.12	5.36	6.46			13.16	13.72	15.28			

H1 lead leg	R	velocity	6.94	8.10	7.88	7.95	7.81	7.61	7.54	7.29	6.84	6.53	6.19	7.26	7.98	7.65	6.87	
		strides	24	15	15	15	15	15	15	15	16	16	20	181				
FINAL - 2017 USATF Championships (Sacramento, CA) (TV Analysis)														<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>				
date	25-Jun-17	time	6.34		14.51			27.36	31.96	36.77	41.84	46.94		52.75	4 / 2			
reaction time	0.186	interval			8.17			12.85	4.60	4.81	5.07	5.10	5.81	PB			14.98	
		velocity	7.10		8.57			8.17	7.61	7.28	6.90	6.86	6.88	7.58			7.01	
H1 lead leg	R	strides	24					15	16	16	16	16	19.5	106.5				
FINAL - 2017 Prefontaine Classic (Eugene, OR) (TV Analysis)														<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>				
date	27-May-17	time	6.40	10.46	14.66	19.03	23.50	27.93	32.66	37.50	42.53	47.60		53.44	1 / 2			
reaction time	0.236	interval		4.06	4.20	4.37	4.47	4.43	4.73	4.84	5.03	5.07	5.84	PB		12.63	13.63	14.94
		velocity	7.03	8.62	8.33	8.01	7.83	7.90	7.40	7.23	6.96	6.90	6.85	7.49		8.31	7.70	7.03
H1 lead leg	R	strides	24	15	15	15	15	15	15	16	16	16	19.5	181.5				
FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis)														<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>				
date	01-Sep-16	time	6.32	10.44	14.68	19.00	23.36	27.88	32.48	37.36	42.44	47.80		53.97	3 / 1			
reaction time	0.215	interval		4.12	4.24	4.32	4.36	4.52	4.60	4.88	5.08	5.36	6.17			12.68	13.48	15.32
		velocity	7.12	8.50	8.25	8.10	8.03	7.74	7.61	7.17	6.89	6.53	6.48	7.41		8.28	7.79	6.85
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	17	20	167				
FINAL - 2016 Athletissima (Laussane, SUI) (TV Analysis)														<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>				
date	25-Aug-16	time	6.40	10.60	14.92	19.32	23.80	28.48	33.36	38.28	43.52	49.04		55.20	4 / 5			
reaction time	0.249	interval		4.20	4.32	4.40	4.48	4.68	4.88	4.92	5.24	5.52	6.16			12.92	14.04	15.68
		velocity	7.03	8.33	8.10	7.95	7.81	7.48	7.17	7.11	6.68	6.34	6.49	7.25		8.13	7.48	6.70
H1 lead leg	R	strides	23	15	15	15	15	16	16	16	17	17	20	185				
FINAL - 2016 London Anniversary Games (London, GBR) (TV Analysis)														<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>				
date	22-Jul-16	time	6.33	10.50	14.66	18.90	23.36	27.93	32.73	37.56	42.53	48.16		55.01	5 / 6			
reaction time	0.263	interval		4.17	4.16	4.24	4.46	4.57	4.80	4.83	4.97	5.63	6.85			12.57	13.83	15.43
		velocity	7.11	8.39	8.41	8.25	7.85	7.66	7.29	7.25	7.04	6.22	5.84	7.27		8.35	7.59	6.80
H1 lead leg	R	strides	23	16	16	16	16	16	16	17	17	17	20.5	190.5				
FINAL - 2016 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)														<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>				
date	15-Jul-16	time	6.33	10.43	14.80	19.27	23.77	28.60	33.47	38.57	43.93	49.40		55.73	5 / 6			
reaction time	0.183	interval		4.10	4.37	4.47	4.50	4.83	4.87	5.10	5.36	5.47	6.33			12.94	14.20	15.93
		velocity	7.11	8.54	8.01	7.83	7.78	7.25	7.19	6.86	6.53	6.40	6.32	7.18		8.11	7.39	6.59
H1 lead leg	L	strides	24	15	15	15	15	16	16	16	17	17	20	186				
FINAL - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)														<i>Henson (2021) - Athlete First: major championships report</i>				
date	26-Aug-15	time	6.40	10.56	14.76	19.12	23.56		32.72	37.64	42.68	47.96		53.94	2 / 2			
reaction time	0.227	interval		4.16	4.20	4.36	4.44		9.16	4.92	5.04	5.28	5.98			12.72	13.60	15.24
		velocity	7.03	8.41	8.33	8.03	7.88		7.64	7.11	6.94	6.63	6.69	7.42		8.25	7.72	6.89
H1 lead leg	R	strides		15		15	15			16	16	17	20	114				
Liu Hongjuan (CHN) (1996)																		
Heat 3 - 2021 Chinese National Championships (Chongqing, CHN)																		
<i>CAA Hurdle Development (2021)</i>																		
date	26-Jun-21	time	6.94	11.56	16.26	21.24	26.32	31.70	37.32	43.04	48.97	55.07		62.11	4 / 7			
reaction time	0.250	interval		4.62	4.70	4.98	5.08	5.38	5.62	5.72	5.93	6.10	7.04			14.30	16.08	17.75
		velocity	6.48	7.58	7.45	7.03	6.89	6.51	6.23	6.12	5.90	5.74	5.68	6.44		7.34	6.53	5.92
H1 lead leg	L	strides	23	16	16	16	16	17	18	18	19	19	22.2	200.2				
FINAL - 2021 East China District Meeting (Zhaoqing, CHN)																		
<i>CAA Hurdle Development (2021)</i>																		
date	25-Apr-21	time	6.66	11.18	15.82	20.68	25.68	30.94	36.40	41.90	47.74	53.58		60.33	7 / 5			
reaction time	0.240	interval		4.52	4.64	4.86	5.00	5.26	5.46	5.50	5.84	5.84	6.75			14.02	15.72	17.18
		velocity	6.76	7.74	7.54	7.20	7.00	6.65	6.41	6.36	5.99	5.99	5.93	6.63		7.49	6.68	6.11
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	18	18	22	196				
Heat 1 - 2021 East China District Meeting (Zhaoqing, CHN)																		
<i>CAA Hurdle Development (2021)</i>																		
date	25-Apr-21	time	6.82	11.36	16.00	20.82	25.78	31.05	36.44	42.04	47.78	53.75		60.54	7 / 2			
reaction time	0.249	interval		4.54	4.64	4.82	4.96	5.27	5.39	5.60	5.74	5.97	6.79			14.00	15.62	17.31
		velocity	6.60	7.71	7.54	7.26	7.06	6.64	6.49	6.25	6.10	5.86	5.89	6.61		7.50	6.72	6.07
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	18	19	22	197				
Heat 2 - 2019 Chinese National Grand Prix Final (Daqing, CHN)																		
<i>CAA Hurdle Development (2019)</i>																		
date	22-Aug-19	time	7.10	11.78	16.54	21.52	26.71	32.28	37.95	43.96	50.03	56.19		63.27	8 / 5			
reaction time	0.284	interval		4.68	4.76	4.98	5.19	5.57	5.67	6.01	6.07	6.16	7.08			14.42	16.43	18.24
		velocity	6.34	7.48	7.35	7.03	6.74	6.28	6.17	5.82	5.77	5.68	5.65	6.32		7.28	6.39	5.76
H1 lead leg	L	strides	23	16	16	16	16	18	18	19	19	19	22.2	202.2				
FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)																		
<i>CAA Hurdle Development (2019)</i>																		
date	03-Aug-19	time	7.02	11.78	16.57	21.44	26.46	31.68	37.02	42.61	48.28	54.20		61.02	3 / 8			
reaction time	0.251	interval		4.76	4.79	4.87	5.02	5.22	5.34	5.59	5.67	5.92	6.82			14.42	15.58	17.18
		velocity	6.41	7.35	7.31	7.19	6.97	6.70	6.55	6.26	6.17	5.91	5.87	6.56		7.28	6.74	6.11
H1 lead leg	L	strides	23	16	16	16	16	17	17	18	18	19	22.2	198.2				
Heat 1 - 2019 Chinese World Championship Trials (Shenyang, CHN)																		
<i>CAA Hurdle Development (2019)</i>																		

date	03-Aug-19	time	7.09	11.84	16.70	21.70	26.83	32.22	37.74	43.24	49.02	54.87	61.69	4 / 1			
reaction time	0.228	interval		4.75	4.86	5.00	5.13	5.39	5.52	5.50	5.78	5.85	6.82		14.61	16.04	17.13
		velocity	6.35	7.37	7.20	7.00	6.82	6.49	6.34	6.36	6.06	5.98	5.87	6.48	7.19	6.55	6.13
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	18	18	21.2	195.2			

Heat 1 - 2019 Chinese National Championships (Shenyang, CHN)

CAA Hurdle Development (2019)

date	09-Jul-19	time	6.94	11.58	16.25	21.10	26.04	31.21	36.48	41.89	47.71	53.58	60.57	3 / 4			
reaction time	0.291	interval		4.64	4.67	4.85	4.94	5.17	5.27	5.41	5.82	5.87	6.99		14.16	15.38	17.10
		velocity	6.48	7.54	7.49	7.22	7.09	6.77	6.64	6.47	6.01	5.96	5.72	6.60	7.42	6.83	6.14
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	18	18	22.5	196.5			

FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)

CAA Hurdle Development (2019)

date	12-Apr-19	time	6.98	11.57	16.34	21.30	26.32	31.58	37.18	42.92	48.72	54.62	61.30	5 / 6			
reaction time	0.265	interval		4.59	4.77	4.96	5.02	5.26	5.60	5.74	5.80	5.90	6.68		14.32	15.88	17.44
		velocity	6.45	7.63	7.34	7.06	6.97	6.65	6.25	6.10	6.03	5.93	5.99	6.53	7.33	6.61	6.02
H1 lead leg	L	strides	23	16	16	16	16	17	18	18	19	19	22.2	200.2			

Heat 3 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)

CAA Hurdle Development (2019)

date	12-Apr-19	time	6.86	11.43	16.19	21.10	26.06	31.30	36.57	42.04	47.69	53.48	60.19	7 / 2			
reaction time	0.227	interval		4.57	4.76	4.91	4.96	5.24	5.27	5.47	5.65	5.79	6.71		14.24	15.47	16.91
		velocity	6.56	7.66	7.35	7.13	7.06	6.68	6.64	6.40	6.19	6.04	5.96	6.65	7.37	6.79	6.21
H1 lead leg	L	strides	23	16	16	16	16	17	17	18	19	19	22.5	199.5			

FINAL - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)

CAA Hurdle Development (2019)

date	08-Apr-19	time	6.88	11.40	15.96	20.76	25.64	30.82	36.06	41.54	47.12	52.92	59.65	4 / 3			
reaction time	0.250	interval		4.52	4.56	4.80	4.88	5.18	5.24	5.48	5.58	5.80	6.73		13.88	15.30	16.86
		velocity	6.54	7.74	7.68	7.29	7.17	6.76	6.68	6.39	6.27	6.03	5.94	6.71	7.56	6.86	6.23
H1 lead leg	L	strides	23	16	16	16	16	17	17	18	18	19	22.5	198.5			

Heat 5 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)

CAA Hurdle Development (2019)

date	07-Apr-19	time	6.99	11.63	16.35	21.25	26.13	31.35	36.78	42.37	48.15	53.99	60.55	7 / 1			
reaction time	0.278	interval		4.64	4.72	4.90	4.88	5.22	5.43	5.59	5.78	5.84	6.56		14.26	15.53	17.21
		velocity	6.44	7.54	7.42	7.14	7.17	6.70	6.45	6.26	6.06	5.99	6.10	6.61	7.36	6.76	6.10
H1 lead leg	L	strides	23	16	16	16	16	17	18	18	19	19	22.5	200.5			

Heat 3 - 2018 Chinese National Championships (Taiyuan, CHN)

Henson (2018) - coaching observations

date	15-Sep-18	time	7.06	11.61	16.25	21.07	26.01	31.20	36.72	42.36	48.27	54.57	61.85	3 / 6			
reaction time		interval		4.55	4.64	4.82	4.94	5.19	5.52	5.64	5.91	6.30	7.28		14.01	15.65	17.85
		velocity	6.37	7.69	7.54	7.26	7.09	6.74	6.34	6.21	5.92	5.56	5.49	6.47	7.49	6.71	5.88
H1 lead leg	L	strides	23	16	16	16	16	17	18	18	19	20	23	202			

Liu Shihua (CHN)

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

U18 FINAL - 2022 Shandong Provincial Games (Rizhao, CHN)

Shandong Athletics Sport Science (2022)

date	03-Sep-22	time	8.18	13.73	19.44	25.35	31.42	37.61	44.13	51.41			75.32	7 / 8			
reaction time	0.211	interval		5.55	5.71	5.91	6.07	6.19	6.52	7.28					17.17	18.78	
		velocity	5.50	6.31	6.13	5.92	5.77	5.65	5.37	4.81			5.31		6.12	5.59	
H1 lead leg	R	strides	26	19	19	19	19	19	20	22			163				

Liu Wei (CHN) (2001)

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

FINAL - 2024 Chinese National Championships (Quzhou, CHN)

Shandong Athletics Sport Science (2024)

date	16-Sep-24	time	6.86	11.36	15.98	20.64	25.39	30.30	35.20	40.35	45.69	51.28	57.76	2 / 4				
reaction time	0.246	interval		4.50	4.62	4.66	4.75	4.91	4.90	5.15	5.34	5.59	6.48		PB	13.78	14.56	16.08
		velocity	6.56	7.78	7.58	7.51	7.37	7.13	7.14	6.80	6.55	6.26	6.17	6.93		7.62	7.21	6.53
H1 lead leg	L	strides	23	16	16	16	16	16	16	17	17	17	21	191				

Heat 1 - 2021 Chinese National Championships (Chongqing, CHN)

CAA Hurdle Development (2021)

date	26-Jun-21	time	7.21	12.00	16.93	21.97	27.08	32.35	37.59	43.06	48.53	54.15	60.62	2 / 6			
reaction time	0.343	interval		4.79	4.93	5.04	5.11	5.27	5.24	5.47	5.47	5.62	6.47		14.76	15.62	16.56
		velocity	6.24	7.31	7.10	6.94	6.85	6.64	6.68	6.40	6.40	6.23	6.18	6.60	7.11	6.72	6.34
H1 lead leg	L	strides	23	17	17	17	17	17	17	17	18	18	21.2	199.2			

FINAL - 2021 National Grand Prix (Chengdu, CHN)

CAA Hurdle Development (2021)

date	02-Apr-21	time	7.13	11.83	16.56	21.36	26.31	31.29	36.54	42.10	47.93	53.95	61.31	5 / 2			
reaction time	0.298	interval		4.70	4.73	4.80	4.95	4.98	5.25	5.56	5.83	6.02	7.36		14.23	15.18	17.41
		velocity	6.31	7.45	7.40	7.29	7.07	7.03	6.67	6.29	6.00	5.81	5.43	6.52	7.38	6.92	6.03
H1 lead leg	L	strides	24	17	17	17	17	17	18	19	19	19	24	208			

Liu Wenshuo (CHN)

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

U18 FINAL - 2022 Shandong Provincial Games (Rizhao, CHN)

Shandong Athletics Sport Science (2022)

date	03-Sep-22	time	7.68	12.98	18.46	24.03	29.90	35.91	42.33	49.05	55.76	62.95	70.17	3 / 5			
reaction time	0.369	interval		5.30	5.48	5.57	5.87	6.01	6.42	6.72	6.71	7.19	7.22		16.35	18.30	20.62
		velocity	5.86	6.60	6.39	6.28	5.96	5.82	5.45	5.21	5.22	4.87	5.54	5.70	6.42	5.74	5.09
H1 lead leg	L	strides	24	18	18	19	18	18	20	20	20	20	22.2	217.2			

Liu Xin (CHN) (1992)

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

Heat 4 - 2021 Chinese National Championships (Chongqing, CHN)

CAA Hurdle Development (2021)

date	26-Jun-21	time	7.11	11.71	16.52	21.45	26.51	31.91	37.49	43.21	49.20	55.39	62.59	4 / 7			
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reaction time	0.255	interval	4.60	4.81	4.93	5.06	5.40	5.58	5.72	5.99	6.19	7.20	14.34	16.04	17.90			
		velocity	6.33	7.61	7.28	7.10	6.92	6.48	6.27	6.12	5.84	5.65	5.56	6.39	7.32	6.55	5.87	
H1 lead leg	L	strides	25	17	17	17	17	18	19	19	20	20	23.5	212.5				
FINAL - 2019 Chinese National Championships (Shenyang, CHN)																		
date	10-Jul-19	time	7.20	11.86	16.82	21.95	27.32	33.01	38.72	44.56	64.88	CAA Hurdle Development (2019)	8 / 8					
reaction time	0.428	interval	4.66	4.96	5.13	5.37	5.69	5.71	5.84	14.75	16.77							
		velocity	6.25	7.51	7.06	6.82	6.52	6.15	6.13	5.99	6.17	7.12	6.26					
H1 lead leg	L	strides	25	17	17	17	18	18	19	19	150							
Heat 1 - 2019 Chinese National Championships (Shenyang, CHN)																		
date	09-Jul-19	time	7.19	11.78	16.40	21.12	25.92	30.93	36.07	41.39	46.96	52.75	59.86	CAA Hurdle Development (2019)	7 / 2			
reaction time	0.281	interval	4.59	4.62	4.72	4.80	5.01	5.14	5.32	5.57	5.79	7.11	13.93	14.95	16.68			
		velocity	6.26	7.63	7.58	7.42	7.29	6.99	6.81	6.58	6.28	6.04	5.63	6.68	7.54	7.02	6.29	
H1 lead leg	L	strides	25	17	17	17	17	18	18	19	19	19	24	210				
FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)																		
date	12-Apr-19	time	7.42	12.22	16.96	21.76	26.76	31.98	37.32	42.86	48.62	54.40	60.97	CAA Hurdle Development (2019)	2 / 3			
reaction time	0.355	interval	4.80	4.74	4.80	5.00	5.22	5.34	5.54	5.76	5.78	6.57	14.34	15.56	17.08			
		velocity	6.06	7.29	7.38	7.29	7.00	6.70	6.55	6.32	6.08	6.06	6.09	6.56	7.32	6.75	6.15	
H1 lead leg	L	strides	25	17	17	17	17	18	18	19	19	19	23.5	209.5				
Heat 5 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)																		
date	12-Apr-19	time	7.09	11.71	16.55	21.52	26.72	32.25	37.77	43.36	49.20	55.07	61.85	CAA Hurdle Development (2019)	8 / 2			
reaction time	0.310	interval	4.62	4.84	4.97	5.20	5.53	5.52	5.59	5.84	5.87	6.78	14.43	16.25	17.30			
		velocity	6.35	7.58	7.23	7.04	6.73	6.33	6.34	6.26	5.99	5.96	5.90	6.47	7.28	6.46	6.07	
H1 lead leg	L	strides	25	17	17	17	18	19	19	19	20	20	24	215				
FINAL - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																		
date	08-Apr-19	time	7.16	11.85	16.68	21.53	26.66	32.06	37.48	43.04	48.78	54.65	61.71	CAA Hurdle Development (2019)	8 / 6			
reaction time	0.269	interval	4.69	4.83	4.85	5.13	5.40	5.42	5.56	5.74	5.87	7.06	14.37	15.95	17.17			
		velocity	6.28	7.46	7.25	7.22	6.82	6.48	6.46	6.29	6.10	5.96	5.67	6.48	7.31	6.58	6.12	
H1 lead leg	L	strides	25	17	17	17	18	18	19	19	19	20	24	213				
Heat 5 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																		
date	07-Apr-19	time	7.14	11.86	16.75	21.62	26.63	31.75	37.00	42.49	48.13	54.00	60.80	CAA Hurdle Development (2019)	6 / 2			
reaction time	0.247	interval	4.72	4.89	4.87	5.01	5.12	5.25	5.49	5.64	5.87	6.80	14.48	15.38	17.00			
		velocity	6.30	7.42	7.16	7.19	6.99	6.84	6.67	6.38	6.21	5.96	5.88	6.58	7.25	6.83	6.18	
H1 lead leg	L	strides	24	17	17	17	17	18	18	19	19	20	24	210				
FINAL - 2018 Chinese National Championships (Taiyuan, CHN)																		
date	16-Sep-18	time	7.11	11.72	16.48	21.30	26.21	31.18	36.42	41.94	47.54	53.34	59.80	Henson (2018) - coaching observations	1 / 5			
reaction time		interval	4.61	4.76	4.82	4.91	4.97	5.24	5.52	5.60	5.80	6.46	14.19	15.12	16.92			
		velocity	6.33	7.59	7.35	7.26	7.13	7.04	6.68	6.34	6.25	6.03	6.19	6.69	7.40	6.94	6.21	
H1 lead leg	L	strides	25	17	17	17	17	17	18	19	19	20	23.5	209.5				
Heat 1 - 2018 Chinese National Championships (Taiyuan, CHN)																		
date	15-Sep-18	time	7.04	11.58	16.16	20.90	25.76	30.83	36.07	41.41	46.98	52.67	59.18	Henson (2018) - coaching observations	3 / 3			
reaction time		interval	4.54	4.58	4.74	4.86	5.07	5.24	5.34	5.57	5.69	6.51	13.86	15.17	16.60			
		velocity	6.39	7.71	7.64	7.38	7.20	6.90	6.68	6.55	6.28	6.15	6.14	6.76	7.58	6.92	6.33	
H1 lead leg	L	strides	25	17	17	17	17	17	18	18	19	19	25.3	209.3				
Losch, Susanne (GDR) (1966)																		
		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 1988 Olympic Games (Seoul, KOR)																		
date	26-Sep-88	time	6.53	10.55	14.83	19.36	24.05	28.85	33.78	38.74	43.94	49.41	55.56	Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988	8 / 6			
reaction time	0.213	interval	4.02	4.28	4.53	4.69	4.80	4.93	4.96	5.20	5.47	6.15	12.83	14.42	15.63			
		velocity	6.89	8.71	8.18	7.73	7.46	7.29	7.10	7.06	6.73	6.40	6.50	7.20	8.18	7.28	6.72	
H1 lead leg		strides	23	15	15	15	15	15	16	16	17	17	20	184				
Lu Zhangwei (CHN) (2001)																		
FINAL - 2024 Chinese National Championships (Quzhou, CHN)																		
date	16-Sep-24	time	6.44	10.69	14.98	19.32	23.82	28.62	33.63	38.82	44.31	49.90	56.25	Shandong Athletics Sport Science (2024)	6 / 2			
reaction time	0.195	interval	4.25	4.29	4.34	4.50	4.80	5.01	5.19	5.49	5.59	6.35	PB	12.88	14.31	16.27		
		velocity	6.99	8.24	8.16	8.06	7.78	7.29	6.99	6.74	6.38	6.26	6.30	7.11	8.15	7.34	6.45	
H1 lead leg	R	strides	24	16	16	16	16	17	17	17	18	18	21.2	196.2				
FINAL - 2024 Chinese National Grand Prix Final (Rizhao, CHN)																		
date	29-Jun-24	time	6.52	10.74	15.08	19.62	24.27	29.22	34.25	39.54	45.04	50.55	56.90	Shandong Athletics Sport Science (2024)	6 / 3			
reaction time	0.192	interval	4.22	4.34	4.54	4.65	4.95	5.03	5.29	5.50	5.51	6.35	13.10	14.63	16.30			
		velocity	6.90	8.29	8.06	7.71	7.53	7.07	6.96	6.62	6.36	6.35	6.30	7.03	8.02	7.18	6.44	
H1 lead leg	R	strides	24	16	16	16	16	17	17	17	18	18	21.2	196.2				
FINAL - 2021 Chinese National Championships (Chongqing, CHN)																		
date	26-Jun-21	time	6.82	11.21	15.73	20.40	25.16	30.41	fell				74.02	CAA Hurdle Development (2021)	3 / 7			
reaction time	0.259	interval	4.39	4.52	4.67	4.76	5.25	5.25					13.58					
		velocity	6.60	7.97	7.74	7.49	7.35	6.67					5.40	7.73				
H1 lead leg	R	strides	24	16	16	16	16	17					105					

Heat 4 - 2021 Chinese National Championships (Chongqing, CHN)														<i>CAA Hurdle Development (2021)</i>			
date	26-Jun-21	time	6.83	11.26	15.80	20.61	25.49	30.55	35.75	41.07	46.67	52.47	59.03	5 / 1			
reaction time	0.261	interval		4.43	4.54	4.81	4.88	5.06	5.20	5.32	5.60	5.80	6.56		13.78	15.14	16.72
		velocity	6.59	7.90	7.71	7.28	7.17	6.92	6.73	6.58	6.25	6.03	6.10	6.78	7.62	6.94	6.28
H1 lead leg	L	strides	24	16	16	17	17	17	17	17	18	18	21	198			
FINAL - 2020 Chinese National Championships (Shaoxing, CHN)														<i>CAA Hurdle Development (2020)</i>			
date	17-Sep-20	time	6.54	11.00	15.42	20.12	24.83	29.75	34.83	40.04	45.58	51.29	57.89	3 / 2			
reaction time		interval		4.46	4.42	4.70	4.71	4.92	5.08	5.21	5.54	5.71	6.60		13.58	14.71	16.46
		velocity	6.88	7.85	7.92	7.45	7.43	7.11	6.89	6.72	6.32	6.13	6.06	6.91	7.73	7.14	6.38
H1 lead leg	R	strides	24	16	16	16	16	17	17	17	18	18	22	197			
FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)														<i>CAA Hurdle Development (2019)</i>			
date	23-Aug-19	time	6.87	11.23	15.85	20.64	25.48	30.60	35.65	41.01	46.65	52.57	59.30	5 / 2			
reaction time	0.247	interval		4.36	4.62	4.79	4.84	5.12	5.05	5.36	5.64	5.92	6.73		13.77	15.01	16.92
		velocity	6.55	8.03	7.58	7.31	7.23	6.84	6.93	6.53	6.21	5.91	5.94	6.75	7.63	7.00	6.21
H1 lead leg	R	strides	24	17	17	17	17	17	17	17	18	18	23	202			
Heat 1 - 2019 Chinese National Grand Prix Final (Daqing, CHN)														<i>CAA Hurdle Development (2019)</i>			
date	22-Aug-19	time	6.84	11.33	15.97	20.75	25.68	30.74	35.97	41.46	47.08	52.85	59.39	6 / 1			
reaction time	0.256	interval		4.49	4.64	4.78	4.93	5.06	5.23	5.49	5.62	5.77	6.54		13.91	15.22	16.88
		velocity	6.58	7.80	7.54	7.32	7.10	6.92	6.69	6.38	6.23	6.07	6.12	6.74	7.55	6.90	6.22
H1 lead leg	R	strides	24	17	17	17	17	17	17	18	18	19	22.5	203.5			
U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)														<i>CAA Hurdle Development (2019)</i>			
date	17-Aug-19	time	6.84	11.32	15.96	20.74	25.62	30.64	35.88	41.18	46.70	52.28	58.53	5 / 2			
reaction time	0.206	interval		4.48	4.64	4.78	4.88	5.02	5.24	5.30	5.52	5.58	6.25	PB	13.90	15.14	16.40
		velocity	6.58	7.81	7.54	7.32	7.17	6.97	6.68	6.60	6.34	6.27	6.40	6.83	7.55	6.94	6.40
H1 lead leg	R	strides	24	17	17	17	17	17	17	17	18	18	21.5	200.5			
U20 Heat 2 - 2019 Chinese National Youth Games (Taiyuan, CHN)														<i>CAA Hurdle Development (2019)</i>			
date	17-Aug-19	time	7.06	11.68	16.44	21.26	26.26	31.42	36.72	42.20	48.06	54.18	61.70	7 / 2			
reaction time	0.191	interval		4.62	4.76	4.82	5.00	5.16	5.30	5.48	5.86	6.12	7.52		14.20	15.46	17.46
		velocity	6.37	7.58	7.35	7.26	7.00	6.78	6.60	6.39	5.97	5.72	5.32	6.48	7.39	6.79	6.01
H1 lead leg	R	strides	23	17	17	17	17	17	17	17	18	20	23	203			
FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)														<i>CAA Hurdle Development (2019)</i>			
date	03-Aug-19	time	6.88	11.38	15.98	20.72	25.62	30.72	35.94	41.30	46.92	52.54	58.90	6 / 3			
reaction time	0.275	interval		4.50	4.60	4.74	4.90	5.10	5.22	5.36	5.62	5.62	6.36	PB	13.84	15.22	16.60
		velocity	6.54	7.78	7.61	7.38	7.14	6.86	6.70	6.53	6.23	6.23	6.29	6.79	7.59	6.90	6.33
H1 lead leg	R	strides	24	17	17	17	17	17	17	17	18	18	22.2	201.2			
Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN)														<i>CAA Hurdle Development (2019)</i>			
date	03-Aug-19	time	6.90	11.48	16.26	21.12	26.16	31.46	36.78	42.16	47.74	53.38	59.81	6 / 1			
reaction time	0.229	interval		4.58	4.78	4.86	5.04	5.30	5.32	5.38	5.58	5.64	6.43		14.22	15.66	16.60
		velocity	6.52	7.64	7.32	7.20	6.94	6.60	6.58	6.51	6.27	6.21	6.22	6.69	7.38	6.70	6.33
H1 lead leg	R	strides	24	17	17	17	17	17	17	17	18	18	21.5	200.5			
FINAL - 2019 Chinese National Championships (Shenyang, CHN)														<i>CAA Hurdle Development (2019)</i>			
date	10-Jul-19	time	6.84	11.24	15.85	20.58	25.44	30.48	35.67	41.02	46.70	52.48	59.05	2 / 6			
reaction time	0.273	interval		4.40	4.61	4.73	4.86	5.04	5.19	5.35	5.68	5.78	6.57	PB	13.74	15.09	16.81
		velocity	6.58	7.95	7.59	7.40	7.20	6.94	6.74	6.54	6.16	6.06	6.09	6.77	7.64	6.96	6.25
H1 lead leg	R	strides	24	17	17	17	17	17	17	17	18	18	22.5	201.5			
Heat 3 - 2019 Chinese National Championships (Shenyang, CHN)														<i>CAA Hurdle Development (2019)</i>			
date	09-Jul-19	time	6.90	11.39	15.96	20.75	25.67	30.81	36.15	41.50	47.17	53.13	60.11	6 / 4			
reaction time	0.244	interval		4.49	4.57	4.79	4.92	5.14	5.34	5.35	5.67	5.96	6.98		13.85	15.40	16.98
		velocity	6.52	7.80	7.66	7.31	7.11	6.81	6.55	6.54	6.17	5.87	5.73	6.65	7.58	6.82	6.18
H1 lead leg	R	strides	24	17	17	17	17	17	17	17	18	19	23	203			
FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)														<i>CAA Hurdle Development (2019)</i>			
date	12-Apr-19	time	7.04	11.53				36.58	42.46	48.53	54.75		62.25	9 / 8			
reaction time	0.326	interval		4.49				25.05	5.88	6.07	6.22	7.50					18.17
		velocity	6.39	7.80				6.99	5.95	5.77	5.63	5.33	6.43				5.78
H1 lead leg	R	strides	24	17					19	19	19	23	121				
Heat 2 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)														<i>CAA Hurdle Development (2019)</i>			
date	12-Apr-19	time	6.98	11.52	16.12	20.84	25.74	30.94	36.56	42.20	48.04	54.20	61.28	3 / 3			
reaction time	0.237	interval		4.54	4.60	4.72	4.90	5.20	5.62	5.64	5.84	6.16	7.08		13.86	15.72	17.64
		velocity	6.45	7.71	7.61	7.42	7.14	6.73	6.23	6.21	5.99	5.68	5.65	6.53	7.58	6.68	5.95
H1 lead leg	R	strides		17	17	17	17	17	18	18	19	19	22.5	181.5			
FINAL - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)														<i>CAA Hurdle Development (2019)</i>			
date	08-Apr-19	time	6.91	11.44	16.03	20.75	25.71	30.84	36.08	41.48	47.21	52.88	59.22	6 / 2			
reaction time	0.260	interval		4.53	4.59	4.72	4.96	5.13	5.24	5.40	5.73	5.67	6.34	PB	13.84	15.33	16.80
		velocity	6.51	7.73	7.63	7.42	7.06	6.82	6.68	6.48	6.11	6.17	6.31	6.75	7.59	6.85	6.25

H1 lead leg R strides 24 17 17 17 17 17 17 17 17 17 18 18 22 201

Heat 4 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)

date 07-Apr-19 time 6.85 11.38 15.96 20.62 25.47 30.51 35.71 41.12 46.90 53.02 59.89 CAA Hurdle Development (2019)
 reaction time 0.220 interval 4.53 4.58 4.66 4.85 5.04 5.20 5.41 5.78 6.12 6.87 6 / 1
 velocity 6.57 7.73 7.64 7.51 7.22 6.94 6.73 6.47 6.06 5.72 5.82 6.68 13.77 15.09 17.31
 H1 lead leg R strides 24 17 17 17 17 17 17 17 17 19 19 23 204 7.63 6.96 6.07

Lucas, Josanne (TTO) (1984)

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

Semi-Final 1 - 2009 IAAF World Championships (Berlin, GER)

Graubner (2009) - biomechanical analyses at the 12th IAAF world championships
 date 18-Aug-09 time 6.29 10.32 14.42 18.67 23.04 27.60 32.34 37.26 42.35 47.80 53.98 3 / 2
 reaction time 0.190 interval 4.03 4.10 4.25 4.37 4.56 4.74 4.92 5.09 5.45 6.18 NR 12.38 13.67 15.46
 velocity 7.15 8.68 8.54 8.24 8.01 7.68 7.38 7.11 6.88 6.42 6.47 7.41 8.48 7.68 6.79
 H1 lead leg strides

Heat 1 - 2009 IAAF World Championships (Berlin, GER)

Graubner (2009) - biomechanical analyses at the 12th IAAF world championships
 date 17-Aug-09 time 6.40 10.46 14.62 18.89 23.35 28.04 32.98 38.27 43.63 49.23 55.41 8 / 2
 reaction time 0.173 interval 4.06 4.16 4.27 4.46 4.69 4.94 5.29 5.36 5.60 6.18 12.49 14.09 16.25
 velocity 7.03 8.62 8.41 8.20 7.85 7.46 7.09 6.62 6.53 6.25 6.47 7.22 8.41 7.45 6.46
 H1 lead leg strides

Lukashevich, Svetlana (URS) (1968)

H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10
FINAL - 1986 IAAF World Junor Championships (Athens, GRE) Miskos (1986) - IAAF biomechanical research - Athens 1986 - hurdle races
 date 18-Jul-86 time 6.75 11.13 15.72 20.29 24.98 29.91 35.58 40.93 46.47 51.95 57.92 / 3
 reaction time interval 4.38 4.59 4.57 4.69 4.93 5.67 5.35 5.54 5.48 5.97 13.54 15.29 16.37
 velocity 6.67 7.99 7.63 7.66 7.46 7.10 6.17 6.54 6.32 6.39 6.70 6.91 7.75 6.87 6.41
 H1 lead leg strides 23 15 15 15 15 15 15 17 17 17 21 185

Luo Ouxuan (CHN) (2000)

H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10
U20 Heat 2 - 2019 Chinese National Youth Games (Taiyuan, CHN) CAA Hurdle Development (2019)
 date 17-Aug-19 time 7.32 12.26 17.24 22.36 dnf 9 / --
 reaction time interval 4.94 4.98 5.12 15.04
 velocity 6.15 7.09 7.03 6.84 6.98
 H1 lead leg R strides 24 16 16 16 72

Ma Jie (CHN) (1998)

H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10
Heat 1 - 2021 Chinese National Championships (Chongqing, CHN) CAA Hurdle Development (2021)
 date 26-Jun-21 time 6.96 11.65 16.45 21.52 26.79 32.45 38.65 45.25 66.91 1 / 8
 reaction time 0.262 interval 4.69 4.80 5.07 5.27 5.66 6.20 6.60 14.56 17.13
 velocity 6.47 7.46 7.29 6.90 6.64 6.18 5.65 5.30 5.98 7.21 6.13
 H1 lead leg L strides 23 16 16 16 16 17 19 19 142

Heat 5 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)

CAA Hurdle Development (2019)
 date 12-Apr-19 time 7.10 11.82 16.70 22.00 27.66 33.56 67.77 2 / 7
 reaction time 0.335 interval 4.72 4.88 5.30 5.66 5.90
 velocity 6.34 7.42 7.17 6.60 6.18 5.93 5.90 14.90
 H1 lead leg L strides 16 16 17 17 17 7.05 83

Heat 5 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)

CAA Hurdle Development (2019)
 date 07-Apr-19 time 6.79 11.36 16.15 21.25 26.88 32.95 39.39 46.25 67.91 4 / 8
 reaction time 0.211 interval 4.57 4.79 5.10 5.63 6.07 6.44 6.86 14.46 18.14
 velocity 6.63 7.66 7.31 6.86 6.22 5.77 5.43 5.10 5.89 7.26 5.79
 H1 lead leg L strides 23 16 16 16 16 17 19 19 142

Ma Ziaole (CHN) (2004)

H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10
U20 FINAL - 2022 Shandong Provincial Games (Rizhao, CHN) Shandong Athletics Sport Science (2022)
 date 03-Sep-22 time 7.14 12.13 17.12 22.24 27.93 33.79 39.63 46.03 52.71 59.41 66.84 8 / 6
 reaction time 0.228 interval 4.99 4.99 5.12 5.69 5.86 5.84 6.40 6.68 6.70 7.43 15.10 17.39 19.78
 velocity 6.30 7.01 7.01 6.84 6.15 5.97 5.99 5.47 5.24 5.22 5.38 5.98 6.95 6.04 5.31
 H1 lead leg L strides 24 16 16 16 16 17 17 19 19 22 201

Manabe, Ayana (JPN) (2001)

H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10
FINAL - 2020 Japanese U20 National Championships (Hiroshima, JPN) Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season
 date 25-Oct-20 time 7.27 12.20 17.22 22.37 27.58 32.90 38.39 43.99 49.53 55.12 61.35 2 / 6
 reaction time 0.202 interval 4.93 5.02 5.15 5.21 5.32 5.49 5.60 5.54 5.59 6.23 15.10 16.02 16.73
 velocity 6.19 7.10 6.97 6.80 6.72 6.58 6.38 6.25 6.32 6.26 6.42 6.52 6.95 6.55 6.28
 H1 lead leg strides 16 16 16 16 16 16 17 17 17 17 148

Maraval, Louise (FRA) (2001)

H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10
FINAL - 2024 Weltklasse (Züich, SUI) Omega Timing (2024) - diamond league race analysis
 date 05-Sep-24 time 6.30 10.47 14.76 19.13 23.71 28.48 33.52 38.71 43.98 49.36 55.54 8 / 7

reaction time	0.145	interval	4.17	4.29	4.37	4.58	4.77	5.04	5.19	5.27	5.38	6.18	12.83	14.39	15.84		
		velocity	7.14	8.39	8.16	8.01	7.64	7.34	6.94	6.74	6.64	6.51	6.47	7.20	8.18	7.30	6.63
H1 lead leg	R	strides	23	15	15	15	15	16	16			17	20	152			
FINAL - 2024 Golden Gala • Pietro Mennea (Roma, ITA)													<i>Omega Timing (2024) - diamond league race analysis</i>				
date	30-Aug-24	time	6.28	10.40	14.58	18.92	23.45	28.22	33.17	38.35	43.65	48.93	55.16	6 / 7			
reaction time	0.150	interval	4.12	4.18	4.34	4.53	4.77	4.95	5.18	5.30	5.28	6.23	12.64	14.25	15.76		
		velocity	7.17	8.50	8.37	8.06	7.73	7.34	7.07	6.76	6.60	6.63	6.42	7.25	8.31	7.37	6.66
H1 lead leg	R	strides	23	15		15	16	16	17	17			119				
FINAL - 2024 Olympic Games (Paris, FRA)													<i>Paris 2024 Olympic Games - Results Book (2024)</i>				
date	08-Aug-24	time	6.26	10.29	14.49	18.81	23.28	27.90	32.68	37.71	42.94	48.25	54.53	4 / 8			
reaction time	0.166	interval	4.03	4.20	4.32	4.47	4.62	4.78	5.03	5.23	5.31	6.28	12.55	13.87	15.57		
		velocity	7.19	8.68	8.33	8.10	7.83	7.58	7.32	6.96	6.69	6.59	6.37	7.34	8.37	7.57	6.74
H1 lead leg	R	strides	23	15	15	15	15	16	16	16	17	17	165				
Semi-Final 2 - 2024 Olympic Games (Paris, FRA)													<i>Paris 2024 Olympic Games - Results Book (2024)</i>				
date	06-Aug-24	time	6.30	10.42	14.76	19.12	23.52	28.15	32.87	37.76	42.88	47.89	53.83	4 / 2			
reaction time	0.160	interval	4.12	4.34	4.36	4.40	4.63	4.72	4.89	5.12	5.01	5.94	12.82	13.75	15.02		
		velocity	7.14	8.50	8.06	8.03	7.95	7.56	7.42	7.16	6.84	6.99	6.73	7.43	8.19	7.64	6.99
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	17	20	186			
Heat 5 - 2024 Olympic Games (Paris, FRA)													<i>Paris 2024 Olympic Games - Results Book (2024)</i>				
date	04-Aug-24	time	6.30	10.44	14.70	19.02	23.52	28.19	33.11	38.32	43.81	49.24	55.32	5 / 3			
reaction time	0.159	interval	4.14	4.26	4.32	4.50	4.67	4.92	5.21	5.49	5.43	6.08	12.72	14.09	16.13		
		velocity	7.14	8.45	8.22	8.10	7.78	7.49	7.11	6.72	6.38	6.45	6.58	7.23	8.25	7.45	6.51
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	18	17	20.2	187.2			
FINAL - 2024 European Athletics Championships (Roma, ITA)													<i>European Athletics (2024) - 2024 european athletics championships - results book</i>				
date	11-Jun-24	time	6.60	10.73	15.05	19.44	23.98	28.73	33.54	38.25	43.44	48.51	54.23	7 / 2			
reaction time	0.211	interval	4.13	4.32	4.39	4.54	4.75	4.81	4.71	5.19	5.07	5.72	PB	12.84	14.10	14.97	
		velocity	6.82	8.47	8.10	7.97	7.71	7.37	7.28	7.43	6.74	6.90	6.99	7.38	8.18	7.45	7.01
H1 lead leg	R	strides	23	15	15		16	16				17	20	122			
Semi-Final 1 - 2024 European Athletics Championships (Roma, ITA)													<i>European Athletics (2024) - 2024 european athletics championships - results book</i>				
date	10-Jun-24	time	6.41	10.60	14.94	19.32	23.67	28.35	33.09	37.96	43.04	48.28	54.36	6 / 1			
reaction time	0.168	interval	4.19	4.34	4.38	4.35	4.68	4.74	4.87	5.08	5.24	6.08	PB	12.91	13.77	15.19	
		velocity	7.02	8.35	8.06	7.99	8.05	7.48	7.38	7.19	6.89	6.68	6.58	7.36	8.13	7.63	6.91
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	17	21	187			
Marchiando, Eleonora (ITA) (1997)													<i>ATHLETICSTOR</i>				
Heat 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)													<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>				
date	31-Jul-21	time	6.66	15.33	19.86	24.43	29.26	34.40	39.43	44.73	50.20	56.82	3 / 4 5				
reaction time	0.166	interval	8.67	4.53	4.57	4.83	5.14	5.03	5.30	5.47	6.62	13.20	14.54	15.80			
		velocity	6.76	8.07	7.73	7.66	7.25	6.81	6.96	6.60	6.40	6.04	7.04	7.95	7.22	6.65	
H1 lead leg	L	strides	24		16	16	16	17	17	17	17	21.2	161.2				
Marcinkiewicz, Ewa (SWE) (1993)													<i>ATHLETICSTOR</i>				
B-Race - 2011 Poks Memorial (Hässleholm, SWE)													<i>Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx</i>				
date	12-Jun-11	time	7.12	11.84	16.66	21.66	26.74	31.98	37.46	43.10	48.78	54.52	60.75	1 / 1			
reaction time		interval	4.72	4.82	5.00	5.08	5.24	5.48	5.64	5.68	5.74	6.23	14.54	15.80	17.06		
		velocity	6.32	7.42	7.26	7.00	6.89	6.68	6.39	6.21	6.16	6.10	6.42	6.58	7.22	6.65	6.15
H1 lead leg	R	strides	17	17	17	17	17	17	17	18	18	18	22	178			
Marx, Claudia (GER) (1978)													<i>ATHLETICSTOR</i>				
FINAL - 2006 European Championships (Göteborg, SWE)													<i>Behm (2006) - Göteborg 2006: Le quatrache</i>				
date	09-Aug-06	time	6.4	10.6	14.7	19.2	23.6	28.3	33.2	38.3	43.5	48.8	54.99	5 / 4			
reaction time		interval	4.20	4.10	4.50	4.40	4.70	4.90	5.10	5.20	5.30	6.19	12.80	14.00	15.60		
		velocity	7.03	8.33	8.54	7.78	7.95	7.45	7.14	6.86	6.73	6.60	6.46	7.27	8.20	7.50	6.73
H1 lead leg	L	strides	22	15	15	15	15	16	16	17	17	17	21	186			
Masferrer, Cristina (ESP) (1977)													<i>ATHLETICSTOR</i>				
FINAL - 1998 Spanish National Championships (San Sebastián, ESP)													<i>Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas</i>				
date	02-Aug-98	time	7.27	12.18	17.17	22.22	27.52	32.89	38.38	44.09	49.90	55.99	63.01	7 / 6			
reaction time		interval	4.91	4.99	5.05	5.30	5.37	5.49	5.71	5.81	6.09	7.02	14.95	16.16	17.61		
		velocity	6.19	7.13	7.01	6.93	6.60	6.52	6.38	6.13	6.02	5.75	5.70	6.35	7.02	6.50	5.96
H1 lead leg	L	strides	24	17	17	17	17	17	18	18	18	19	23	205			
Masuko, Meri (JPN) (2003)													<i>ATHLETICSTOR</i>				
FINAL - 2022 Japanese U20 National Championships (Osaka, JPN)													<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>				
date	12-Jun-22	time	6.99	11.56	16.35	21.20	26.18	31.35	36.64	42.18	48.15	54.29	60.81	9 / 5			
reaction time	0.162	interval	4.57	4.79	4.85	4.98	5.17	5.29	5.54	5.97	6.14	6.52	14.21	15.44	17.65		
		velocity	6.44	7.66	7.31	7.22	7.03	6.77	6.62	6.32	5.86	5.70	6.13	6.58	7.39	6.80	5.95
H1 lead leg	R	strides	24	17	17	17	17	17	17	17	18	19	22	202			
Mátó, Sára (HUN) (2000)													<i>ATHLETICSTOR</i>				
Semi-Final 2 - 2024 European Athletics Championships (Roma, ITA)													<i>European Athletics (2024) - 2024 european athletics championships - results book</i>				

date	10-Jun-24	time	6.46	10.66	15.02	19.43	23.92		28.60	33.50	38.54	43.93	49.17		55.35	2 / 7			
reaction time	0.264	interval		4.20	4.36	4.41	4.49		4.68	4.90	5.04	5.39	5.24	6.18	PB		12.97	14.07	15.67
		velocity	6.97	8.33	8.03	7.94	7.80		7.48	7.14	6.94	6.49	6.68	6.47	7.23		8.10	7.46	6.70
H1 lead leg	L	strides	23	15	15		15		16	16	16	16	17	21	170				

Heat 1 - 2024 European Athletics Championships (Roma, ITA)*European Athletics (2024) - 2024 european athletics championships - results book*

date	09-Jun-24	time	6.42	10.61	14.98	19.41	23.94		28.78	33.75	38.95	44.42	49.73		55.95	2 / 1			
reaction time	0.214	interval		4.19	4.37	4.43	4.53		4.84	4.97	5.20	5.47	5.31	6.22			12.99	14.34	15.98
		velocity	7.01	8.35	8.01	7.90	7.73		7.23	7.04	6.73	6.40	6.59	6.43	7.15		8.08	7.32	6.57
H1 lead leg		strides																	

FINAL - 2020 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)*Henson (2020) - Athlete First: 2020 year end hurdle report*

date	19-Aug-20	time	6.64	11.04	15.60	20.20	24.96		29.88	35.04	40.12	45.48		57.61	7 / 8				
reaction time	0.195	interval		4.40	4.56	4.60	4.76		4.92	5.16	5.08	5.36					13.56	14.84	
		velocity	6.78	7.95	7.68	7.61	7.35		7.11	6.78	6.89	6.53		6.94			7.74	7.08	
H1 lead leg	L	strides	22	15	15	15	16		16	16	16	17		148					

Matsui, Hinata (JPN)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 2024 Shimane High School Championships (Izumo, JPN)***Shimizu (2024) - shimane high school championships 2024 - biomechanics data analysis*

date	25-May-24	time	7.33	12.33	17.52	22.80	28.47		34.17	40.08	46.18	52.47	58.85		65.95	8 / 3			
reaction time		interval		5.00	5.19	5.28	5.67		5.70	5.91	6.10	6.29	6.38	7.10			15.47	17.28	18.77
		velocity	6.14	7.00	6.74	6.63	6.17		6.14	5.92	5.74	5.56	5.49	5.63	6.07		6.79	6.08	5.59
H1 lead leg		strides	25	18	18	19	19		19	20	20	21	21	25	225				

FINAL - 2023 Shimane High School Championships (Izumo, JPN)*Shimizu (2023) - shimane high school championships 2023 - biomechanics data analysis*

date	27-May-23	time	7.50	12.75	18.15	23.68	29.47		35.55	41.62	47.90	54.67	61.37		68.67	5 / 2			
reaction time		interval		5.25	5.40	5.53	5.79		6.08	6.07	6.28	6.77	6.70	7.30			16.18	17.94	19.75
		velocity	6.00	6.67	6.48	6.33	6.04		5.76	5.77	5.57	5.17	5.22	5.48	5.82		6.49	5.85	5.32
H1 lead leg		strides	26	19	19	19	21		21	21	23	23	23	25.4	240.4				

Matsui, Natsumi (JPN)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 2019 Shimane High School Championships (Izumo, JPN)***Shimizu (2019) - shimane high school championships 2019 - biomechanics data analysis*

date	25-May-19	time	7.82	13.27	19.19	25.15	31.12		37.27	43.46	49.92	56.41	63.05		70.51	2 / 5			
reaction time		interval		5.45	5.92	5.96	5.97		6.15	6.19	6.46	6.49	6.64	7.46			17.33	18.31	19.59
		velocity	5.75	6.42	5.91	5.87	5.86		5.69	5.65	5.42	5.39	5.27	5.36	5.67		6.06	5.73	5.36
H1 lead leg		strides	25	18	19	19	19		19	19	20	20	21	25	224				

Matsuki, Ai (JPN) (2006)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 2024 Japanese National High School Championships (Fukuoka, JPN)***Takashima (2024) - national high school sports festival - biomechanics data*

date	30-Jul-24	time	6.91	11.54	16.37	21.24	26.21		31.33	36.64	42.08	47.75	53.54		60.06	3 / 6			
reaction time	0.185	interval		4.63	4.83	4.87	4.97		5.12	5.31	5.44	5.67	5.79	6.52			14.33	15.40	16.90
		velocity	6.51	7.56	7.25	7.19	7.04		6.84	6.59	6.43	6.17	6.04	6.13	6.66		7.33	6.82	6.21
H1 lead leg		strides		15	15	17	17		17	17	19	19	19	23	178				

Matsumoto, Haruka (JPN)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 2022 Shimane High School Championships (Izumo, JPN)***Shimizu (2022) - shimane high school championships 2022 - biomechanics data analysis*

date	27-May-22	time	7.22	12.28	17.65	23.33	28.97		34.67	40.48	46.45	52.52	58.97		66.19	4 / 1			
reaction time		interval		5.06	5.37	5.68	5.64		5.70	5.81	5.97	6.07	6.45	7.22			16.11	17.15	18.49
		velocity	6.23	6.92	6.52	6.16	6.21		6.14	6.02	5.86	5.77	5.43	5.54	6.04		6.52	6.12	5.68
H1 lead leg		strides	25	17	18	20	19		19	19	19	19	21	24.5	220.5				

FINAL - 2021 Shimane High School Championships (Izumo, JPN)*Shimizu (2021) - shimane high school championships 2021 - biomechanics data analysis*

date	29-May-21	time	7.48	12.85	18.37	23.97	29.65		35.42	41.38	47.50	53.97	60.42		67.20	6 / 1			
reaction time		interval		5.37	5.52	5.60	5.68		5.77	5.96	6.12	6.47	6.45	6.78			16.49	17.41	19.04
		velocity	6.02	6.52	6.34	6.25	6.16		6.07	5.87	5.72	5.41	5.43	5.90	5.95		6.37	6.03	5.51
H1 lead leg		strides	26	19	19	19	19		19	19	21	21	21	23	226				

FINAL - 2020 Shimane High School Championships (Izumo, JPN)*Shimizu (2020) - shimane high school championships 2020 - biomechanics data analysis*

date	12-Jul-20	time	7.38	12.72	18.30	24.00	29.92		35.85	41.92	48.47	55.13	61.62		68.37	8 / 1			
reaction time		interval		5.34	5.58	5.70	5.92		5.93	6.07	6.55	6.66	6.49	6.75			16.62	17.92	19.70
		velocity	6.10	6.55	6.27	6.14	5.91		5.90	5.77	5.34	5.26	5.39	5.93	5.85		6.32	5.86	5.33
H1 lead leg		strides	26	19	19	19	19		19	19	21	21	21	23	226				

Matsuo, Kazuki (JPN) (2006)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 2024 Japanese National High School Championships (Fukuoka, JPN)***Takashima (2024) - national high school sports festival - biomechanics data*

date	30-Jul-24	time	6.82	11.44	16.23	21.05	26.01		31.50	37.02	42.56	48.25	53.95		60.16	6 / 7			
reaction time	0.184	interval		4.62	4.79	4.82	4.96		5.49	5.52	5.54	5.69	5.70	6.21			14.23	15.97	16.93
		velocity	6.60	7.58	7.31	7.26	7.06		6.38	6.34	6.32	6.15	6.14	6.44	6.65		7.38	6.57	6.20
H1 lead leg		strides	24	17	17	17	17		17	19	19	19	19	23	208				

Matsuoka, Moe (JPN) (2003)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 2023 Japanese National Championships (Osaka, JPN)***Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season*

date	04-Jun-23	time	6.92	11.58	16.27	21.02	25.89		30.85	35.83	40.99	46.33	51.80		58.13	8 / 6			
reaction time	0.194	interval		4.66	4.69	4.75	4.87		4.96	4.98	5.16	5.34	5.47	6.33			14.10	14.81	15.97
		velocity	6.50	7.51	7.46	7.37	7.19		7.06	7.03	6.78	6.55	6.40	6.32	6.88		7.45	7.09	6.57
H1 lead leg	R	strides	24	16	16	17	17		17	17	17	17	17	175					

FINAL - 2022 Japanese National Championships (Osaka, JPN)

date	12-Jun-22	time	6.82	11.46	16.20	21.02	25.91	30.98	36.05	41.26	46.51	51.75	57.57	9 / 3			
reaction time	0.215	interval		4.64	4.74	4.82	4.89	5.07	5.07	5.21	5.25	5.24	5.82	PB	14.20	15.03	15.70
		velocity	6.60	7.54	7.38	7.26	7.16	6.90	6.90	6.72	6.67	6.68	6.87	6.95		7.39	6.99
H1 lead leg	R	strides	24	16	16	16	16	17	17	17	17	17	17				

*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season***Matthews, Gabrielle (JAM) (2002)**

date	08-Jun-24	time	6.42	10.55	14.76	19.18	23.86	28.69	33.82	39.12			55.33	9 / 7			
reaction time		interval		4.13	4.21	4.42	4.68	4.83	5.13	5.30					12.76	14.64	
		velocity	7.01	8.47	8.31	7.92	7.48	7.25	6.82	6.60			7.23		8.23	7.17	
H1 lead leg	L	strides		15	15	15	16	16	17	17			111				

FINAL - 2024 NCAA Championships (Eugene, OR) (TV Analysis)*Henson (2024) - Athlete First: 2024 year end hurdle report***McBride, Allyria (USA) (2004)**

date	29-Jun-24	time	6.82	11.28	15.78	20.38	25.02	27.02	29.70	34.79	39.97	45.60	51.08	57.37	9 / 8			
reaction time		interval		4.46	4.50	4.60	4.64	4.68	5.09	5.18	5.63	5.48	6.29		13.56	14.41	16.29	
		velocity	6.60	7.85	7.78	7.61	7.54	7.40	7.48	6.88	6.76	6.22	6.39	6.36	6.97	7.74	7.29	6.45
H1 lead leg	L	strides		16	16	15	15	16	16	17	17			128				

Heat 1 - 2024 USA Olympic Trials (Eugene, OR)*USATF and Karmarush (2024) - USA Olympic trials results and race analysis*

date	27-Jun-24	time	6.60	10.74	14.96	19.31	23.83	25.76	28.37	33.39	38.69	44.31	50.12	56.96	8 / 4			
reaction time		interval		4.14	4.22	4.35	4.52	4.54	5.02	5.30	5.62	5.81	6.84		12.71	14.08	16.73	
		velocity	6.82	8.45	8.29	8.05	7.74	7.76	7.71	6.97	6.60	6.23	6.02	5.85	7.02	8.26	7.46	6.28
H1 lead leg	L	strides	23	15	15	15	15	16	16	16				131				

McGrory, Kelly (IRL) (1996)

date	09-Jun-24	time	6.48	10.80	15.33	19.87	24.65	29.62	34.63	39.79	45.13	50.62	57.10	9 / 7			
reaction time	0.168	interval		4.32	4.53	4.54	4.78	4.97	5.01	5.16	5.34	5.49	6.48	PB	13.39	14.76	15.99
		velocity	6.94	8.10	7.73	7.71	7.32	7.04	6.99	6.78	6.55	6.38	6.17	7.01	7.84	7.11	6.57
H1 lead leg		strides															

McIntosh, Raasin (USA) (1982)

date	21-Jun-03	time	6.47	10.76	15.10	19.52	23.89	28.53	33.28	38.16	43.21	48.58	54.62	6 / 1			
reaction time		interval		4.29	4.34	4.42	4.37	4.64	4.75	4.88	5.05	5.37	6.04		13.05	13.76	15.30
		velocity	6.96	8.16	8.06	7.92	8.01	7.54	7.37	7.17	6.93	6.52	6.62	7.32	8.05	7.63	6.86
H1 lead leg		strides															

McLaughlin, Elaine (GBR) (1963)

date	26-Sep-88	time	6.77	11.13	15.59	20.14	24.78	29.66	34.65	39.69	44.82	50.01	55.91	2 / 6			
reaction time	0.168	interval		4.36	4.46	4.55	4.64	4.88	4.99	5.04	5.13	5.19	5.90		13.37	14.51	15.36
		velocity	6.65	8.03	7.85	7.69	7.54	7.17	7.01	6.94	6.82	6.74	6.78	7.15	7.85	7.24	6.84
H1 lead leg		strides	25	16	16	16	16	16	16	17	17	17	19.5	191.5			

McLaughlin-Levrone, Sydney (USA)

date	08-Aug-24	time	5.91	9.79	13.81	17.86	22.02	26.29	30.72	35.24	39.89	44.71	50.37	5 / 1			
reaction time	0.139	interval		3.88	4.02	4.05	4.16	4.27	4.43	4.52	4.65	4.82	5.66	WR	11.95	12.86	13.99
		velocity	7.61	9.02	8.71	8.64	8.41	8.20	7.90	7.74	7.53	7.26	7.07	7.94	8.79	8.16	7.51
H1 lead leg	R	strides	22	14	14	14	14	14	14	15	15	15	19	170			

Semi-Final 2 - 2024 Olympic Games (Paris, FRA)*Paris 2024 Olympic Games - Results Book (2024)*

date	06-Aug-24	time	6.03	10.05	14.28	18.62	22.97	27.38	31.90	36.62	41.54	46.49	52.13	7 / 1			
reaction time	0.154	interval		4.02	4.23	4.34	4.35	4.41	4.52	4.72	4.92	4.95	5.64		12.59	13.28	14.59
		velocity	7.46	8.71	8.27	8.06	8.05	7.94	7.74	7.42	7.11	7.07	7.09	7.67	8.34	7.91	7.20
H1 lead leg	R	strides	22	14	15	15	14	14	14	15	16	15	18	172			

Heat 5 - 2024 Olympic Games (Paris, FRA)*Paris 2024 Olympic Games - Results Book (2024)*

date	04-Aug-24	time	6.13	10.18	14.39	18.64	23.03	27.53	32.31	37.23	42.26	47.40	53.60	3 / 1			
reaction time	0.163	interval		4.05	4.21	4.25	4.39	4.50	4.78	4.92	5.03	5.14	6.20		12.51	13.67	15.09
		velocity	7.34	8.64	8.31	8.24	7.97	7.78	7.32	7.11	6.96	6.81	6.45	7.46	8.39	7.68	6.96
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	16	19	173			

FINAL - 2024 USA Olympic Trials (Eugene, OR)*USATF and Karmarush (2024) - USA Olympic trials results and race analysis*

date	30-Jun-24	time	6.08	9.99	14.05	18.19	22.45	24.41	26.89	31.44	36.12	40.79	45.44	50.65	5 / 1			
reaction time		interval		3.91	4.06	4.14	4.26	4.44	4.55	4.68	4.67	4.65	5.21	WR	12.11	13.25	14.00	
		velocity	7.40	8.95	8.62	8.45	8.22	8.19	7.88	7.69	7.48	7.49	7.53	7.68	7.90	8.67	7.92	7.50
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	15	18	171				

Semi-Final 1 - 2024 USA Olympic Trials (Eugene, OR)*USATF and Karmarush (2024) - USA Olympic trials results and race analysis*

date	29-Jun-24	time	6.16	10.13	14.20	18.40	22.70	24.62	27.10	31.75	36.52	41.53	46.55	52.48	6 / 1			
reaction time		interval		3.97	4.07	4.20	4.30	4.40	4.65	4.77	5.01	5.02	5.93		12.24	13.35	14.80	
		velocity	7.31	8.82	8.60	8.33	8.14	8.12	7.95	7.53	7.34	6.99	6.97	6.75	7.62	8.58	7.87	7.09
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	16	18	172				

Heat 1 - 2024 USA Olympic Trials (Eugene, OR)

date	27-Jun-24	time	6.08	10.13	14.26	18.54	22.91	24.84	27.35	32.02	36.94	41.87	46.93	53.07	6 / 1			
reaction time		interval		4.05	4.13	4.28	4.37		4.44	4.67	4.92	4.93	5.06	6.14		12.46	13.48	14.91
		velocity	7.40	8.64	8.47	8.18	8.01	8.05	7.88	7.49	7.11	7.10	6.92	6.51	7.54	8.43	7.79	7.04
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	16	18	172			

*USATF and Karmarush (2024) - USA Olympic trials results and race analysis***FINAL - 2024 The Edwin Moses Legends Meet (Atlanta, GA) (TV Analysis)**

date	31-May-24	time	6.27	10.44	14.72	18.92	23.35		27.92	32.57	37.30	42.33	47.27	52.70	6 / 1			
reaction time		interval		4.17	4.28	4.20	4.43		4.57	4.65	4.73	5.03	4.94	5.43		12.65	13.65	14.70
		velocity	7.18	8.39	8.18	8.33	7.90		7.66	7.53	7.40	6.96	7.09	7.37	7.59	8.30	7.69	7.14
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	18	177			

*Henson (2024) - Athlete First: 2024 year end hurdle report**McLaughlin, Sydney (USA) (1999)***FINAL - 2022 Gyulai István Memorial (Székesfehérvár, HUN) (TV Analysis)**

date	08-Aug-22	time	6.24	10.27	14.36	18.63	22.96		32.16	36.86	41.63	46.30	51.68	4 / 1				
reaction time	0.182	interval		4.03	4.09	4.27	4.33		9.20	4.70	4.77	4.67	5.38		12.39	13.53	14.14	
		velocity	7.21	8.68	8.56	8.20	8.08		7.61	7.45	7.34	7.49	7.43	7.74		8.47	7.76	7.43
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	18	141					

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

date	22-Jul-22	time	6.10	10.10	14.10	18.27	22.50	24.25	26.84	31.23	35.80	40.40	45.17	50.68	5 / 1			
reaction time	0.158	interval		4.00	4.00	4.17	4.23		4.34	4.39	4.57	4.60	4.77	5.51	WR	12.17	12.96	13.94
		velocity	7.38	8.75	8.75	8.39	8.27	8.25	8.06	7.97	7.66	7.61	7.34	7.26	7.89	8.63	8.10	7.53
H1 lead leg	R	strides	22	14	14	14	14		14	14	15	15	15	18.7	169.7			

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

date	20-Jul-22	time	6.12	10.10	14.30	18.42	22.73	24.61	27.27	31.90	36.60	41.43	46.43	52.17	6 / 1			
reaction time	0.174	interval		3.98	4.20	4.12	4.31		4.54	4.63	4.70	4.83	5.00	5.74		12.30	13.48	14.53
		velocity	7.35	8.79	8.33	8.50	8.12	8.13	7.71	7.56	7.45	7.25	7.00	6.97	7.67	8.54	7.79	7.23
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	16	18	172			

*Henson (2022) - Athlete First: 2022 year end hurdle report***Heat 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)**

date	19-Jul-22	time	6.40	10.43	14.83	19.12	23.60	25.48	28.36		38.03	43.20	48.30	53.95	8 / 1			
reaction time	0.168	interval		4.03	4.40	4.29	4.48		4.76		9.67	5.17	5.10	5.65		12.72		
		velocity	7.03	8.68	7.95	8.16	7.81	7.85	7.35		7.24	6.77	6.86	7.08	7.41	8.25		
H1 lead leg	R	strides	22	14	14	14	14		15		16	16	18	143				

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

date	25-Jun-22	time	6.20	10.14	14.21	18.48	22.85	24.63	27.36	31.89	36.53	41.31	46.08	51.41	5 / 1			
reaction time		interval		3.94	4.07	4.27	4.37		4.51	4.53	4.64	4.78	4.77	5.33	WR	12.28	13.41	14.19
		velocity	7.26	8.88	8.60	8.20	8.01	8.12	7.76	7.73	7.54	7.32	7.34	7.50	7.78	8.55	7.83	7.40
H1 lead leg	R	strides	22	14	14	14	14		14	14	14	15	15	18.2	168.2			

*Henson (2022) - Athlete First: 2022 year end hurdle report***Semi-Final 1 - 2022 USATF National Championships (Eugene, OR) (TV Analysis)**

date	24-Jun-22	time	6.26	10.26	14.40	18.73	23.20	25.04	27.83	32.60	37.46	42.30	47.23	52.90	5 / 1			
reaction time		interval		4.00	4.14	4.33	4.47		4.63	4.77	4.86	4.84	4.93	5.67		12.47	13.87	14.63
		velocity	7.19	8.75	8.45	8.08	7.83	7.99	7.56	7.34	7.20	7.23	7.10	7.05	7.56	8.42	7.57	7.18
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	16	18.2	172.2			

*Henson (2022) - Athlete First: 2022 year end hurdle report***Heat 1 - 2022 USATF National Championships (Eugene, OR) (TV Analysis)**

date	23-Jun-22	time	6.37	10.41	14.61	18.98	23.42	25.30	28.09	32.90	37.87	43.01	48.21	54.11	5 / 1			
reaction time		interval		4.04	4.20	4.37	4.44		4.67	4.81	4.97	5.14	5.20	5.90		12.61	13.92	15.31
		velocity	7.06	8.66	8.33	8.01	7.88	7.91	7.49	7.28	7.04	6.81	6.73	6.78	7.39	8.33	7.54	6.86
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	16	16	18.5	173.5			

*Henson (2022) - Athlete First: 2022 year end hurdle report***FINAL - 2022 Music City Track Carnival (Nashville, TN) (TV Analysis) (H5 5m long)**

date	05-Jun-22	time	5.84	10.37	14.46	18.65	23.42	27.27	31.87	36.50	41.33	46.33	51.61	5 / 1				
reaction time		interval		4.53	4.09	4.19	4.77		3.85	4.60	4.63	4.83	5.00	5.28		12.81	13.22	14.46
		velocity	7.71	7.73	8.56	8.35	8.39	9.09	7.61	7.56	7.25	7.00	7.58	7.75		8.20	7.94	7.26
H1 lead leg	R	strides		14	14	14	16	13	15	15		16	117					

*Henson (2022) - Athlete First: 2022 year end hurdle report***FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)**

date	04-Aug-21	time	6.16	10.16	14.24	18.36	22.64		27.00	31.56	36.32	41.20	46.04	51.46	4 / 1			
reaction time	0.163	interval		4.00	4.08	4.12	4.28		4.36	4.56	4.76	4.88	4.84	5.42	WR	12.20	13.20	14.48
		velocity	7.31	8.75	8.58	8.50	8.18		8.03	7.68	7.35	7.17	7.23	7.38	7.77	8.61	7.95	7.25
H1 lead leg	R	strides	22	14	14	14	14		14	14	15	16	15	18.5	170.5			

*Henson (2021) - Athlete First: 2021 year end hurdle report***Semi-Final 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)**

date	02-Aug-21	time	6.30	10.26	14.40	18.62	22.96		27.56	32.33	37.10	42.10	47.26	53.03	5 / 1			
reaction time	0.204	interval		3.96	4.14	4.22	4.34		4.60	4.77	4.77	5.00	5.16	5.77		12.32	13.71	14.93
		velocity	7.14	8.84	8.45	8.29	8.06		7.61	7.34	7.34	7.00	6.78	6.93	7.54	8.52	7.66	7.03
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	16	16	18.5	173.5			

*Henson (2024) - Athlete First: 2021 year end hurdle report***Heat 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)**

date	31-Jul-21	time	6.43	10.63	14.93	19.40	23.90		28.70	33.63	38.50	43.67	48.85	54.65	5 / 1			
reaction time	0.180	interval		4.20	4.30	4.47	4.50		4.80	4.93	4.87	5.17	5.18	5.80		12.97	14.23	15.22
		velocity	7.00	8.33	8.14	7.83	7.78		7.29	7.10	7.19	6.77	6.76	6.90	7.32	8.10	7.38	6.90

Henson (2024) - Athlete First: 2021 year end hurdle report

H1 lead leg	R	strides	22	14	14	14	14	15	15	15	16	16	18.5	173.5					
FINAL - 2020 USA Olympic Trials (Eugene, OR)															<i>Athlete Tracking (2021) - Women's 400mH - Unofficial Split Times</i>				
date	27-Jun-21	time	6.11	10.14	14.36	18.60	23.04	24.97	27.59	32.24	36.91	41.64	46.46	51.90	6 / 1				
reaction time	0.194	interval	4.03	4.22	4.24	4.44		4.55	4.65	4.67	4.73	4.82	5.44	WR		12.49	13.64	14.22	
		velocity	7.36	8.68	8.29	8.25	7.88	8.01	7.69	7.53	7.49	7.40	7.26	7.35	7.71		8.41	7.70	7.38
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	15	18.2	171.2					
Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	26-Jun-21	time	6.14	10.21	14.34	18.58	22.99		27.59	32.33	37.07	42.07	47.04	53.03	5 / 1				
reaction time	0.227	interval	4.07	4.13	4.24	4.41		4.60	4.74	4.74	5.00	4.97	5.99			12.44	13.75	14.71	
		velocity	7.33	8.60	8.47	8.25	7.94		7.61	7.38	7.38	7.00	7.04	6.68	7.54		8.44	7.64	7.14
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	16	15	18.2	172.2					
Heat 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	25-Jun-21	time	6.33	10.46	14.67	19.10	23.77		28.50	33.26	38.07	42.93	48.00	54.07	5 / 1				
reaction time	0.255	interval	4.13	4.21	4.43	4.67		4.73	4.76	4.81	4.86	5.07	6.07			12.77	14.16	14.74	
		velocity	7.11	8.47	8.31	7.90	7.49		7.40	7.35	7.28	7.20	6.90	6.59	7.40		8.22	7.42	7.12
H1 lead leg	R	strides	22	14	14	15	15	15	15	15	15	16	18.2	174.2					
FINAL - 2021 Music City Track Carnival (Nashville, TN) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	06-Jun-21	time	6.34	10.64	14.88	19.07	23.45		27.92	32.53	37.34	42.44	47.48	52.83	5 / 1				
reaction time		interval	4.30	4.24	4.19	4.38		4.47	4.61	4.81	5.10	5.04	5.35			12.73	13.46	14.95	
		velocity	7.10	8.14	8.25	8.35	7.99		7.83	7.59	7.28	6.86	6.94	7.48	7.57		8.25	7.80	7.02
H1 lead leg	R	strides	22	15	14	14	14	14	15	16	16	16	18.5	158.5					
FINAL - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	04-Oct-19	time	6.27	10.27	14.38	18.65	22.98		27.42	31.96	36.73	41.57	46.58	52.23	4 / 2				
reaction time	0.161	interval	4.00	4.11	4.27	4.33		4.44	4.54	4.77	4.84	5.01	5.65	PB		12.38	13.31	14.62	
		velocity	7.18	8.75	8.52	8.20	8.08		7.88	7.71	7.34	7.23	6.99	7.08	7.66		8.48	7.89	7.18
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	16	19.2	180.2					
Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	02-Oct-19	time	6.30	10.41	14.71	19.00	23.48		27.99	32.69	37.60	42.57	47.74	53.81	5 / 1				
reaction time	0.170	interval	4.11	4.30	4.29	4.48		4.51	4.70	4.91	4.97	5.17	6.07			12.70	13.69	15.05	
		velocity	7.14	8.52	8.14	8.16	7.81		7.76	7.45	7.13	7.04	6.77	6.59	7.43		8.27	7.67	6.98
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	18.5	178.5					
Heat 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)															<i>Henson (2021) - Athlete First: 2019 year end hurdle report</i>				
date	01-Oct-19	time	6.48	10.64	14.92	19.40	23.92		33.40	38.52	43.44	48.52	54.45	8 / 1					
reaction time	0.176	interval	4.16	4.28	4.48	4.52		9.48	5.12	4.92	5.08	5.93				12.92	14.00	15.12	
		velocity	6.94	8.41	8.18	7.81	7.74		7.38	6.84	7.11	6.89	6.75	7.35		8.13	7.50	6.94	
H1 lead leg	R	strides	23	15	15	15	15	15	16	16	16	18.2	149.2						
FINAL - 2019 Weltklasse (Zürich, SUI) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	29-Aug-19	time	6.32	10.44	14.71	19.02	23.56	25.4	28.16	32.76	37.40	42.32	47.24	52.85	3 / 1				
reaction time	0.147	interval	4.12		8.58	4.54		4.60	4.60	4.64	4.92	4.92	5.61			12.70	13.74	14.48	
		velocity	7.12	8.50	8.16	7.71	7.87	7.61	7.61	7.54	7.11	7.11	7.13	7.57		8.27	7.64	7.25	
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	19	149					
FINAL - 2019 USATF National Championships (Des Moines, IA) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	28-Jul-19	time	6.37	10.54	14.71	18.98	23.32		28.12	32.72	37.52	42.55	47.52	52.88	6 / 2				
reaction time	0.198	interval	4.17	4.17	4.27	4.34		4.80	4.60	4.80	5.03	4.97	5.36			12.61			
		velocity	7.06	8.39	8.39	8.20	8.06		7.29	7.61	7.29	6.96	7.04	7.46	7.56		8.33		
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	18.5	178.5					
FINAL - 2019 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	12-Jul-19	time	6.26	10.44	14.74	19.08	23.54	25.4	28.06	32.68	37.60	42.58	47.68	53.32	4 / 1				
reaction time	0.151	interval	4.18	4.30	4.34	4.46		4.52	4.62	4.92	4.98	5.10	5.64			12.82	13.60	15.00	
		velocity	7.19	8.37	8.14	8.06	7.85	7.87	7.74	7.58	7.11	7.03	6.86	7.09	7.50		8.19	7.72	7.00
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	16	18.5	179.5					
FINAL - 2019 Bislett Games (Oslo, NOR) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	13-Jun-19	time	6.36	10.64	14.96	19.32	23.76	25.6	28.30	33.00	38.02	43.14	48.38	54.16	4 / 1				
reaction time	0.213	interval	4.28	4.32		8.80		4.54	4.70	5.02	5.12	5.24	5.78					15.38	
		velocity	7.08	8.18	8.10	7.95	7.81	7.71	7.45	6.97	6.84	6.68	6.92	7.39				6.83	
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	16	19	150					
FINAL - 2018 NCAA Championships (Eugene, OR) (TV Analysis)															<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>				
date	09-Jun-18	time	6.43	10.53	14.63	18.90	23.20		27.73	32.43	37.33	42.60	47.93	53.96	4 / 1				
reaction time		interval	4.10	4.10	4.27	4.30		4.53	4.70	4.90	5.27	5.33	6.03			12.47	13.53	15.50	
		velocity	7.00	8.54	8.54	8.20	8.14		7.73	7.45	7.14	6.64	6.57	6.63	7.41		8.42	7.76	6.77
H1 lead leg	R	strides	14	14	14	14	14	15	15	15	16	16	19.2	152.2					
FINAL - 2018 South Eastern Conference Championships (Knoxville, TN) (TV Analysis)															<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>				
date	13-May-18	time	6.23	10.40	14.66	18.93	23.33		27.83	32.43	37.13	42.16	47.20	52.75	5 / 1				
reaction time		interval	4.17	4.26	4.27	4.40		4.50	4.60	4.70	5.03	5.04	5.55	WJR PB		12.70	13.50	14.77	

H1 lead leg	R	velocity	7.22	8.39	8.22	8.20	7.95		7.78	7.61	7.45	6.96	6.94	7.21	7.58		8.27	7.78	7.11
		strides		15	15	15	15		15	15	15	16	16	18.5	155.5				

A FINAL - 2018 National Relay Championships (Fayetteville, AR) (TV Analysis)

date	27-Apr-18	time	6.31	10.30	19.08	23.53		28.06	32.80	37.66	42.81	47.95			53.60	5 / 1			
reaction time		interval		3.99	8.78	4.45		4.53	4.74	4.86	5.15	5.14	5.65	WJR PB			12.77	13.72	15.15
		velocity	7.13	8.77	7.97	7.87		7.73	7.38	7.20	6.80	6.81	7.08	7.46			8.22	7.65	6.93
H1 lead leg	R	strides	22	15		15		15	15	15	16	16	18.5	147.5					

Henson (2020) - Athlete First: 2018 year end hurdle report

FINAL - 2017 USATF Championships (Sacramento, CA) (TV Analysis)

date	25-Jun-17	time	6.27	10.51	14.71	18.89	23.12		27.69	32.46	37.37	42.57	47.81		53.82	8 / 6			
reaction time	0.305	interval		4.24	4.20	4.18	4.23		4.57	4.77	4.91	5.20	5.24	6.01	WJR PB		12.62	13.57	15.35
		velocity	7.18	8.25	8.33	8.37	8.27		7.66	7.34	7.13	6.73	6.68	6.66	7.43		8.32	7.74	6.84
H1 lead leg	R	strides	23	14	14	14	14		15	15	15	16	16	18.5	174.5				

Henson (2021) - Athlete First: 2017 year end hurdle report

FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)

date	10-Jul-16	time	6.47	10.64	14.95	19.28	23.76		28.36	33.03	37.84	42.91	48.08		54.15	5 / 3			
reaction time	0.371	interval		4.17	4.31	4.33	4.48		4.60	4.67	4.81	5.07	5.17	6.07	WJR WYB PB		12.81	13.75	15.05
		velocity	6.96	8.39	8.12	8.08	7.81		7.61	7.49	7.28	6.90	6.77	6.59	7.39		8.20	7.64	6.98
H1 lead leg	R	strides	22	15	14	14	15		15	15	15	16	16	19.7	176.7				

Henson (2020) - Athlete First: 2016 year end hurdle report

McLean, Hayley (GBR) (1994)

Semi-Final 3 - 2022 European Athletics Championships (Munich, GER)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
date	18-Aug-22	time	6.29	10.56	15.05	19.69	24.37	26.41	29.16	34.12	39.20	44.37	49.92		56.20	8 / 5			
reaction time	0.183	interval		4.27	4.49	4.64	4.68		4.79	4.96	5.08	5.17	5.55	6.28		13.40	14.43	15.80	
		velocity	7.15	8.20	7.80	7.54	7.48	7.57	7.31	7.06	6.89	6.77	6.31	6.37	7.12		7.84	7.28	6.65
H1 lead leg	L	strides	24	16		16	16		17	17	17		18	21.5	162.5				

European Athletics (2022) - european athletics championships race analysis

Heat 3 - 2022 European Athletics Championships (Munich, GER)

date	17-Aug-22	time	6.28	10.45	14.89	19.48	24.24	26.38	29.12	34.12	39.37	44.68	50.20		56.64	8 / 3			
reaction time	0.204	interval		4.17	4.44	4.59	4.76		4.88	5.00	5.25	5.31	5.52	6.44		13.20	14.64	16.08	
		velocity	7.17	8.39	7.88	7.63	7.35	7.58	7.17	7.00	6.67	6.59	6.34	6.21	7.06		7.95	7.17	6.53
H1 lead leg	L	strides	24	15			17		17	17	17	18	18	22	165				

European Athletics (2022) - european athletics championships race analysis

Medina, Celia (ESP) (1977)

FINAL - 1998 Spanish National Championships (San Sebastián, ESP)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
date	02-Aug-98	time	6.75	11.61	16.49	21.56	26.70		31.80	37.08	42.36	47.99	53.86		60.80	4 / 4			
reaction time		interval		4.86	4.88	5.07	5.14		5.10	5.28	5.28	5.63	5.87	6.94		14.81	15.52	16.78	
		velocity	6.67	7.20	7.17	6.90	6.81		6.86	6.63	6.63	6.22	5.96	5.76	6.58		7.09	6.77	6.26
H1 lead leg	L	strides	22	16	16	17	17		17	17	17	18	18	21	196				

Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas

Meisberger, Shannon (USA) (1999)

FINAL - 2022 USATF National Championships (Eugene, OR)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
date	25-Jun-22	time	6.42	10.46	14.57	18.86	23.27	25.34	28.03	32.89	38.21	43.67	49.67	55.42	55.39	9 / 5			
reaction time		interval		4.04	4.11	4.29	4.41		4.76	4.86	5.32	5.46	6.00	5.72	PB		12.44	14.03	16.78
		velocity	7.01	8.67	8.52	8.16	7.94	7.89	7.35	7.20	6.58	6.41	5.83	6.99	7.22		8.44	7.48	6.26
H1 lead leg	L	strides	22	15	15	15	15		16	16	16			130					

USATF (2022) - Results powered by Karmarush

Semi-Final 1 - 2022 USATF National Championships (Eugene, OR)

date	24-Jun-22	time	6.37	10.30	14.39	18.79	23.29	25.34	28.02	32.90	38.12	43.43	49.03	55.61	55.61	8 / 4			
reaction time		interval		3.93	4.09	4.40	4.50		4.73	4.88	5.22	5.31	5.60	6.58	PB		12.42	14.11	16.13
		velocity	7.06	8.91	8.56	7.95	7.78	7.89	7.40	7.17	6.70	6.59	6.25	6.08	7.19		8.45	7.44	6.51
H1 lead leg	L	strides	22	15	15	15	15		16	16	16	17		147					

USATF (2022) - Results powered by Karmarush

Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)

date	26-Jun-21	time	6.44	10.67	15.08	19.68	24.46		29.36	34.50		45.21		57.22	9 / 5			
reaction time	0.260	interval		4.23	4.41	4.60	4.78		4.90	5.14		10.71				13.24	14.82	
		velocity	6.99	8.27	7.94	7.61	7.32		7.14	6.81		6.54		6.99		7.93	7.09	
H1 lead leg	L	strides		15	15	15	16		16	17	17		111					

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

FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)

date	12-Jun-21	time	6.60	10.97	15.17	19.60	24.17		33.87	38.83	44.03	49.40		55.70	8 / 2			
reaction time	0.275	interval		4.37	4.20	4.43	4.57		9.70	4.96	5.20	5.37	6.30	PB		13.00	14.27	15.53
		velocity	6.82	8.01	8.33	7.90	7.66		7.22	7.06	6.73	6.52	6.35	7.18		8.08	7.36	6.76
H1 lead leg	R	strides	23	15	15	15	16					17	17	20.5	138.5			

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

Meißner, Heike (GER) (1970)

FINAL - 2003 IAAF World Championships (Paris, FRA)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
date	28-Aug-03	time	6.5	10.8	15.1	19.6	24.2		28.9	33.7	38.8	44.2	49.6		55.60	1 / 7			
reaction time	0.233	interval		4.30	4.30	4.50	4.60		4.70	4.80	5.10	5.40	5.40	6.00		13.10	14.10	15.90	
		velocity	6.92	8.14	8.14	7.78	7.61		7.45	7.29	6.86	6.48	6.48	6.67	7.19		8.02	7.45	6.60
H1 lead leg	R	strides	23	13	13	13	13		13	16	16	16	17	153					

Behm (2003) - Paris 2003:Le quatrache masculin - féminin

FINAL - 2002 IAAF World Cup (Madrid, ESP)

date	20-Sep-02	time	6.72	11.45	16.08	20.50	25.21		30.01	35.10	40.23	45.65	51.06		57.40	5 / 7			
reaction time	0.177	interval		4.73	4.63	4.42	4.71		4.80	5.09	5.13	5.42	5.41	6.34		13.78	14.60	15.96	
		velocity	6.70	7.40	7.56	7.92	7.43		7.29	6.88	6.82	6.46	6.47	6.31	6.97		7.62	7.19	6.58

Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas

H1 lead leg	R	strides	23	16	16	15	15	15	16	17	17	17	20.5	187.5						
FINAL - 2002 European Championships (Munich, GER)															<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>					
date	08-Aug-02	time	6.74	10.91	15.16	19.51	24.07	28.84	33.73	38.83	44.15	49.59	55.89	1/2						
reaction time	0.180	interval	4.17	4.25	4.35	4.56	4.77	4.89	5.10	5.32	5.44	6.30			12.77	14.22	15.86			
		velocity	6.68	8.39	8.24	8.05	7.68	7.34	7.16	6.86	6.58	6.43	6.35	7.16		8.22	7.38	6.62		
H1 lead leg		strides	15	15	15	16	16	16	16	16	17	17	143							
Heat 1 - 2002 European Championships (Munich, GER)															<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>					
date	07-Aug-02	time	6.75	11.04	15.35	19.75	24.23	29.09	33.97	39.97	44.13	49.47	55.67	1/2						
reaction time	0.160	interval	4.29	4.31	4.40	4.48	4.86	4.88	6.00	4.16	5.34	6.20			13.00	14.22	15.50			
		velocity	6.67	8.16	8.12	7.95	7.81	7.20	7.17	5.83	8.41	6.55	6.45	7.19		8.08	7.38	6.77		
H1 lead leg		strides																		
FINAL - 2001 European Cup (Bremen, GER)															<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>					
date	23-Jun-01	time	6.73	10.93	15.27	19.71	24.20	28.85	33.71	38.83	44.07	49.37	55.33	1/3						
reaction time		interval	4.20	4.34	4.44	4.49	4.65	4.86	5.12	5.24	5.30	5.96			12.98	14.00	15.66			
		velocity	6.69	8.33	8.06	7.88	7.80	7.53	7.20	6.84	6.68	6.60	6.71	7.23		8.09	7.50	6.70		
H1 lead leg		strides																		
FINAL - 1996 Olympic Games (Atlanta, GA)															<i>Behm (1996) - 400m haies</i>					
date	31-Jul-96	time	6.6	10.6	14.8	19.0	23.4	28.1	32.9	37.8	42.8	48.1	54.03	1/5						
reaction time	0.272	interval	4.00	4.20	4.20	4.40	4.70	4.80	4.90	5.00	5.30	5.93	PB		12.40	13.90	15.20			
		velocity	6.82	8.75	8.33	8.33	7.95	7.45	7.29	7.14	7.00	6.60	6.75	7.40		8.47	7.55	6.91		
H1 lead leg		strides	23	15	15	15	15	15	16	16	17	17	164							
Semi-Final 1 - 1993 IAAF World Championships (Stuttgart, GER)															<i>Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)</i>					
date	17-Aug-93	time	6.53	10.67	14.89	19.27	23.62	28.11	32.99	38.06	43.26	48.56	54.64	2/3						
reaction time		interval	4.14	4.22	4.38	4.35	4.49	4.88	5.07	5.20	5.30	6.08			12.74	13.72	15.57			
		velocity	6.89	8.45	8.29	7.99	8.05	7.80	7.17	6.90	6.73	6.60	6.58	7.32		8.24	7.65	6.74		
H1 lead leg	R	strides	23	15	15	15	15	15	16	16	17	17	21	185						
FINAL - 1991 European Cup (Frankfurt, GER)															<i>Federle (2003) - http://www.fgs.uni-halle.de</i>					
date	29-Jun-91	time	6.57	10.76	15.12	19.54	24.01	28.60	33.42	38.59	44.03	49.53	55.64	1/3						
reaction time		interval	4.19	4.36	4.42	4.47	4.59	4.82	5.17	5.44	5.50	6.11			12.97	13.88	16.11			
		velocity	6.85	8.35	8.03	7.92	7.83	7.63	7.26	6.77	6.43	6.36	6.55	7.19		8.10	7.56	6.52		
H1 lead leg		strides																		
Melvin, Chelby (USA) (2003)																				
Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)															<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>					
date	29-Jun-24	time	6.44	10.64	14.99	19.41	23.85	25.92	28.63	33.69	38.91	44.42	49.87	56.31	2/7					
reaction time		interval	4.20	4.35	4.42	4.44	4.78	5.06	5.22	5.51	5.45	6.44	PB		12.97	14.28	16.18			
		velocity	6.99	8.33	8.05	7.92	7.88	7.72	7.32	6.92	6.70	6.35	6.42	7.10		8.10	7.35	6.49		
H1 lead leg	R	strides	22	15	15	15	15	16	16	17	17	17	20.2	185.2						
Heat 2 - 2024 USA Olympic Trials (Eugene, OR)															<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>					
date	27-Jun-24	time	6.62	10.90	15.22	19.71	24.22	26.36	28.93	33.84	39.27	44.75	50.40	56.97	9/5					
reaction time		interval	4.28	4.32	4.49	4.51	4.71	4.91	5.43	5.48	5.65	6.57			13.09	14.13	16.56			
		velocity	6.80	8.18	8.10	7.80	7.76	7.59	7.43	7.13	6.45	6.39	6.19	6.09	7.02		8.02	7.43	6.34	
H1 lead leg		strides																		
Miki, Shiori (JPN) (1991)																				
FINAL - 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	12-Jun-11	time	6.61	11.08	15.67	20.34	25.19	30.18	35.24	40.38	45.64	50.93	56.92	1/3						
reaction time		interval	4.47	4.59	4.67	4.85	4.99	5.06	5.14	5.26	5.29	5.99	PB		13.73	14.90	15.69			
		velocity	6.81	7.83	7.63	7.49	7.22	7.01	6.92	6.81	6.65	6.62	6.68	7.03		7.65	7.05	6.69		
H1 lead leg		strides	16	16	16	16	16	17	17	17	17	17	149							
FINAL - 2009 Japanese National High School Championships (Nara, JPN)															<i>Matsuo (2009) - 62nd high school championships: JAF scientific committee- biomechanics</i>					
date	31-Jul-09	time	6.87	11.64	16.43	21.40	26.51	31.82	37.19	42.56	47.83	53.09	58.96	1/1						
reaction time		interval	4.77	4.79	4.97	5.11	5.31	5.37	5.37	5.27	5.26	5.87			14.53	15.79	15.90			
		velocity	6.55	7.34	7.31	7.04	6.85	6.59	6.52	6.52	6.64	6.65	6.81	6.78		7.23	6.65	6.60		
H1 lead leg		strides	17	16	16	16	16	17	17	17	17	17	150							
FINAL - 2008 Japanese National High School Championships (Kumagaya, JPN)															<i>Abe (2008) - 61st high school championships: JAF scientific committee- biomechanics data</i>					
date	31-Jul-08	time	7.01	11.73	16.62	21.47	26.46	31.68	36.95	42.24	47.55	52.79	58.79	1/1						
reaction time		interval	4.72	4.89	4.85	4.99	5.22	5.27	5.29	5.31	5.24	6.00			14.46	15.48	15.84			
		velocity	6.42	7.42	7.16	7.22	7.01	6.70	6.64	6.62	6.59	6.68	6.67	6.80		7.26	6.78	6.63		
H1 lead leg		strides	16	16	16	16	16	17	17	17	17	17	149							
Minamisawa, Akane (JPN) (1997)																				
FINAL - 2023 Japanese National Championships (Osaka, JPN)															<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>					
date	04-Jun-23	time	6.74	11.14	15.57	20.11	24.92	29.87	35.09	40.44	46.00	51.89	58.97	7/7						
reaction time	0.171	interval	4.40	4.43	4.54	4.81	4.95	5.22	5.35	5.56	5.89	7.08			13.37	14.98	16.80			
		velocity	6.68	7.95	7.90	7.71	7.28	7.07	6.70	6.54	6.29	5.94	5.65	6.78		7.85	7.01	6.25		
H1 lead leg	L	strides	23	15	15	15	16	16	17	17	17	18	169							

B FINAL - 2023 Michitaka Kinami Memorial (Osaka, JPN)

date	06-May-23	time	6.84	11.31	15.93	20.67	25.64	30.53	35.57	40.86	46.23	51.84	58.38	5 / 1			
reaction time	0.189	interval		4.47	4.62	4.74	4.97	4.89	5.04	5.29	5.37	5.61	6.54	PB	13.83	14.90	16.27
		velocity	6.58	7.83	7.58	7.38	7.04	7.16	6.94	6.62	6.52	6.24	6.12	6.85	7.59	7.05	6.45
H1 lead leg		strides		15	15	15	16	16	16	17	17	18	18	145			

Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season

B FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)

date	06-Jun-21	time	6.97	11.54	16.10	20.70	25.59	30.55	35.72	41.04	46.56	52.45	59.45	5 / 4			
reaction time		interval		4.57	4.56	4.60	4.89	4.96	5.17	5.32	5.52	5.89	7.00		13.73	15.02	16.73
		velocity	6.46	7.66	7.68	7.61	7.16	7.06	6.77	6.58	6.34	5.94	5.71	6.73	7.65	6.99	6.28
H1 lead leg	L	strides	23	16	16	16	16	16	17	17	17	18	22.7	194.7			

Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season

FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN)

date	20-Sep-20	time	7.16	12.00	16.87	21.82	26.83	32.03	37.52	43.03	48.58	54.29	60.69	4 / 6			
reaction time	0.243	interval		4.84	4.87	4.95	5.01	5.20	5.49	5.51	5.55	5.71	6.40		14.66	15.70	16.77
		velocity	6.28	7.23	7.19	7.07	6.99	6.73	6.38	6.35	6.31	6.13	6.25	6.59	7.16	6.69	6.26
H1 lead leg		strides		16	16	16	16	16	17	17	17	18	149				

Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season

Mitzuguchi, Moe (JPN) (2002)

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	09-May-21	time	6.96	11.64	16.48	21.30	26.33	31.51	37.14	42.81	48.57	54.59		61.41	1 / 7			
reaction time	0.194	interval		4.68	4.84	4.82	5.03	5.18	5.63	5.67	5.76	6.02	6.82			14.34	15.84	17.45
		velocity	6.47	7.48	7.23	7.26	6.96	6.76	6.22	6.17	6.08	5.81	5.87	6.51		7.32	6.63	6.02
H1 lead leg	R	strides	24	16	17	16	17	17	18	18	18	18	179					

Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season

FINAL - 2020 Japanese High School National Championships (Hiroshima, JPN)

date	25-Oct-20	time	6.62	10.94	15.45	20.05	24.74	29.78	35.02	40.32	45.98	52.14	59.16	7 / 4			
reaction time	0.192	interval		4.32	4.51	4.60	4.69	5.04	5.24	5.30	5.66	6.16	7.02		13.43	14.97	17.12
		velocity	6.80	8.10	7.76	7.61	7.46	6.94	6.68	6.60	6.18	5.68	5.70	6.76	7.82	7.01	6.13
H1 lead leg		strides		16	16	17	17	17	17	17	18	19	154				

Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season

FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN)

date	23-Aug-20	time	6.86	11.53	16.37	21.10	25.99	31.15	36.45	42.09	47.98	53.90	60.50	2 / 7			
reaction time	0.156	interval		4.67	4.84	4.73	4.89	5.16	5.30	5.64	5.89	5.92	6.60		14.24	15.35	17.45
		velocity	6.56	7.49	7.23	7.40	7.16	6.78	6.60	6.21	5.94	5.91	6.06	6.61	7.37	6.84	6.02
H1 lead leg		strides		16	17	16	17	17	17	18	18	18	154				

Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season

Mo Jiadie (CHN) (2000)

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	06-Aug-24	time	6.37	10.54	14.92	19.39	24.03	28.75	33.73	38.84	44.07	49.40		55.63	2 / 9			
reaction time	0.163	interval		4.17	4.38	4.47	4.64	4.72	4.98	5.11	5.23	5.33	6.23			13.02	14.34	15.67
		velocity	7.06	8.39	7.99	7.83	7.54	7.42	7.03	6.85	6.69	6.57	6.42	7.19	8.06	7.32	6.70	
H1 lead leg	L	strides	23	15	15	15	16	16	17	17	17	18	152					

Paris 2024 Olympic Games - Results Book (2024)

Repechage 2 - 2024 Olympic Games (Paris, FRA)

date	05-Aug-24	time	6.37	10.53	14.84	19.31	23.94	28.73	33.67	38.66	43.72	48.83	54.75	5 / 1			
reaction time	0.231	interval		4.16	4.31	4.47	4.63	4.79	4.94	4.99	5.06	5.11	5.92	PB	12.94	14.36	15.16
		velocity	7.06	8.41	8.12	7.83	7.56	7.31	7.09	7.01	6.92	6.85	6.76	7.31	8.11	7.31	6.93
H1 lead leg	L	strides	23	15	15	15	16	16	17	17	17	17	21	189			

Paris 2024 Olympic Games - Results Book (2024)

Heat 3 - 2024 Olympic Games (Paris, FRA)

date	04-Aug-24	time	6.32	10.49	14.84	19.21	23.79	28.52	33.45	38.55	43.76	49.01	55.43	2 / 6			
reaction time	0.190	interval		4.17	4.35	4.37	4.58	4.73	4.93	5.10	5.21	5.25	6.42		12.89	14.24	15.56
		velocity	7.12	8.39	8.05	8.01	7.64	7.40	7.10	6.86	6.72	6.67	6.23	7.22	8.15	7.37	6.75
H1 lead leg	L	strides	23	15	15	15	16	16	17	17	17	17	22	190			

Paris 2024 Olympic Games - Results Book (2024)

FINAL - 2024 Chinese National Grand Prix Final (Rizhao, CHN)

date	29-Jun-24	time	6.39	10.44	14.56	18.90	23.42	28.22	33.18	38.40	43.76	49.17	55.28	5 / 1			
reaction time	0.191	interval		4.05	4.12	4.34	4.52	4.80	4.96	5.22	5.36	5.41	6.11		12.51	14.28	15.99
		velocity	7.04	8.64	8.50	8.06	7.74	7.29	7.06	6.70	6.53	6.47	6.55	7.24	8.39	7.35	6.57
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	18	21	188			

Shandong Athletics Sport Science (2024)

Heat 3 - 2024 Chinese National Grand Prix Final (Rizhao, CHN)

date	28-Jun-24	time	6.54	10.98	15.40	19.94	24.69	29.83	35.14	40.56	46.12	51.75	58.17	7 / 1			
reaction time	0.221	interval		4.44	4.42	4.54	4.75	5.14	5.31	5.42	5.56	5.63	6.42		13.40	15.20	16.61
		velocity	6.88	7.88	7.92	7.71	7.37	6.81	6.59	6.46	6.29	6.22	6.23	6.88	7.84	6.91	6.32
H1 lead leg	L	strides	23	15	15	15	15	16	17	17	18	18	21	190			

Shandong Athletics Sport Science (2024)

FINAL - 2023 Asian Games (Hangzhou, CHN)

date	03-Oct-23	time	6.46	10.60	14.76	19.03	23.56	28.23	33.13	38.13	43.30	48.77	55.01	9 / 2			
reaction time	0.197	interval		4.14	4.16	4.27	4.53	4.67	4.90	5.00	5.17	5.47	6.24		12.57	14.10	15.64
		velocity	6.97	8.45	8.41	8.20	7.73	7.49	7.14	7.00	6.77	6.40	6.41	7.27	8.35	7.45	6.71
H1 lead leg	L	strides	23	15	15	16	16	16	17	17	17	18	22	192			

Shandong Athletics Sport Science (2023)

FINAL - 2023 Chinese World Championship & Asian Games Trials (Shenyang, CHN)

date	27-Jun-23	time	6.45	10.64	15.06	19.50	24.14	28.96	33.93	38.95	44.16	49.48	55.55	4 / 1			
reaction time	0.205	interval		4.19	4.42	4.44	4.64	4.82	4.97	5.02	5.21	5.32	6.07		13.05	14.43	15.55

Shandong Athletics Sport Science (2023)

H1 lead leg	L	velocity	6.98	8.35	7.92	7.88	7.54		7.26	7.04	6.97	6.72	6.58	6.59	7.20		8.05	7.28	6.75
		strides	23	15	16	16	16		16	17	17	17	17	21.7	191.7				
Heat 2 - 2023 Chinese World Championship & Asian Games Trials (Shenyang, CHN)																			
date	27-Jun-23	time	6.52	10.73	15.00	19.47	24.19		28.93	33.90	39.15	44.59	50.23		56.58		Shandong Athletics Sport Science (2023)		
reaction time	0.446	interval		4.21	4.27	4.47	4.72		4.74	4.97	5.25	5.44	5.64	6.35			12.95	14.43	16.33
		velocity	6.90	8.31	8.20	7.83	7.42		7.38	7.04	6.67	6.43	6.21	6.30	7.07		8.11	7.28	6.43
H1 lead leg	L	strides	23	15	15	16	16		16	16	17	17	18	21	190				
FINAL - 2023 Chinese National Grand Prix 4 (Chongqing, CHN)																			
date	04-Jun-23	time	6.51	10.69	15.06	19.54	24.14		28.91	33.92	39.11	44.44	49.88		55.93		Shandong Athletics Sport Science (2023)		
reaction time	0.277	interval		4.18	4.37	4.48	4.60		4.77	5.01	5.19	5.33	5.44	6.05			13.03	14.38	15.96
		velocity	6.91	8.37	8.01	7.81	7.61		7.34	6.99	6.74	6.57	6.43	6.61	7.15		8.06	7.30	6.58
H1 lead leg	L	strides	23	15	15	16	16		16	16	17	18	18	21.5	191.5				
FINAL - 2021 Chinese Student Games (Qingdao, CHN)																			
date	14-Jul-21	time	6.74	11.17	15.61	20.28	25.05		29.99	35.09	40.43	45.80	51.23		57.50		CAA Hurdle Development (2021)		
reaction time		interval		4.43	4.44	4.67	4.77		4.94	5.10	5.34	5.37	5.43	6.27			13.54	14.81	16.14
		velocity	6.68	7.90	7.88	7.49	7.34		7.09	6.86	6.55	6.52	6.45	6.38	6.96		7.75	7.09	6.51
H1 lead leg	L	strides	24	16	16	16	16		17	17	18	18	18	21.2	197.2				
FINAL - 2021 Chinese National Championships (Chongqing, CHN)																			
date	26-Jun-21	time	6.66	10.96	15.42	19.98	24.62		29.44	34.50	39.62	44.88	50.26		56.27		CAA Hurdle Development (2021)		
reaction time	0.296	interval		4.30	4.46	4.56	4.64		4.82	5.06	5.12	5.26	5.38	6.01	PB		13.32	14.52	15.76
		velocity	6.76	8.14	7.85	7.68	7.54		7.26	6.92	6.84	6.65	6.51	6.66	7.11		7.88	7.23	6.66
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	17	18	21.2	195.2				
Heat 2 - 2021 Chinese National Championships (Chongqing, CHN)																			
date	26-Jun-21	time	6.83	11.22	15.77	20.45	25.20		30.16	35.35	40.64	46.14	51.77		58.07		CAA Hurdle Development (2021)		
reaction time	0.321	interval		4.39	4.55	4.68	4.75		4.96	5.19	5.29	5.50	5.63	6.30			13.62	14.90	16.42
		velocity	6.59	7.97	7.69	7.48	7.37		7.06	6.74	6.62	6.36	6.22	6.35	6.89		7.71	7.05	6.39
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	18	18	21	196				
FINAL - 2020 Chinese Olympic Trials (Shaoxing, CHN)																			
date	13-Jun-21	time	6.69	11.14	15.82	20.42	25.21		30.13	35.25	40.42	45.88	51.62		58.34		CAA Hurdle Development (2021)		
reaction time	0.254	interval		4.45	4.68	4.60	4.79		4.92	5.12	5.17	5.46	5.74	6.72			13.73	14.83	16.37
		velocity	6.73	7.87	7.48	7.61	7.31		7.11	6.84	6.77	6.41	6.10	5.95	6.86		7.65	7.08	6.41
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	18	18	21	196				
FINAL - 2021 East China District Meeting (Zhaoqing, CHN)																			
date	25-Apr-21	time	6.56	10.89	15.35	19.94	24.66		29.60	34.68	39.89	45.28	50.83		56.73		CAA Hurdle Development (2021)		
reaction time	0.258	interval		4.33	4.46	4.59	4.72		4.94	5.08	5.21	5.39	5.55	5.90			13.38	14.74	16.15
		velocity	6.86	8.08	7.85	7.63	7.42		7.09	6.89	6.72	6.49	6.31	6.78	7.05		7.85	7.12	6.50
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	18	18	21	196				
Heat 2 - 2021 East China District Meeting (Zhaoqing, CHN)																			
date	25-Apr-21	time	6.84	11.28	15.83	20.44	25.22		30.28	35.65	41.19	47.01	53.00		59.57		CAA Hurdle Development (2021)		
reaction time	0.312	interval		4.44	4.55	4.61	4.78		5.06	5.37	5.54	5.82	5.99	6.57			13.60	15.21	17.35
		velocity	6.58	7.88	7.69	7.59	7.32		6.92	6.52	6.32	6.01	5.84	6.09	6.71		7.72	6.90	6.05
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	18	18	21	196				
FINAL - 2020 Chinese National Championships (Shaoxing, CHN)																			
date	17-Sep-20	time	6.46	10.79	15.17	19.67	24.25		29.04	34.08	39.37	44.92	50.37		56.77		CAA Hurdle Development (2020)		
reaction time		interval		4.33	4.38	4.50	4.58		4.79	5.04	5.29	5.55	5.45	6.40			13.21	14.41	16.29
		velocity	6.97	8.08	7.99	7.78	7.64		7.31	6.94	6.62	6.31	6.42	6.25	7.05		7.95	7.29	6.45
H1 lead leg	L	strides	24	16	16	16	16		17	17	18	18	18	21.5	197.5				
U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)																			
date	17-Aug-19	time	6.66	11.08	15.66	20.38	25.26		30.26	35.42	40.58	46.04	51.58		57.76		CAA Hurdle Development (2019)		
reaction time	0.241	interval		4.42	4.58	4.72	4.88		5.00	5.16	5.16	5.46	5.54	6.18			13.72	15.04	16.16
		velocity	6.76	7.92	7.64	7.42	7.17		7.00	6.78	6.78	6.41	6.32	6.47	6.93		7.65	6.98	6.50
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	18	18	20.8	194.8				
U20 Heat 1 - 2019 Chinese National Youth Games (Taiyuan, CHN)																			
date	17-Aug-19	time	6.78	11.34	16.10	20.94	25.94		31.14	36.54	41.94	47.78	53.66		60.37		CAA Hurdle Development (2019)		
reaction time	0.222	interval		4.56	4.76	4.84	5.00		5.20	5.40	5.40	5.84	5.88	6.71			14.16	15.60	17.12
		velocity	6.64	7.68	7.35	7.23	7.00		6.73	6.48	6.48	5.99	5.95	5.96	6.63		7.42	6.73	6.13
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	18	18	21	196				
FINAL - 2019 Chinese National Championships (Shenyang, CHN)																			
date	10-Jul-19	time	6.61	10.89	15.28	19.87	24.55		29.46	34.47	39.59	44.93	50.61		56.70		CAA Hurdle Development (2019)		
reaction time	0.293	interval		4.28	4.39	4.59	4.68		4.91	5.01	5.12	5.34	5.68	6.09	PB		13.26	14.60	16.14
		velocity	6.81	8.18	7.97	7.63	7.48		7.13	6.99	6.84	6.55	6.16	6.57	7.05		7.92	7.19	6.51
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	18	18	21.5	196.5				
Heat 3 - 2019 Chinese National Championships (Shenyang, CHN)																			
date	09-Jul-19	time	6.70	11.18	15.71	20.42	25.21		30.23	35.42	40.81	46.51	52.27		58.75		CAA Hurdle Development (2019)		
		interval																	
		velocity																	
		strides																	

reaction time	0.295	interval	4.48	4.53	4.71	4.79	5.02	5.19	5.39	5.70	5.76	6.48	13.72	15.00	16.85		
		velocity	6.72	7.81	7.73	7.43	7.31	6.97	6.74	6.49	6.14	6.08	6.17	6.81	7.65	7.00	6.23
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21.2	196.2			
FINAL - 2019 Asian Athletics Championships (Doha, QAT)													<i>CAA Hurdle Development (2019)</i>				
date	22-Apr-19	time	6.89	11.39	15.96	20.72	25.55	30.53	35.68	41.04	46.78	52.56	59.20	9 / 8			
reaction time	0.181	interval	4.50	4.57	4.76	4.83	4.98	5.15	5.36	5.74	5.78	6.64	13.83	14.96	16.88		
		velocity	6.53	7.78	7.66	7.35	7.25	7.03	6.80	6.53	6.10	6.06	6.02	6.76	7.59	7.02	6.22
H1 lead leg	L	strides	24	16	16	16	16	17	17	18	18	18	21.5	197.5			
Heat 1 - 2019 Asian Athletics Championships (Doha, QAT)													<i>CAA Hurdle Development (2019)</i>				
date	21-Apr-19	time	6.64	11.02	15.58	20.23	25.12	30.23	35.42	40.70	46.31	51.92	58.28	6 / 3			
reaction time	0.224	interval	4.38	4.56	4.65	4.89	5.11	5.19	5.28	5.61	5.61	6.36	13.59	15.19	16.50		
		velocity	6.78	7.99	7.68	7.53	7.16	6.85	6.74	6.63	6.24	6.29	6.86	7.73	6.91	6.36	
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21.2	196.2			
FINAL - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)													<i>CAA Hurdle Development (2019)</i>				
date	08-Apr-19	time	6.84	11.31	15.88	20.62	25.44	30.44	35.58	40.87	46.48	52.12	58.34	7 / 1			
reaction time	0.283	interval	4.47	4.57	4.74	4.82	5.00	5.14	5.29	5.61	5.64	6.22	13.78	14.96	16.54		
		velocity	6.58	7.83	7.66	7.38	7.26	7.00	6.81	6.62	6.24	6.21	6.43	6.86	7.62	7.02	6.35
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21.5	196.5			
Heat 1 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)													<i>CAA Hurdle Development (2019)</i>				
date	07-Apr-19	time	7.00	11.53	16.20	21.04	26.02	31.18	36.47	42.19	47.90	53.69	60.19	8 / 1			
reaction time	0.319	interval	4.53	4.67	4.84	4.98	5.16	5.29	5.72	5.71	5.79	6.50	14.04	15.43	17.22		
		velocity	6.43	7.73	7.49	7.23	7.03	6.78	6.62	6.12	6.13	6.04	6.15	6.65	7.48	6.80	6.10
H1 lead leg	L	strides	24	16	16	16	16	17	17	18	18	18	21	197			
FINAL - 2018 Chinese National Championships (Taiyuan, CHN)													<i>Henson (2018) - coaching observations</i>				
date	16-Sep-18	time	6.76	11.18	15.68	20.32	25.09	30.08	35.28	40.69	46.18	51.78	57.86	3 / 2			
reaction time		interval	4.42	4.50	4.64	4.77	4.99	5.20	5.41	5.49	5.60	6.08	PB	13.56	14.96	16.50	
		velocity	6.66	7.92	7.78	7.54	7.34	7.01	6.73	6.47	6.38	6.25	6.58	6.91	7.74	7.02	6.36
H1 lead leg	L	strides	24	16	16	16	16	17	17	18	18	18	21.5	197.5			
Heat 3 - 2018 Chinese National Championships (Taiyuan, CHN)													<i>Henson (2018) - coaching observations</i>				
date	15-Sep-18	time	6.74	11.08	15.58	20.13	24.99	30.12	35.55	41.26	47.15	53.17	59.60	5 / 1			
reaction time		interval	4.34	4.50	4.55	4.86	5.13	5.43	5.71	5.89	6.02	6.43	6.71	13.39	15.42	17.62	
		velocity	6.68	8.06	7.78	7.69	7.20	6.82	6.45	6.13	5.94	5.81	6.22	6.71	7.84	6.81	5.96
H1 lead leg	L	strides	24	16	16	16	16	17	18	18	19	19	21.5	200.5			
Moelo, Annie (FRA) (1962)																	
FINAL - 1987 French National Championships (Annecy, FRA)													<i>Veney - split times from PJ</i>				
date	09-Aug-87	time	6.85	11.15	15.65	20.40	25.10	30.00	35.05	40.05	45.20	50.60	57.33	1 / 2			
reaction time		interval	4.30	4.50	4.75	4.70	4.90	5.05	5.00	5.15	5.40	6.73	13.55	14.65	15.55		
		velocity	6.57	8.14	7.78	7.37	7.45	7.14	6.93	7.00	6.80	6.48	5.94	6.98	7.75	7.17	6.75
H1 lead leg		strides															
Moline, Georganne (USA) (1990)																	
FINAL - 2020 Inspiration Games (Zürich, SUI) (TV Analysis) (300m Hurdles)													<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>				
date	09-Jul-20	time	6.20	10.10	14.20	18.46	22.86	27.50	32.46				39.08	3 / 1			
reaction time		interval	3.90	4.10	4.26	4.40	4.64	4.96				6.62	<i>(Walnut, CA)</i>	12.76	14.00		
		velocity	8.06	8.97	8.54	8.22	7.95	7.54	7.06			6.04	7.68	8.23	7.50		
H1 lead leg	R	strides	22	15	15	15	15	16	16			22.5	136.5				
FINAL - 2018 Weltklasse (Zürich, SUI) (TV Analysis)													<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>				
date	30-Aug-18	time	6.52	10.72	15.04	23.92	25.9	28.48	33.16	43.24	48.76	55.00	2 / 4				
reaction time	0.261	interval	4.20	4.32	8.88	4.56	4.68	10.08	5.52	6.24					15.60		
		velocity	6.90	8.33	8.10	7.88	7.72	7.68	7.48	6.94	6.34	6.41	7.27		6.73		
H1 lead leg	L	strides	23	16	15			15	15			17	20.2	121.2			
FINAL - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)													<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>				
date	21-Jul-18	time	6.44	10.80	15.16	19.56	24.04	28.64	33.40	38.48	43.88	49.32	55.47	7 / 4			
reaction time	0.211	interval	4.36	4.36	4.40	4.48	4.60	4.76	5.08	5.40	5.44	6.15	13.12	13.84	15.92		
		velocity	6.99	8.03	8.03	7.95	7.81	7.61	7.35	6.89	6.48	6.43	6.50	7.21	8.00	7.59	6.60
H1 lead leg	L	strides	23	16	15	15	15	15	15	16	17	17	20	184			
FINAL - 2018 Athletissima (Lausanne, SUI) (TV Analysis)													<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>				
date	05-Jul-18	time	6.32	10.56	19.32	23.72	28.24	32.80	37.56	42.52	47.68	53.90	7 / 3				
reaction time	0.204	interval	4.24	8.76	4.40	4.52	4.52	4.56	4.76	4.96	5.16	6.22	13.00	13.48	14.88		
		velocity	7.12	8.25	7.99	7.95	7.74	7.68	7.35	7.06	6.78	6.43	7.42	8.08	7.79	7.06	
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	20	149			
FINAL - 2018 USATF National Championships (Des Moines, IA) (TV Analysis)													<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>				
date	24-Jun-18	time	6.40	10.51	14.71	19.05	23.49	27.99	32.56	37.27	42.24	47.58	54.12	4 / 2			
reaction time		interval	4.11	4.20	4.34	4.44	4.50	4.57	4.71	4.97	5.34	6.54	12.65	13.51	15.02		
		velocity	7.03	8.52	8.33	8.06	7.88	7.78	7.66	7.43	7.04	6.55	6.12	7.39	8.30	7.77	6.99
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	17	20.5	180.5			

FINAL - 2001 European Cup (Bremen, GER)Graubner (2007) - <http://www.fgs.uni-halle.de>

date	time	6.56	10.86	15.25	19.68	24.23		34.09	39.08	44.31	49.59		55.50		1 / 4
reaction time	interval		4.30	4.39	4.43	4.55		9.86	4.99	5.23	5.28	5.91	PB		13.12 14.41 15.50
	velocity	6.86	8.14	7.97	7.90	7.69		7.10	7.01	6.69	6.63	6.77	7.21		8.00 7.29 6.77
H1 lead leg	strides														

Moriwaki, Kanami (JPN) (2004)

H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
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FINAL - 2022 Japanese National High School Championships (Naruto, JPN)

Kishima (2022) - national high school championships biomechanics data collection

date	time	6.85	11.40	16.27	21.32	26.58		32.03	37.50	42.93	48.50	54.27		60.89	1 / 7	
reaction time	interval		4.55	4.87	5.05	5.26		5.45	5.47	5.43	5.57	5.77	6.62	PB		14.47 16.18 16.77
	velocity	6.57	7.69	7.19	6.93	6.65		6.42	6.40	6.45	6.28	6.07	6.04	6.57		7.26 6.49 6.26
H1 lead leg	strides	24	16	17	17	17		17	17	17	17	17	22	198		

Moriyoshi, Hinata (JPN)

H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
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FINAL - 2023 Shimane High School Championships (Izumo, JPN)

Shimizu (2023) - shimane high school championships 2023 - biomechanics data analysis

date	time	7.55	12.97	18.47	24.28	30.32		36.62	43.05	49.48	56.25	63.08		70.46	7 / 4	
reaction time	interval		5.42	5.50	5.81	6.04		6.30	6.43	6.43	6.77	6.83	7.38		16.73 18.77 20.03	
	velocity	5.96	6.46	6.36	6.02	5.79		5.56	5.44	5.44	5.17	5.12	5.42	5.68		6.28 5.59 5.24
H1 lead leg	strides	26	18	18	19	19		20	20	20	21	21	24.2	226.2		

Morley, Sue (GBR) (1957)

H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
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Semi-Final 1 - 1984 Olympic Games (Los Angeles, CA)

Arnold (1984) - 1984 olympic games - hurdles

date	time	6.5	10.6	15.4	19.5	24.0	26.0	28.8	33.8	39.1	44.5	50.3		56.67	8 / 7	
reaction time	interval		4.10	4.80	4.10	4.50		4.80	5.00	5.30	5.40	5.80	6.37		13.00 14.30 16.50	
	velocity	6.92	8.54	7.29	8.54	7.78	7.69	7.29	7.00	6.60	6.48	6.03	6.28	7.06		8.08 7.34 6.36
H1 lead leg	strides		15	15	15	15		16	16	17			109			

Morosanu, Angela (ROU) (1986)

H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
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FINAL - 2009 IAAF World Championships (Berlin, GER)

Graubner (2009) - biomechanical analyses at the 12th IAAF world championships

date	time	6.17	10.14	14.24	18.56	22.97		27.70	32.63	37.70	43.08	48.71		55.04	1 / 8	
reaction time	interval		3.97	4.10	4.32	4.41		4.73	4.93	5.07	5.38	5.63	6.33		12.39 14.07 16.08	
	velocity	7.29	8.82	8.54	8.10	7.94		7.40	7.10	6.90	6.51	6.22	6.32	7.27		8.47 7.46 6.53
H1 lead leg	strides		14	14	15	14		15	15	15	16	17		135		

Semi-Final 1 - 2009 IAAF World Championships (Berlin, GER)

Graubner (2009) - biomechanical analyses at the 12th IAAF world championships

date	time	6.16	10.14	14.21	18.54	23.04		27.66	32.44	37.34	42.54	47.98		54.15	5 / 3	
reaction time	interval		3.98	4.07	4.33	4.50		4.62	4.78	4.90	5.20	5.44	6.17		12.38 13.90 15.54	
	velocity	7.31	8.79	8.60	8.08	7.78		7.58	7.32	7.14	6.73	6.43	6.48	7.39		8.48 7.55 6.76
H1 lead leg	strides															

Heat 4 - 2009 IAAF World Championships (Berlin, GER)

Graubner (2009) - biomechanical analyses at the 12th IAAF world championships

date	time	6.21	10.32	14.62	18.87	23.25		27.96	32.83	37.75	42.80	48.35		54.70	3 / 1	
reaction time	interval		4.11	4.30	4.25	4.38		4.71	4.87	4.92	5.05	5.55	6.35		12.66 13.96 15.52	
	velocity	7.25	8.52	8.14	8.24	7.99		7.43	7.19	7.11	6.93	6.31	6.30	7.31		8.29 7.52 6.77
H1 lead leg	strides															

Muhammad, Dalilah (USA) (1990)

H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
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FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL)

Omega Timing (2024) - diamond league race analysis

date	time	6.30	10.38	14.61	19.05	23.57		28.33	33.39	38.78	44.15	49.50		55.99	9 / 9	
reaction time	interval		4.08	4.23	4.44	4.52		4.76	5.06	5.39	5.37	5.35	6.49		12.75 14.34 16.11	
	velocity	7.14	8.58	8.27	7.88	7.74		7.35	6.92	6.49	6.52	6.54	6.16	7.14		8.24 7.32 6.52
H1 lead leg	strides	22	14	14	15	15		15	15	16	16		142			

FINAL - 2024 USA Olympic Trials (Eugene, OR)

USATF and Karmarush (2024) - USA Olympic trials results and race analysis

date	time	6.29	10.40	14.59	18.93	23.45	25.44	28.00	32.71	37.75	43.13	48.33		54.27	9 / 6	
reaction time	interval		4.11	4.19	4.34	4.52		4.55	4.71	5.04	5.38	5.20	5.94		12.64 13.78 15.62	
	velocity	7.15	8.52	8.35	8.06	7.74	7.86	7.69	7.43	6.94	6.51	6.73	6.73	7.37		8.31 7.62 6.72
H1 lead leg	strides		15	15	15	15		15	15	15	16	16	19.2	156.2		

Semi-Final 1 - 2024 USA Olympic Trials (Eugene, OR)

USATF and Karmarush (2024) - USA Olympic trials results and race analysis

date	time	6.35	10.40	14.53	18.84	23.27	25.23	27.73	32.45	37.39	42.59	47.96		54.16	5 / 2	
reaction time	interval		4.05	4.13	4.31	4.43		4.46	4.72	4.94	5.20	5.37	6.20		12.49 13.61 15.51	
	velocity	7.09	8.64	8.47	8.12	7.90	7.93	7.85	7.42	7.09	6.73	6.52	6.45	7.39		8.41 7.71 6.77
H1 lead leg	strides	22	15	15	15	15		15	15	15	16	16	20	179		

Heat 4 - 2024 USA Olympic Trials (Eugene, OR)

USATF and Karmarush (2024) - USA Olympic trials results and race analysis

date	time	6.50	10.66	14.96	19.41	24.03	26.09	28.71	33.61	38.81	43.99	49.32		55.51	5 / 2	
reaction time	interval		4.16	4.30	4.45	4.62		4.68	4.90	5.20	5.18	5.33	6.19		12.91 14.20 15.71	
	velocity	6.92	8.41	8.14	7.87	7.58	7.67	7.48	7.14	6.73	6.76	6.57	6.46	7.21		8.13 7.39 6.68
H1 lead leg	strides	22	15	15	15	15		15	15	16	16	19	179			

Semi-Final 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)

Henson (2023) - Athlete First: 2023 year end hurdle report

date	time	6.24	10.38	14.48	18.55	22.89		27.42	32.16	37.20	42.49	47.94		54.19	6 / 3	
reaction time	interval		4.14	4.10	4.07	4.34		4.53	4.74	5.04	5.29	5.45	6.25		12.31 13.61 15.78	
	velocity	7.21	8.45	8.54	8.60	8.06		7.73	7.38	6.94	6.62	6.42	6.40	7.38		8.53 7.71 6.65
H1 lead leg	strides	22	14	14	15	15		15	15	15	16	16	19.7	176.7		

Heat 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)

date	21-Aug-23	time	6.03	10.03	14.37	18.67	23.03	27.60	32.36	37.27	42.46	47.80	54.21	5 / 2			
reaction time	0.156	interval		4.00	4.34	4.30	4.36	4.57	4.76	4.91	5.19	5.34	6.41		12.64	13.69	15.44
		velocity	7.46	8.75	8.06	8.14	8.03	7.66	7.35	7.13	6.74	6.55	6.24	7.38	8.31	7.67	6.80
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	19	178			

Henson (2023) - Athlete First: 2023 year end hurdle report

FINAL - 2023 USATF National Championships (Eugene, OR) (TV Analysis)

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

Henson (2023) - Athlete First: 2023 year end hurdle report

FINAL - 2023 Meeting International Mohammed VI d'Athlétisme (Rabat, MAR)

date	28-May-23	time	6.18	10.28	14.58	19.13	23.79	28.53	33.54	38.67	43.85	49.26	55.72	6 / 5			
reaction time	0.170	interval		4.10	4.30	4.55	4.66	4.74	5.01	5.13	5.18	5.41	6.46		12.95	14.41	15.72
		velocity	7.28	8.54	8.14	7.69	7.51	7.38	6.99	6.82	6.76	6.47	6.19	7.18	8.11	7.29	6.68
H1 lead leg	R	strides	22	14	14	15	15	15	15	15	16	20	146				

Omega Timing (2023) - diamond league race analysis

FINAL - 2022 Weltklasse (Zürich, SUI) (TV Analysis)

date	08-Sep-22	time	6.04	10.01	14.18	18.42	22.82	24.64	27.29	31.87	36.70	41.87	47.31	53.83	5 / 4			
reaction time	0.150	interval		3.97	4.17	4.24	4.40	4.47	4.58	4.83	5.17	5.44	6.52		12.38	13.45	15.44	
		velocity	7.45	8.82	8.39	8.25	7.95	8.12	7.83	7.64	7.25	6.77	6.43	6.13	7.43	8.48	7.81	6.80
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	20	179				

Henson (2022) - Athlete First: 2022 year end hurdle report

FINAL - 2022 Athletissima (Lausanne, SUI) (TV Analysis)

date	26-Aug-22	time	6.13	10.10	14.24	18.67	23.13	25.02	27.73	32.57	37.57	43.16	49.10	56.03	4 / 7			
reaction time	0.184	interval		3.97	4.14	4.43	4.46	4.60	4.84	5.00	5.59	5.94	6.93		12.54	13.90	16.53	
		velocity	7.34	8.82	8.45	7.90	7.85	7.99	7.61	7.23	7.00	6.26	5.89	5.77	7.14	8.37	7.55	6.35
H1 lead leg	R	strides	22	14	14	15	15	15	15	15	16	17	158					

Henson (2022) - Athlete First: 2022 year end hurdle report

FINAL - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)

date	22-Jul-22	time	6.17	10.13	14.23	18.66	23.17	25.03	27.70	32.28	37.03	42.17	47.23	53.13	6 / 3			
reaction time	0.162	interval		3.96	4.10	4.43	4.51	4.53	4.58	4.75	5.14	5.06	5.90		12.49	13.62	14.95	
		velocity	7.29	8.84	8.54	7.90	7.76	7.99	7.73	7.64	7.37	6.81	6.92	6.78	7.53	8.41	7.71	7.02
H1 lead leg	R	strides	22	14	14	15	15	15	15	15	16	16	16	157				

Henson (2022) - Athlete First: 2022 year end hurdle report

Semi-Final 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)

date	20-Jul-22	time	6.06	10.06	14.26	18.53	23.07	25.20	27.77	32.47	37.27	42.10	47.26	53.28	4 / 1			
reaction time	0.224	interval		4.00	4.20	4.27	4.54	4.70	4.70	4.80	4.83	5.16	6.02		12.47	13.94	14.79	
		velocity	7.43	8.75	8.33	8.20	7.71	7.94	7.45	7.45	7.29	7.25	6.78	6.64	7.51	8.42	7.53	7.10
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	15	16	19	177				

Henson (2022) - Athlete First: 2022 year end hurdle report

Heat 4 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)

date	19-Jul-22	time	6.26	10.43	14.76	19.17	23.76	25.73	28.48	33.30	38.36	43.50	48.70	54.45	3 / 1			
reaction time	0.169	interval		4.17	4.33	4.41	4.59	4.72	4.82	5.06	5.14	5.20	5.75		12.91	14.13	15.40	
		velocity	7.19	8.39	8.08	7.94	7.63	7.77	7.42	7.26	6.92	6.81	6.73	6.96	7.35	8.13	7.43	6.82
H1 lead leg	R	strides	22	1515	15	15	15	15	15	15	16	16	19	1679				

Henson (2022) - Athlete First: 2022 year end hurdle report

FINAL - 2022 Müller Birmingham Diamond League (Birmingham, GBR) (TV Analysis)

date	21-May-22	time	6.30	10.23	14.43	18.73	23.27	25.11	28.03	33.03	38.06	43.23	48.45	54.54	4 / 1			
reaction time	0.160	interval		3.93	4.20	4.30	4.54	4.76	5.00	5.03	5.17	5.22	6.09		12.43	14.30	15.42	
		velocity	7.14	8.91	8.33	8.14	7.71	7.96	7.35	7.00	6.96	6.77	6.70	6.57	7.33	8.45	7.34	6.81
H1 lead leg	R	strides	22	14	15	15	15	15	16	16	16	16	20	180				

Henson (2022) - Athlete First: 2022 year end hurdle report

FINAL - 2021 Athletissima (Lausanne, SUI) (TV Analysis)

date	26-Aug-21	time	6.12	10.08	14.40	18.88	23.52	28.28	33.12	38.12	43.36	48.56	54.50	5 / 4			
reaction time	0.189	interval		3.96	4.32	4.48	4.64	4.76	4.84	5.00	5.24	5.20	5.94		12.76	14.24	15.44
		velocity	7.35	8.84	8.10	7.81	7.54	7.35	7.23	7.00	6.68	6.73	6.73	7.34	8.23	7.37	6.80
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	19	178			

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

FINAL - 2021 Prefontaine Classic (Eugene, OR) (TV Analysis)

date	21-Aug-21	time	6.12	10.06	14.12	18.28	22.64	24.6	27.12	31.84	36.66	41.64	46.76	52.77	5 / 1			
reaction time	0.164	interval		3.94	4.06	4.16	4.36	4.48	4.72	4.82	4.98	5.12	6.01		12.16	13.56	14.92	
		velocity	7.35	8.88	8.62	8.41	8.03	8.13	7.81	7.42	7.26	7.03	6.84	6.66	7.58	8.63	7.74	7.04
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	19.2	179.2				

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

FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)

date	04-Aug-21	time	6.04	9.92	13.92	18.08	22.44	26.84	31.36	36.04	40.88	45.84	51.58	7 / 2			
reaction time	0.200	interval		3.88	4.00	4.16	4.36	4.40	4.52	4.68	4.84	4.96	5.74	PB	12.04	13.28	14.48
		velocity	7.45	9.02	8.75	8.41	8.03	7.95	7.74	7.48	7.23	7.06	6.97	7.75	8.72	7.91	7.25
H1 lead leg	R	strides	22	14	14	15	15	15	15	15	16	16	19	176			

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

Semi-Final 1 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)

date	02-Aug-21	time	6.13	9.96	14.10	18.36	22.86	27.40	32.13	37.03	42.03	47.26	53.30	7 / 1			
reaction time	0.186	interval		3.83	4.14	4.26	4.50	4.54	4.73	4.90	5.00	5.23	6.04		12.23	13.77	15.13
		velocity	7.34	9.14	8.45	8.22	7.78	7.71	7.40	7.14	7.00	6.69	6.62	7.50	8.59	7.63	6.94
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	19	178			

Henson (2024) - Athlete First: 2021 year end hurdle report

Heat 5 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)														<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>				
date	31-Jul-21	time	6.30	10.13	14.40	18.73	23.30	28.03	32.82	37.60	42.73	47.93	53.97	3 / 1				
reaction time		interval		3.83	4.27	4.33	4.57	4.73	4.79	4.78	5.13	5.20	6.04		12.43	14.09	15.11	
		velocity	7.14	9.14	8.20	8.08	7.66	7.40	7.31	7.32	6.82	6.73	6.62	7.41		8.45	7.45	6.95
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	19	178				
FINAL - 2020 USA Olympic Trials (Eugene, OR)														<i>Athlete Tracking (2021) - Women's 400mH - Unofficial Split Times</i>				
date	27-Jun-21	time	6.08	10.03	14.21	18.52	22.95	24.91	27.48	32.04	36.70	41.58	46.53	52.42	7 / 2			
reaction time	0.167	interval		3.95	4.18	4.31	4.43	4.53	4.56	4.66	4.88	4.95	5.89		12.44	13.52	14.49	
		velocity	7.40	8.86	8.37	8.12	7.90	8.03	7.73	7.68	7.51	7.17	7.07	6.79	7.63		8.44	7.77
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	15	16	16	19	178			
Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	26-Jun-21	time	6.07	10.11	14.43	18.95	23.59	28.33	33.10	37.94	42.95	48.01	53.86	6 / 2				
reaction time	0.174	interval		4.04	4.32	4.52	4.64	4.74	4.77	4.84	5.01	5.06	5.85		12.88	14.15	14.91	
		velocity	7.41	8.66	8.10	7.74	7.54	7.38	7.34	7.23	6.99	6.92	6.84	7.43		8.15	7.42	7.04
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	18.7	177.7				
Heat 4 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	25-Jun-21	time	6.03	10.06	14.40	18.80	23.40	28.13	33.10	38.30	43.60	49.03	55.51	3 / 1				
reaction time	0.184	interval		4.03	4.34	4.40	4.60	4.73	4.97	5.20	5.30	5.43	6.48		12.77	14.30	15.93	
		velocity	7.46	8.68	8.06	7.95	7.61	7.40	7.04	6.73	6.60	6.45	6.17	7.21		8.22	7.34	6.59
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	19	178				
FINAL - 2019 IAAF World Championships (Doha, QAT)														<i>Sugimoto (2019) - world championship competition performance analysis- women's hurdles</i>				
date	04-Oct-19	time	6.19	10.11	14.23	18.49	22.86	27.24	31.72	36.39	41.21	46.23	52.16	6 / 1				
reaction time	0.200	interval		3.92	4.12	4.26	4.37	4.38	4.48	4.67	4.82	5.02	5.93	WR		12.30	13.23	14.51
		velocity	7.27	8.93	8.50	8.22	8.01	7.99	7.81	7.49	7.26	6.97	6.75	7.67		8.54	7.94	7.24
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	20	180				
Semi-Final 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)														<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	02-Oct-19	time	6.14	10.07	14.25	18.55	23.08	27.63	32.36	37.30	42.37	47.64	53.91	5 / 1				
reaction time	0.167	interval		3.93	4.18	4.30	4.53	4.55	4.73	4.94	5.07	5.27	6.27		12.41	13.81	15.28	
		velocity	7.33	8.91	8.37	8.14	7.73	7.69	7.40	7.09	6.90	6.64	6.38	7.42		8.46	7.60	6.87
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	16	19.2	180.2				
Heat 3 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)														<i>Henson (2021) - Athlete First: 2019 year end hurdle report</i>				
date	01-Oct-19	time	6.24	10.28	14.60	18.96	23.56	28.40	33.24	38.20	43.44	48.68	54.87	5 / 1				
reaction time	0.194	interval		4.04	4.32	4.36	4.60	4.84	4.84	4.96	5.24	5.24	6.19		12.72	14.28	15.44	
		velocity	7.21	8.66	8.10	8.03	7.61	7.23	7.23	7.06	6.68	6.68	6.46	7.29		8.25	7.35	6.80
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	19.2	179.2				
FINAL - 2019 Weltklasse (Zürich, SUI) (TV Analysis)														<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	29-Aug-19	time	6.24	10.20	14.48	19.06	23.64	25.6	28.22	32.78	37.54	42.46	47.48	54.13	4 / 3			
reaction time	0.193	interval		3.96	4.28	4.58	4.58	4.58	4.56	4.76	4.92	5.02	6.65		12.82	13.72	14.70	
		velocity	7.21	8.84	8.18	7.64	7.64	7.81	7.64	7.68	7.35	7.11	6.97	6.02	7.39		8.19	7.65
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	16	19.5	180.5				
FINAL - 2019 USATF National Championships (Des Moines, IA)														<i>Vazel (2019) - statistical analysis and historical context of the new 400H world record</i>				
date	28-Jul-19	time	6.25	10.15	14.27	18.48	22.79	27.19	31.66	36.39	41.26	46.32	52.20	4 / 1				
reaction time	0.287	interval		3.90	4.12	4.21	4.31	4.40	4.47	4.73	4.87	5.06	5.88	WR		12.23	13.18	14.66
		velocity	7.20	8.97	8.50	8.31	8.12	7.95	7.83	7.40	7.19	6.92	6.80	7.66		8.59	7.97	7.16
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	16	20	181				
FINAL - 2019 Bislett Games (Oslo, NOR) (TV Analysis)														<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	13-Jun-19	time	6.10	10.04	14.20	18.58	23.12	25.0	27.72	32.40	37.28	42.44	47.88	54.35	5 / 2			
reaction time	0.205	interval		3.94	4.16	4.38	4.54	4.60	4.68	4.88	5.16	5.44	6.47		12.48	13.82	15.48	
		velocity	7.38	8.88	8.41	7.99	7.71	8.00	7.61	7.48	7.17	6.78	6.43	6.18	7.36		8.41	7.60
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	17	20.5	181.5				
FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)														<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	06-Jun-19	time	6.24	10.26	14.58	19.10	23.76	28.40	33.00	37.68	42.58	47.70	53.67	5 / 1				
reaction time	0.147	interval		4.02	4.32	4.52	4.66	4.64	4.60	4.68	4.90	5.12	5.97		12.86	13.90	14.70	
		velocity	7.21	8.71	8.10	7.74	7.51	7.54	7.61	7.48	7.14	6.84	6.70	7.45		8.16	7.55	7.14
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	15	16	19.5	178.5				
FINAL - 2019 Seiko Golden Grand Prix (Osaka, JPN)														<i>Hirokawa (2019) - research on athlete performance and technique- 2019 data book</i>				
date	19-May-19	time	6.21	10.23	14.51	18.94	23.47	28.16	32.75	37.49	42.46	47.80	53.88	5 / 1				
reaction time	0.181	interval		4.02	4.28	4.43	4.53	4.69	4.59	4.74	4.97	5.34	6.08		12.73	13.81	15.05	
		velocity	7.25	8.71	8.18	7.90	7.73	7.46	7.63	7.38	7.04	6.55	6.58	7.42		8.25	7.60	6.98
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	20	180				
FINAL - 2019 Doha Diamond League (Doha, QAT) (TV Analysis)														<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	03-May-19	time	6.24	10.31	14.68	19.11	23.59	25.5	28.02	32.56	37.23	42.28	47.48	53.61	5 / 1			
reaction time	0.179	interval		4.07	4.37	4.43	4.48	4.43	4.54	4.67	5.05	5.20	6.13		12.87	13.45	14.92	
		velocity	7.21	8.60	8.01	7.90	7.81	7.84	7.90	7.71	7.49	6.93	6.73	6.53	7.46		8.16	7.81

H1 lead leg	R	strides	23	15	15	15	15	15	15	15	15	16	16	20	180				
FINAL - 2018 Weltklasse (Zürich, SUI) (TV Analysis)																	<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>		
date	30-Aug-18	time	6.24	10.36	14.68	19.16	23.68	25.7	28.16	32.76	37.56	42.60	47.76		53.88	5 / 1			
reaction time	0.184	interval	4.12	4.32	4.48	4.52		4.48	4.60	4.80	5.04	5.16	6.12				12.92	13.60	15.00
		velocity	7.21	8.50	8.10	7.81	7.74	7.78	7.81	7.61	7.29	6.94	6.78	6.54	7.42		8.13	7.72	7.00
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	15	16	16	20.2	179.2				
FINAL - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)																	<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>		
date	21-Jul-18	time	6.12	10.32	14.68	19.20	23.84		28.56	33.32	38.32	43.44	48.56		54.86	4 / 3			
reaction time		interval	4.20	4.36	4.52	4.64		4.72	4.76	5.00	5.12	5.12	6.30				13.08	14.12	15.24
		velocity	7.35	8.33	8.03	7.74	7.54		7.42	7.35	7.00	6.84	6.84	6.35	7.29		8.03	7.44	6.89
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	16	19.7	180.7				
FINAL - 2018 Athletissima (Lausanne, SUI) (TV Analysis)																	<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>		
date	05-Jul-18	time	6.16	10.20	14.48	18.80	23.20		27.88	32.80	37.84	42.96	48.28		54.61	3 / 4			
reaction time	0.182	interval	4.04	4.28	4.32	4.40		4.68	4.92	5.04	5.12	5.32	6.33				12.64	14.00	15.48
		velocity	7.31	8.66	8.18	8.10	7.95		7.48	7.11	6.94	6.84	6.58	6.32	7.32		8.31	7.50	6.78
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	16	16	19.5	181.5				
FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis)																	<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>		
date	07-Jun-18	time	6.04	10.08	14.44	18.96	23.56	25.5	28.08	32.72	37.64	42.48	47.64		53.65	5 / 1			
reaction time	0.166	interval	4.04	4.36	4.52	4.60		4.52	4.64	4.92	4.84	5.16	6.01				12.92	13.76	14.92
		velocity	7.45	8.66	8.03	7.74	7.61	7.84	7.74	7.54	7.11	7.23	6.78	6.66	7.46		8.13	7.63	7.04
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	16	19.7	180.7				
FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																	<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>		
date	31-May-18	time	6.20	10.32	14.68	19.20	23.92		28.64	33.40	38.32	43.36	48.52		54.65	4 / 3			
reaction time	0.172	interval	4.12	4.36	4.52	4.72		4.72	4.76	4.92	5.04	5.16	6.13				13.00	14.20	15.12
		velocity	7.26	8.50	8.03	7.74	7.42		7.42	7.35	7.11	6.94	6.78	6.53	7.32		8.08	7.39	6.94
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	16	19.2	179.2				
FINAL - 2018 Prefontaine Classic (Eugene, OR) (TV Analysis)																	<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>		
date	26-May-18	time	6.28	10.32	14.56	18.92	23.40		32.64	37.60	42.64	47.96		54.09	4 / 2				
reaction time	0.222	interval	4.04	4.24	4.36	4.48		9.24	4.96	5.04	5.32	6.13					12.64	13.72	15.32
		velocity	7.17	8.66	8.25	8.03	7.81		7.58	7.06	6.94	6.58	6.53	7.40		8.31	7.65	6.85	
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	17	20.2	152.2					
FINAL - 2018 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)																	<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>		
date	12-May-18	time	6.12	10.16	14.48	18.88	23.52		28.08	32.76	37.56	42.72	47.84		53.77	4 / 1			
reaction time	0.186	interval	4.04	4.32	4.40	4.64		4.56	4.68	4.80	5.16	5.12	5.93				12.76	13.88	15.08
		velocity	7.35	8.66	8.10	7.95	7.54		7.68	7.48	7.29	6.78	6.84	6.75	7.44		8.23	7.56	6.96
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	15	16	16	19.5	179.5				
FINAL - 2017 Memorial van Damme (Brussels, BEL) (TV Analysis)																	<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>		
date	01-Sep-17	time	6.00	10.04	14.36	18.76	23.16	25.3	27.68	32.44	37.44	42.52	47.76		53.89	6 / 1			
reaction time	0.154	interval	4.04	4.32	4.40	4.40		4.52	4.76	5.00	5.08	5.24	6.13				12.76	13.68	15.32
		velocity	7.50	8.66	8.10	7.95	7.95	7.91	7.74	7.35	7.00	6.89	6.68	6.53	7.42		8.23	7.68	6.85
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	16	20	181				
FINAL - 2017 Müller Grand Prix (Birmingham, GBR) (TV Analysis)																	<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>		
date	20-Aug-17	time	6.16	10.20	14.48	18.92	23.48		28.12	32.88	37.84	42.96	48.20		54.20	4 / 2			
reaction time	0.159	interval	4.04	4.28	4.44	4.56		4.64	4.76	4.96	5.12	5.24	6.00				12.76	13.96	15.32
		velocity	7.31	8.66	8.18	7.88	7.68		7.54	7.35	7.06	6.84	6.68	6.67	7.38		8.23	7.52	6.85
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	16	20	181				
FINAL - 2017 IAAF World Championships (London, GBR) (TV Analysis)																	<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>		
date	10-Aug-17	time	5.88	9.84	14.04	18.32	22.68		27.16	31.84	36.88	41.88	47.16		53.50	4 / 2			
reaction time	0.152	interval	3.96	4.20	4.28	4.36		4.48	4.68	5.04	5.00	5.28	6.34				12.44	13.52	15.32
		velocity	7.65	8.84	8.33	8.18	8.03		7.81	7.48	6.94	7.00	6.63	6.31	7.48		8.44	7.77	6.85
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	16	20	181				
FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis)																	<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>		
date	06-Jul-17	time	6.56												dnf	5 / --			
reaction time	0.280	interval																	
		velocity	6.86																
H1 lead leg	R	strides	23												23				
FINAL - 2017 USATF Championships (Sacramento, CA) (TV Analysis)																	<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>		
date	25-Jun-17	time	6.04	10.01	14.18	18.48	22.69		26.99	31.50	36.27	41.27	46.44		52.64	5 / 1			
reaction time	0.186	interval	3.97	4.17	4.30	4.21		4.30	4.51	4.77	5.00	5.17	6.20	PB			12.44	13.02	14.94
		velocity	7.45	8.82	8.39	8.14	8.31		8.14	7.76	7.34	7.00	6.77	6.45	7.60		8.44	8.06	7.03
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	16	20	181				
FINAL - 2017 Prefontaine Classic (Eugene, OR) (TV Analysis)																	<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>		
date	27-May-17	time	6.26	10.36	14.80	19.40	24.06		28.60	33.30	38.13	43.30	48.43		54.53	5 / 5			
reaction time	0.289	interval	4.10	4.44	4.60	4.66		4.54	4.70	4.83	5.17	5.13	6.10				13.14	13.90	15.13

H1 lead leg	R	velocity	7.19	8.54	7.88	7.61	7.51	7.71	7.45	7.25	6.77	6.82	6.56	7.34	7.99	7.55	6.94
		strides	23	15	15	15	15	15	15	15	16	16	19.5	179.5			
FINAL - 2016 Athletissime (Laussane, SUI) (TV Analysis)														<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>			
date	25-Aug-16	time	6.12	10.20	14.56	18.96	23.48	28.04	32.68	37.52	42.52	47.76	53.78	5 / 1			
reaction time	0.118	interval	4.08	4.36	4.40	4.52	4.56	4.64	4.84	5.00	5.24	6.02			12.84	13.72	15.08
		velocity	7.35	8.58	8.03	7.95	7.74	7.68	7.54	7.23	7.00	6.68	6.64	7.44	8.18	7.65	6.96
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	16	19.7	180.7			
FINAL - 2016 Olympic Games (Rio de Janeiro, BRA) (TV Analysis)														<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>			
date	18-Aug-16	time	6.00	10.00	14.16	18.44	22.84	27.24	31.88	36.68	41.80	47.08	53.13	3 / 1			
reaction time	0.143	interval	4.00	4.16	4.28	4.40	4.40	4.64	4.80	5.12	5.28	6.05			12.44	13.44	15.20
		velocity	7.50	8.75	8.41	8.18	7.95	7.95	7.54	7.29	6.84	6.63	6.61	7.53	8.44	7.81	6.91
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	20	180			
FINAL - 2016 London Anniversary Games (London, GBR) (TV Analysis)														<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>			
date	22-Jul-16	time	6.10	10.23	14.53	18.90	23.53	28.00	32.70	37.50	42.53	47.83	53.90	6 / 1			
reaction time	0.138	interval	4.13	4.30	4.37	4.63	4.47	4.70	4.80	5.03	5.30	6.07			12.80	13.80	15.13
		velocity	7.38	8.47	8.14	8.01	7.56	7.83	7.45	7.29	6.96	6.60	6.59	7.42	8.20	7.61	6.94
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	19.5	179.5			
FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)														<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>			
date	10-Jul-16	time	6.17	10.18	14.35	18.68	23.15	27.56	32.13	36.80	41.74	46.88	52.88	6 / 1			
reaction time	0.275	interval	4.01	4.17	4.33	4.47	4.41	4.57	4.67	4.94	5.14	6.00	PB		12.51	13.45	14.75
		velocity	7.29	8.73	8.39	8.08	7.83	7.94	7.66	7.49	7.09	6.81	6.67	7.56	8.39	7.81	7.12
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	20	180			
Semi-Final 2 - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)														<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>			
date	08-Jul-16	time	6.10	10.08	14.35	18.72	23.22	27.79	32.56	37.50	42.67	47.91	54.14	6 / 1			
reaction time		interval	3.98	4.27	4.37	4.50	4.57	4.77	4.94	5.17	5.24	6.23			12.62	13.84	15.35
		velocity	7.38	8.79	8.20	8.01	7.78	7.66	7.34	7.09	6.77	6.68	6.42	7.39	8.32	7.59	6.84
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	19.7	179.7			
FINAL - 2016 Birmingham Diamond League (Birmingham, GBR) (TV Analysis)														<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>			
date	05-Jun-16	time	6.27	10.40	14.70	19.20	23.83	28.43	33.17	38.10	43.23	48.53	54.75	3 / 4			
reaction time	0.131	interval	4.13	4.30	4.50	4.63	4.60	4.74	4.93	5.13	5.30	6.22			12.93	13.97	15.36
		velocity	7.18	8.47	8.14	7.78	7.56	7.61	7.38	7.10	6.82	6.60	6.43	7.31	8.12	7.52	6.84
H1 lead leg	R	strides	23	15	15	15	15	15	16	16	16	16	20	182			
FINAL - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis)														<i>Henson (2021) - Athlete First: major championships report</i>			
date	15-Aug-13	time	6.11	10.23	14.28	18.69	23.04	27.54	32.19	37.11	42.23	47.65	54.09	6 / 2			
reaction time	0.165	interval	4.12	4.05	4.41	4.35	4.50	4.65	4.92	5.12	5.42	6.44			12.58	13.50	15.46
		velocity	7.36	8.50	8.64	7.94	8.05	7.78	7.53	7.11	6.84	6.46	6.21	7.40	8.35	7.78	6.79
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	16	20.2	181.2			
Murakami, Mizuki (JPN) (1998)																	
FINAL - 2015 Japanese National Youth Championships (Nagoya, JPN)														<i>Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan</i>			
date	18-Oct-15	time	6.88	11.38	16.05	20.99	25.96	31.13	36.39	41.68	47.12	52.63	58.87	1 / 1			
reaction time		interval	4.50	4.67	4.94	4.97	5.17	5.26	5.29	5.44	5.51	6.24	PB		14.11	15.40	16.24
		velocity	6.54	7.78	7.49	7.09	7.04	6.77	6.65	6.62	6.43	6.35	6.41	6.79	7.44	6.82	6.47
H1 lead leg		strides		15	15	16	16	16	17	17	17	17	146				
FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)														<i>Enomoto (2015) - 68th high school championships: JAF scientific committee- biomechanics data</i>			
date	31-Jul-15	time	6.84	11.33	16.00	20.80	25.83	30.88	36.25	41.61	46.95	52.50	58.95	2 / 2			
reaction time		interval	4.49	4.67	4.80	5.03	5.05	5.37	5.36	5.34	5.55	6.45	PB		13.96	15.45	16.25
		velocity	6.58	7.80	7.49	7.29	6.96	6.93	6.52	6.53	6.55	6.31	6.20	6.79	7.52	6.80	6.46
H1 lead leg		strides		15	15	16	16	16	17	17	17	17	145				
Murakami, Natsumi (JPN) (1999)																	
FINAL - 2021 Japanese National Championships (Osaka, JPN)														<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>			
date	27-Jun-21	time	6.84	11.24	15.83	20.64	25.49	30.58	35.84	41.34	47.24	53.37	60.42	8 / 8			
reaction time	0.219	interval	4.40	4.59	4.81	4.85	5.09	5.26	5.50	5.90	6.13	7.05			13.80	15.20	17.53
		velocity	6.58	7.95	7.63	7.28	7.22	6.88	6.65	6.36	5.93	5.71	5.67	6.62	7.61	6.91	5.99
H1 lead leg	R	strides	23	15	15	16	16	17	17	17	18	18	172				
B FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN)														<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>			
date	01-Jun-21	time	6.91	11.31	15.85	20.64	25.51	30.55	35.77	41.11	46.58	52.30	58.79	5 / 3			
reaction time	0.231	interval	4.40	4.54	4.79	4.87	5.04	5.22	5.34	5.47	5.72	6.49			13.73	15.13	16.53
		velocity	6.51	7.95	7.71	7.31	7.19	6.94	6.70	6.55	6.40	6.12	6.16	6.80	7.65	6.94	6.35
H1 lead leg	R	strides	24	15	15	16	16	17	17	17	17	17	22.2	193.2			
FINAL - 2016 Japanese National High School Championships (Okayama, JPN)														<i>Kota (2016) - 69th high school championships: JAF scientific committee- biomechanics data</i>			
date	31-Jul-16	time	6.84	11.34	16.11	20.97	25.94	30.95	35.94	41.19	46.83	52.64	59.19	7 / 3			
reaction time		interval	4.50	4.77	4.86	4.97	5.01	4.99	5.25	5.64	5.81	6.55	PB		14.13	14.97	16.70
		velocity	6.58	7.78	7.34	7.20	7.04	6.99	7.01	6.67	6.21	6.02	6.11	6.76	7.43	7.01	6.29
H1 lead leg		strides		17	17	17	17	17	17	17	19	19	157				

Muramatsu, Luna (JPN) (2006)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese National High School Championships (Naruto, JPN)		Kishima (2022) - national high school championships biomechanics data collection																
date	05-Aug-22	time	7.10	11.68	16.43	21.33	26.60	31.97	37.47	42.98	48.60	54.38		60.97	4 / 9			
reaction time	0.199	interval		4.58	4.75	4.90	5.27	5.37	5.50	5.51	5.62	5.78	6.59	=PB		14.23	16.14	16.91
		velocity	6.34	7.64	7.37	7.14	6.64	6.52	6.36	6.35	6.23	6.06	6.07	6.56		7.38	6.51	6.21
H1 lead leg	L	strides	24	16	17	17	18	17	18	18	19	19	23	206				
Muraro, Alice (ITA) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Repechage 3 - 2024 Olympic Games (Paris, FRA)		Paris 2024 Olympic Games - Results Book (2024)																
date	05-Aug-24	time	6.52	10.81	15.15	19.59	24.25	29.08	34.05	39.15	44.30	49.45		55.48	6 / 6			
reaction time	0.141	interval		4.29	4.34	4.44	4.66	4.83	4.97	5.10	5.15	5.15	6.03			13.07	14.46	15.40
		velocity	6.90	8.16	8.06	7.88	7.51	7.25	7.04	6.86	6.80	6.80	6.63	7.21		8.03	7.26	6.82
H1 lead leg	R	strides	23	15	15	15	16	16	16	16	17	17	21	187				
Heat 5 - 2024 Olympic Games (Paris, FRA)		Paris 2024 Olympic Games - Results Book (2024)																
date	04-Aug-24	time	6.45	10.74	15.21	19.68	24.25	29.04	34.03	39.12	44.29	49.53		55.62	2 / 5			
reaction time	0.149	interval		4.29	4.47	4.47	4.57	4.79	4.99	5.09	5.17	5.24	6.09			13.23	14.35	15.50
		velocity	6.98	8.16	7.83	7.83	7.66	7.31	7.01	6.88	6.77	6.68	6.57	7.19		7.94	7.32	6.77
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	17	21	187				
Semi-Final 3 - 2024 European Athletics Championships (Roma, ITA)		European Athletics (2024) - 2024 european athletics championships - results book																
date	10-Jun-24	time	6.48	10.69	15.10	19.59	24.28	29.01	33.77	38.68	43.77	48.91		54.73	8 / 3			
reaction time	0.234	interval		4.21	4.41	4.49	4.69	4.73	4.76	4.91	5.09	5.14	5.82	PB		13.11	14.18	15.14
		velocity	6.94	8.31	7.94	7.80	7.46	7.40	7.35	7.13	6.88	6.81	6.87	7.31		8.01	7.40	6.94
H1 lead leg	R	strides	23	15	15	15	16	16	16	16	17	17	20.7	169.7				
Mustin, Dominique (USA) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)		USATF and Karmarush (2024) - USA Olympic trials results and race analysis																
date	29-Jun-24	time	6.40	10.60	15.02	19.62	24.18	26.28	28.87	33.69	38.81	44.23	49.55		55.94	4 / 5		
reaction time		interval		4.20	4.42	4.60	4.56	4.69	4.82	5.12	5.42	5.32	6.39			13.22	14.07	15.86
		velocity	7.03	8.33	7.92	7.61	7.68	7.61	7.46	7.26	6.84	6.46	6.58	6.26	7.15	7.94	7.46	6.62
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	19.2	179.2				
Heat 3 - 2024 USA Olympic Trials (Eugene, OR)		USATF and Karmarush (2024) - USA Olympic trials results and race analysis																
date	27-Jun-24	time	6.56	10.82	15.37	19.98	24.58	26.65	29.24	34.05	39.42	44.90	50.39		56.70	4 / 4		
reaction time		interval		4.26	4.55	4.61	4.60	4.66	4.81	5.37	5.48	5.49	6.31			13.42	14.07	16.34
		velocity	6.86	8.22	7.69	7.59	7.61	7.50	7.51	7.28	6.52	6.39	6.38	6.34	7.05	7.82	7.46	6.43
H1 lead leg		strides																
Masuhara, Hoka (JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Shimane High School Championships (Izumo, JPN)		Shimizu (2021) - shimane high school championships 2021 - biomechanics data analysis																
date	29-May-21	time	7.62	12.98	18.73	24.45	30.38	36.52	42.82	49.15	55.60	62.23		69.69	3 / 3			
reaction time		interval		5.36	5.75	5.72	5.93	6.14	6.30	6.33	6.45	6.63	7.46			16.83	18.37	19.41
		velocity	5.91	6.53	6.09	6.12	5.90	5.70	5.56	5.53	5.43	5.28	5.36	5.74		6.24	5.72	5.41
H1 lead leg		strides	26	19	19	19	19	20	20	20	20	20	23.3	225.3				
Mykolenko, Mariya (UKR) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)		Henson (2024) - Athlete First: 2021 year end hurdle report																
date	31-Jul-21	time	6.73		15.46	19.96	24.66	29.62	34.73		45.76			57.86	4 / 7 6			
reaction time	0.200	interval			8.73	4.50	4.70	4.96	5.11		11.03					13.23	14.77	
		velocity	6.69		8.02	7.78	7.45	7.06	6.85		6.35			6.91		7.94	7.11	
H1 lead leg	R	strides	23	15		15	15	16	16		16			116				
Naito, Kano (JPN) (2004)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese National High School Championships (Naruto, JPN)		Kishima (2022) - national high school championships biomechanics data collection																
date	05-Aug-22	time	6.75	11.18	15.87	20.68	25.72	30.82	36.07	41.45	46.98	52.78		59.80	5 / 3			
reaction time	0.156	interval		4.43	4.69	4.81	5.04	5.10	5.25	5.38	5.53	5.80	7.02			13.93	15.39	16.71
		velocity	6.67	7.90	7.46	7.28	6.94	6.86	6.67	6.51	6.33	6.03	5.70	6.69		7.54	6.82	6.28
H1 lead leg	R	strides	23	16	16	16	16	17	17	17	18	18	22.2	196.2				
FINAL - 2022 Japanese U20 National Championships (Osaka, JPN)		Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season																
date	12-Jun-22	time	6.86	11.39	16.10	21.05	26.04	31.05	36.24	41.59	47.26	53.04		59.40	6 / 1			
reaction time	0.203	interval		4.53	4.71	4.95	4.99	5.01	5.19	5.35	5.67	5.78	6.36			14.19	15.19	16.80
		velocity	6.56	7.73	7.43	7.07	7.01	6.99	6.74	6.54	6.17	6.06	6.29	6.73		7.40	6.91	6.25
H1 lead leg	R	strides	24	16	16	16	16	17	17	17	18	18	22	197				
FINAL - 2021 Japanese High School National Championships (Fukui, JPN)		Shibayama (2021) - national high school and U20 national championships																
date	30-Jul-21	time	6.68	11.16	15.93	20.94	26.18	31.63	37.02	42.90	48.74	54.54		60.54	5 / 5			
reaction time	0.196	interval		4.48	4.77	5.01	5.24	5.45	5.39	5.88	5.84	5.80	6.00			14.26	16.08	17.52
		velocity	6.74	7.81	7.34	6.99	6.68	6.42	6.49	5.95	5.99	6.03	6.67	6.61		7.36	6.53	5.99
H1 lead leg		strides		17	17	17	17	19	17	19	19	19	19	161				
FINAL - 2021 Japanese U20 National Championships (Osaka, JPN)		Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																
date	27-Jun-21	time	6.77	11.29	16.02	20.89	25.94	31.08	36.60	42.21	47.88	53.65		60.30	5 / 4			
reaction time	0.231	interval		4.52	4.73	4.87	5.05	5.14	5.52	5.61	5.67	5.77	6.65	PB		14.12	15.71	17.05
		velocity	6.65	7.74	7.40	7.19	6.93	6.81	6.34	6.24	6.17	6.07	6.02	6.63		7.44	6.68	6.16
H1 lead leg	R	strides	25	17	17	17	17	17	19	19	19	19	22	208				

Nakagama, Sawako (JPN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)												<i>Enomoto (2015) - 68th high school championships: JAF scientific committee- biomechanics data</i>							
date	31-Jul-15	time	6.87	11.41	16.07	20.80	25.69	30.93	36.40	41.83	47.43	53.27		59.71	7 / 4				
reaction time		interval		4.54	4.66	4.73	4.89	5.24	5.47	5.43	5.60	5.84	6.44	PB		13.93	15.60	16.87	
		velocity	6.55	7.71	7.51	7.40	7.16	6.68	6.40	6.45	6.25	5.99	6.21	6.70		7.54	6.73	6.22	
H1 lead leg		strides		16	16	16	16	18	17	17	17	18		151					
Nakahara, Minami (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2016 Japanese National High School Championships (Okayama, JPN)												<i>Kota (2016) - 69th high school championships: JAF scientific committee- biomechanics data</i>							
date	31-Jul-16	time	6.82	11.31	16.05	21.07	26.23	31.38	36.69	42.23	48.00	54.10		60.69	9 / 6				
reaction time		interval		4.49	4.74	5.02	5.16	5.15	5.31	5.54	5.77	6.10	6.59			14.25	15.62	17.41	
		velocity	6.60	7.80	7.38	6.97	6.78	6.80	6.59	6.32	6.07	5.74	6.07	6.59		7.37	6.72	6.03	
H1 lead leg		strides		15	15	17	16	16	17	17	17	19		149					
FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)												<i>Enomoto (2015) - 68th high school championships: JAF scientific committee- biomechanics data</i>							
date	31-Jul-15	time	7.02	11.66	16.35	21.17	26.11	31.31	36.60	42.04	47.83	53.77		60.52	9 / 8				
reaction time		interval		4.64	4.69	4.82	4.94	5.20	5.29	5.44	5.79	5.94	6.75			14.15	15.43	17.17	
		velocity	6.41	7.54	7.46	7.26	7.09	6.73	6.62	6.43	6.04	5.89	5.93	6.61		7.42	6.80	6.12	
H1 lead leg		strides		17	17	17	17	17	17	17	17	19		155					
Nakamura, Makoto (JPN) (2005)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2022 Japanese National High School Championships (Naruto, JPN)												<i>Kishima (2022) - national high school championships biomechanics data collection</i>							
date	05-Aug-22	time	6.82	11.37	16.08	21.02	26.12	31.32	36.57	42.10	47.92	53.85		60.80	3 / 4				
reaction time	0.171	interval		4.55	4.71	4.94	5.10	5.20	5.25	5.53	5.82	5.93	6.95			14.20	15.55	17.28	
		velocity	6.60	7.69	7.43	7.09	6.86	6.73	6.67	6.33	6.01	5.90	5.76	6.58		7.39	6.75	6.08	
H1 lead leg	R	strides	23	16	17	17	17	17	17	18	19	19	23	203					
Nakamura, Nene (JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 Shimane High School Championships (Izumo, JPN)												<i>Shimizu (2021) - shimane high school championships 2021 - biomechanics data analysis</i>							
date	29-May-21	time	7.50	12.78	18.23	23.80	29.57	35.68	42.12	48.43	54.98	61.62		69.27	5 / 2				
reaction time		interval		5.28	5.45	5.57	5.77	6.11	6.44	6.31	6.55	6.64	7.65			16.30	18.32	19.50	
		velocity	6.00	6.63	6.42	6.28	6.07	5.73	5.43	5.55	5.34	5.27	5.23	5.77		6.44	5.73	5.38	
H1 lead leg		strides	26	19	19	19	19	21	21	21	21	21	25.3	232.3					
Nakano, Nano (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 Ready Steady Tokyo (Tokyo, JPN)												<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>							
date	09-May-21	time	6.86	11.54	16.33	21.22	26.28	31.48	36.92	42.41	48.00	53.67		60.17	9 / 6				
reaction time	0.154	interval		4.68	4.79	4.89	5.06	5.20	5.44	5.49	5.59	5.67	6.50			14.36	15.70	16.75	
		velocity	6.56	7.48	7.31	7.16	6.92	6.73	6.43	6.38	6.26	6.17	6.15	6.65		7.31	6.69	6.27	
H1 lead leg	L	strides	24	17	17	17	17	17	19	19	19	19	19	185					
FINAL - 2020 Japanese U20 National Championships (Hiroshima, JPN)												<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>							
date	25-Oct-20	time	6.96	11.61	16.38	21.19	26.14	31.35	36.65	42.11	47.46	52.84		58.94	6 / 1				
reaction time	0.211	interval		4.65	4.77	4.81	4.95	5.21	5.30	5.46	5.35	5.38	6.10			14.23	15.46	16.19	
		velocity	6.47	7.53	7.34	7.28	7.07	6.72	6.60	6.41	6.54	6.51	6.56	6.79		7.38	6.79	6.49	
H1 lead leg		strides		17	17	17	17	17	19	19	19	19	19	161					
FINAL - 2019 Japanese National High School Championships (Okinawa, JPN)												<i>Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection</i>							
date	06-Aug-19	time	6.95	11.56	16.27	21.09	26.03	31.21	36.40	41.68	47.19	52.70		58.92	5 / 3				
reaction time		interval		4.61	4.71	4.82	4.94	5.18	5.19	5.28	5.51	5.51	6.22	PB		14.14	15.31	16.30	
		velocity	6.47	7.59	7.43	7.26	7.09	6.76	6.74	6.63	6.35	6.35	6.43	6.79		7.43	6.86	6.44	
H1 lead leg		strides		17	17	17	17	19	19	19	19	19	19	163					
Nakasima, Sayaku (JPN) (2004)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 Japanese U20 National Championships (Osaka, JPN)												<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>							
date	04-Jun-23	time	6.87	11.58	16.30	21.12	26.13	31.38	36.79	42.24	47.98	54.00		60.43	8 / 6				
reaction time	0.180	interval		4.71	4.72	4.82	5.01	5.25	5.41	5.45	5.74	6.02	6.43	PB		14.25	15.67	17.21	
		velocity	6.55	7.43	7.42	7.26	6.99	6.67	6.47	6.42	6.10	5.81	6.22	6.62		7.37	6.70	6.10	
H1 lead leg	L	strides	25	17	17	17	17	18	18	18	19	20	23.5	209.5					
Natsuki, Okuni (JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Shimane High School Championships (Izumo, JPN)												<i>Shimizu (2019) - shimane high school championships 2019 - biomechanics data analysis</i>							
date	25-May-19	time	7.77	13.29	19.23	25.23	31.22	37.52	44.02	50.61	57.08	63.60		70.60	7 / 6				
reaction time		interval		5.52	5.94	6.00	5.99	6.30	6.50	6.59	6.47	6.52	7.00			17.46	18.79	19.58	
		velocity	5.79	6.34	5.89	5.83	5.84	5.56	5.38	5.31	5.41	5.37	5.71	5.67		6.01	5.59	5.36	
H1 lead leg		strides	25	17	19	19	19	21	21	21	21	21	25	229					
FINAL - 2018 Shimane High School Championships (Izumo, JPN)												<i>Shimizu (2018) - shimane high school championships 2018 - biomechanics data analysis</i>							
date	26-May-18	time	7.53	12.70	18.12	23.67	29.33	35.33	41.43	47.55	54.27	60.57		67.06	3 / 4				
reaction time		interval		5.17	5.42	5.55	5.66	6.00	6.10	6.12	6.72	6.30	6.49			16.14	17.76	19.14	
		velocity	5.98	6.77	6.46	6.31	6.18	5.83	5.74	5.72	5.21	5.56	6.16	5.96		6.51	5.91	5.49	
H1 lead leg		strides	25	17	18	18	18	19	19	19	21	20	24	218					
Natsume, Saaya (JPN) (2004)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 Japanese U20 National Championships (Osaka, JPN)												<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>							
date	04-Jun-23	time	6.99	11.61	16.37	21.24	26.24	31.45	37.05	42.88	48.97	55.21		62.25	3 / 8				

reaction time	0.157	interval	4.62	4.76	4.87	5.00	5.21	5.60	5.83	6.09	6.24	7.04	14.25	15.81	18.16			
		velocity	6.44	7.58	7.35	7.19	7.00	6.72	6.25	6.00	5.75	5.61	5.68	6.43	7.37	6.64	5.78	
H1 lead leg	L	strides	25	17	17	17	17	17	19	19	19	19	24	210				
FINAL - 2022 Japanese National High School Championships (Naruto, JPN)													<i>Kishima (2022) - national high school championships biomechanics data collection</i>					
date	05-Aug-22	time	6.97	11.60	16.37	21.35	26.50	31.87	37.47	43.13	48.87	54.58	60.81	9 / 5				
reaction time	0.204	interval	4.63	4.77	4.98	5.15	5.37	5.60	5.66	5.74	5.71	6.23	14.38	16.12	17.11			
		velocity	6.46	7.56	7.34	7.03	6.80	6.52	6.25	6.18	6.10	6.13	6.42	6.58	7.30	6.51	6.14	
H1 lead leg	L	strides	24	17	17	17	17	17	19	19	19	19	185					
FINAL - 2022 Japanese U20 National Championships (Osaka, JPN)													<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>					
date	12-Jun-22	time	6.87	11.38	16.06	20.99	25.98	31.05	36.27	41.94	47.80	53.67	60.28	5 / 3				
reaction time	0.162	interval	4.51	4.68	4.93	4.99	5.07	5.22	5.67	5.86	5.87	6.61	14.12	15.28	17.40			
		velocity	6.55	7.76	7.48	7.10	7.01	6.90	6.70	6.17	5.97	5.96	6.05	6.64	7.44	6.87	6.03	
H1 lead leg	L	strides	25	17	17	17	17	17	17	19	19	19	22.5	206.5				
Ndiwabene, Nuulu (SWE) (1984)																		
B-Race - 2011 Poks Memorial (Hässleholm, SWE)																		
													<i>Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx</i>					
date	12-Jun-11	time	6.76	11.26	15.86	20.62	25.50	30.66	36.12	41.86	47.78	54.08	61.03	1 / 2				
reaction time		interval	4.50	4.60	4.76	4.88	5.16	5.46	5.74	5.92	6.30	6.95	13.86	15.50	17.96			
		velocity	6.66	7.78	7.61	7.35	7.17	6.78	6.41	6.10	5.91	5.56	5.76	6.55	7.58	6.77	5.85	
H1 lead leg	L	strides	17	17	17	18	18	19	20	19	21	22	188					
FINAL - 2011 Fridrott (Stockholm, SWE)													<i>Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx</i>					
date	07-Jun-11	time	6.80	11.44	16.16	21.12	26.10	31.28	36.70	42.30	48.04	53.96	60.94	1 / 2				
reaction time		interval	4.64	4.72	4.96	4.98	5.18	5.42	5.60	5.74	5.92	6.98	14.32	15.58	17.26			
		velocity	6.62	7.54	7.42	7.06	7.03	6.76	6.46	6.25	6.10	5.91	5.73	6.56	7.33	6.74	6.08	
H1 lead leg	L	strides	17	17	18	18	18	19	19	19	21	22	188					
Nel, Wenda (RSA) (1988)																		
Semi-Final 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																		
													<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>					
date	02-Aug-21	time	6.36	10.60	14.96	19.36	23.97	28.70	33.66	38.90	44.26	49.94	56.35	8 / 7				
reaction time	0.189	interval	4.24	4.36	4.40	4.61	4.73	4.96	5.24	5.36	5.68	6.41	13.00	14.30	16.28			
		velocity	7.08	8.25	8.03	7.95	7.59	7.40	7.06	6.68	6.53	6.16	6.24	7.10	8.08	7.34	6.45	
H1 lead leg	L	strides	23	16	16	16	16	16	17	17	18	18	173					
Heat 4 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)													<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>					
date	31-Jul-21	time	6.51	10.84	15.23	19.73	24.36	29.10	33.98	39.00	44.20	49.74	56.06	3 / 3				
reaction time	0.194	interval	4.33	4.39	4.50	4.63	4.74	4.88	5.02	5.20	5.54	6.32	13.22	14.25	15.76			
		velocity	6.91	8.08	7.97	7.78	7.56	7.38	7.17	6.97	6.73	6.32	6.33	7.14	7.94	7.37	6.66	
H1 lead leg	L	strides	23	16	16	16	16	16	17	17	17	18	21.7	193.7				
FINAL - 2021 Golden Gala Pietro Mennea (Florence, ITA) (TV Analysis)													<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>					
date	10-Jun-21	time	6.36	10.76	15.20	19.68	24.20	26.2	28.96	33.76	38.72	43.80	49.08	55.20	8 / 4			
reaction time	0.182	interval	4.40	4.44	4.48	4.52	4.76	4.80	4.96	5.08	5.28	6.12	13.32	14.08	15.32			
		velocity	7.08	7.95	7.88	7.81	7.74	7.63	7.35	7.29	7.06	6.89	6.63	6.54	7.25	7.88	7.46	6.85
H1 lead leg	L	strides	23	16	16	16	16	16	17	17	17	17	21.5	192.5				
FINAL - 2019 Doha Diamond League (Doha, QAT) (TV Analysis)													<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>					
date	03-May-19	time	6.54	10.88	15.35	19.95	24.62	26.5	29.23	34.10	39.10	44.21	49.75	56.16	7 / 7			
reaction time	0.206	interval	4.34	4.47	4.60	4.67	4.61	4.87	5.00	5.11	5.54	6.41	13.41	14.15	15.65			
		velocity	6.88	8.06	7.83	7.61	7.49	7.55	7.59	7.19	7.00	6.85	6.32	6.24	7.12	7.83	7.42	6.71
H1 lead leg	L	strides	23	16	16	16	16	16	17	17	17	18	22	194				
FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)													<i>Henson (2021) - Athlete First: 2018 year end hurdle report</i>					
date	09-Sep-18	time	6.32	10.56	15.04	19.52	24.12	28.80	33.68	38.76	44.12	49.80	56.54	2 / 6				
reaction time	0.192	interval	4.24	4.48	4.48	4.60	4.68	4.88	5.08	5.36	5.68	6.74	13.20	14.16	16.12			
		velocity	7.12	8.25	7.81	7.81	7.61	7.48	7.17	6.89	6.53	6.16	5.93	7.07	7.95	7.42	6.51	
H1 lead leg	L	strides	23	16	16	16	16	16	17	17	18	19	22.5	196.5				
FINAL - 2018 Müller Grand Prix (Birmingham, GBR) (TV Analysis)													<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>					
date	18-Aug-18	time	6.40	10.71	15.18	19.82	24.62	29.43	34.43	39.57	45.08	50.85	57.51	2 / 6				
reaction time	0.183	interval	4.31	4.47	4.64	4.80	4.81	5.00	5.14	5.51	5.77	6.66	13.42	14.61	16.42			
		velocity	7.03	8.12	7.83	7.54	7.29	7.28	7.00	6.81	6.35	6.07	6.01	6.96	7.82	7.19	6.39	
H1 lead leg	L	strides	23	16	16	16	16	16	17	17	18	18	22	195				
FINAL - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)													<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>					
date	21-Jul-18	time	6.40	10.72	15.16	19.68	24.32	29.04	33.92	38.96	44.04	49.32	55.67	1 / 5				
reaction time	0.179	interval	4.32	4.44	4.52	4.64	4.72	4.88	5.04	5.08	5.28	6.35	13.28	14.24	15.40			
		velocity	7.03	8.10	7.88	7.74	7.54	7.42	7.17	6.94	6.89	6.63	6.30	7.19	7.91	7.37	6.82	
H1 lead leg	L	strides	23	16	16	16	16	16	17	17	17	17	21.7	192.7				
FINAL - 2018 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)													<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>					
date	12-May-18	time	6.44	10.84	15.44	20.08	24.88	29.64	34.52	39.44			55.63	8 / 4				
reaction time	0.184	interval	4.40	4.60	4.64	4.80	4.76	4.88	4.92						13.64	14.44		
		velocity	6.99	7.95	7.61	7.54	7.29	7.35	7.17	7.11			7.19		7.70	7.27		
H1 lead leg	L	strides	23	16	16	16	16	16	17	17			137					

FINAL - 2017 Memorial van Damme (Brussels, BEL) (TV Analysis)

date	01-Sep-17	time	6.32	10.52	14.88	19.40	24.00	26.1	28.64	33.52	38.68	44.08	49.72	<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>				
reaction time	0.219	interval		4.20	4.36	4.52	4.60		4.64	4.88	5.16	5.40	5.64	6.58	56.30	2 / 8		
		velocity	7.12	8.33	8.03	7.74	7.61	7.66	7.54	7.17	6.78	6.48	6.21	6.08	7.10	13.08	14.12	16.20
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	18	18	22	195			

FINAL - 2017 Weltklasse (Zürich, SUI) (TV Analysis)

date	24-Aug-17	time	6.48	10.80	15.28	19.84	24.52		29.20	34.12		44.24	49.60	<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>				
reaction time	0.198	interval		4.32	4.48	4.56	4.68		4.68	4.92		10.12	5.36	6.26	55.86	2 / 6		
		velocity	6.94	8.10	7.81	7.68	7.48		7.48	7.11		6.92	6.53	6.39	7.16	13.36	14.28	15.48
H1 lead leg	L	strides	23	16	16	16	16		16	17		17	21.2	142.2	7.86	7.35	6.78	

FINAL - 2017 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)

date	21-Jul-17	time	6.44	10.68		19.60	24.12		33.68	38.76	43.96	49.52	<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>				
reaction time	0.213	interval		4.24		8.92	4.52		9.56	5.08	5.20	5.56	6.38	55.90	2 / 5		
		velocity	6.99	8.25		7.85	7.74		7.32	6.89	6.73	6.29	6.27	7.16	13.16	14.08	15.84
H1 lead leg	L	strides	23	16		16	16		17	17	18	18	107	7.98	7.46	6.63	

FINAL - 2017 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis)

date	16-Jul-17	time	6.40	10.80	15.28	19.80	24.52		29.20	34.04	38.96	44.00	49.20	<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>				
reaction time	0.189	interval		4.40	4.48	4.52	4.72		4.68	4.84	4.92	5.04	5.20	6.11	55.31	2 / 5		
		velocity	7.03	7.95	7.81	7.74	7.42		7.48	7.23	7.11	6.94	6.73	6.55	7.23	13.40	14.24	15.16
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	17	21	192	7.84	7.37	6.93	

FINAL - 2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)

date	08-Jun-17	time	6.44	10.80	15.28	19.76	24.36		29.00	33.72	38.56	43.52	48.64	<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>				
reaction time	0.171	interval		4.36	4.48	4.48	4.60		4.64	4.72	4.84	4.96	5.12	5.94	54.58	6 / 3		
		velocity	6.99	8.03	7.81	7.81	7.61		7.54	7.42	7.23	7.06	6.84	6.73	7.33	13.32	13.96	14.92
H1 lead leg	L	strides	23	16	16	16	16		16	16	16	17	17	20.5	189.5	7.88	7.52	7.04

FINAL - 2016 Memorial van Damme (Brussels, BEL) (TV Analysis)

date	09-Sep-16	time	6.44	10.64	14.96	19.40	24.04		28.64	33.48	38.44	43.56	48.96	<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>				
reaction time	0.186	interval		4.20	4.32	4.44	4.64		4.60	4.84	4.96	5.12	5.40	6.45	55.41	2 / 6		
		velocity	6.99	8.33	8.10	7.88	7.54		7.61	7.23	7.06	6.84	6.48	6.20	7.22	12.96	14.08	15.48
H1 lead leg	L	strides	23	15	15	16	16		16	17	17	17	17	22	191	8.10	7.46	6.78

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

date	01-Sep-16	time	6.40	10.68	15.04	19.52	24.04		28.60	33.28	38.24	43.40	48.84	<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>				
reaction time	0.193	interval		4.28	4.36	4.48	4.52		4.56	4.68	4.96	5.16	5.44	6.31	55.15	5 / 4		
		velocity	7.03	8.18	8.03	7.81	7.74		7.68	7.48	7.06	6.78	6.43	6.34	7.25	13.12	13.76	15.56
H1 lead leg	L	strides	23	15	15	16	16		16	16	17	17	17	21.5	173.5	8.00	7.63	6.75

FINAL - 2016 London Anniversary Games (London, GBR) (TV Analysis)

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

FINAL - 2016 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)

date	15-Jul-16	time	6.37	10.50		19.33	23.97		28.57	33.37	38.33	43.40	48.67	<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>				
reaction time	0.206	interval		4.13		8.83	4.64		4.60	4.80	4.96	5.07	5.27	6.26	54.93	2 / 4		
		velocity	7.06	8.47		7.93	7.54		7.61	7.29	7.06	6.90	6.64	6.39	7.28	12.96	14.04	15.30
H1 lead leg	L	strides	23	15		16	16		16	17	17	17	17	21.5	159.5	8.10	7.48	6.86

FINAL - 2016 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)

date	02-Jun-16	time	6.40	10.72		19.64	24.24		28.80	33.52	38.36	43.32	48.52	<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>				
reaction time	0.188	interval		4.32		8.92	4.60		4.56	4.72	4.84	4.96	5.20	6.09	54.61	9 / 2		
		velocity	7.03	8.10		7.85	7.61		7.68	7.42	7.23	7.06	6.73	6.57	7.32	13.24	13.88	15.00
H1 lead leg	L	strides	23	16		16	16		17	17	17	17	21	127	7.93	7.56	7.00	

FINAL - 2016 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis)

date	22-May-16	time	6.32	10.64	14.88	19.24	23.76		28.28	33.00	37.88	43.08	48.48	<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>				
reaction time	0.198	interval		4.32	4.24	4.36	4.52		4.52	4.72	4.88	5.20	5.40	6.40	54.88	5 / 3		
		velocity	7.12	8.10	8.25	8.03	7.74		7.74	7.42	7.17	6.73	6.48	6.25	7.29	12.92	13.76	15.48
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	18	18	21.5	194.5	8.13	7.63	6.78

FINAL - 2016 Doha Diamond League (Doha, QAT) (TV Analysis)

date	06-May-16	time	6.24	10.44	14.76	19.12	23.72		28.48	33.36	38.36	43.56	48.92	<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>				
reaction time	0.184	interval		4.20	4.32	4.36	4.60		4.76	4.88	5.00	5.20	5.36	6.25	55.17	6 / 4		
		velocity	7.21	8.33	8.10	8.03	7.61		7.35	7.17	7.00	6.73	6.53	6.40	7.25	12.88	14.24	15.56
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	18	18	21.5	195.5	8.15	7.37	6.75

FINAL - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)

date	26-Aug-15	time	6.28	10.48	14.68	19.00	23.52		28.28	33.12	38.08	43.20	<i>Henson (2021) - Athlete First: major championships report</i>			
reaction time	0.211	interval		4.20	4.20	4.32	4.52		4.76	4.84	4.96	5.12	6.25	54.94	8 / 7	
		velocity	7.17	8.33	8.33	8.10	7.74		7.35	7.23	7.06	6.84	7.28	7.28	12.72	14.12
															8.25	7.44

H1 lead leg	L	strides	16	15	15	16	16	17	17	17	129								
Nelson, Carole (FRA) (1971)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1992 U23 European Cup (Villeneuve d'Ascq, FRA)																			
<i>Veney - split times from PJ</i>																			
date	18-Jul-92	time	6.75	11.10	15.59	20.17	24.93		29.70	34.45	39.37	44.67	49.99		56.61	1 / 1			
reaction time		interval	4.35	4.49	4.58	4.76		4.77	4.75	4.92	5.30	5.32	6.62				13.42	14.28	15.54
		velocity	6.67	8.05	7.80	7.64	7.35		7.34	7.37	7.11	6.60	6.58	6.04	7.07		7.82	7.35	6.76
H1 lead leg		strides	23	16	16	16	16		17	17	17	18	18	22	196				
Niederstätter, Monika (ITA) (1974)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2002 European Championships (Munich, GER)																			
<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																			
date	08-Aug-02	time	6.89	11.25	15.71	20.21	24.82		29.59	34.55	39.65	44.85	50.21		56.34	1 / 4			
reaction time	0.206	interval	4.36	4.46	4.50	4.61		4.77	4.96	5.10	5.20	5.36	6.13				13.32	14.34	15.66
		velocity	6.53	8.03	7.85	7.78	7.59		7.34	7.06	6.86	6.73	6.53	6.53	7.10		7.88	7.32	6.70
H1 lead leg		strides																	
FINAL - 2001 European Cup (Bremen, GER)			<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>																
date	23-Jun-01	time	6.85	11.22	15.67	20.15	24.77		29.51	34.53	39.63	44.86	50.47		56.85	1 / 6			
reaction time		interval	4.37	4.45	4.48	4.62		4.74	5.02	5.10	5.23	5.61	6.38				13.30	14.38	15.94
		velocity	6.57	8.01	7.87	7.81	7.58		7.38	6.97	6.86	6.69	6.24	6.27	7.04		7.89	7.30	6.59
H1 lead leg		strides																	
Semi-Final 2 - 1999 IAAF World Championships (Sevilla, ESP)			<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>																
date	23-Aug-99	time	6.24	10.55	14.95	19.46	24.10		28.86	33.70	38.67	43.79	49.05		55.57	2 / 8			
reaction time	0.214	interval	4.31	4.40	4.51	4.64		4.76	4.84	4.97	5.12	5.26	6.52				13.22	14.24	15.35
		velocity	7.21	8.12	7.95	7.76	7.54		7.35	7.23	7.04	6.84	6.65	6.13	7.20		7.94	7.37	6.84
H1 lead leg	R	strides	23	16	16	16	16		16	17	17	17	17	22	193				
Nielsen, Lina (GBR) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Golden Gala • Pietro Mennea (Roma, ITA)																			
<i>Omega Timing (2024) - diamond league race analysis</i>																			
date	30-Aug-24	time	6.29	10.49	14.81	19.19	23.70		28.49	33.54	38.77	44.18	49.62		55.93	1 / 8			
reaction time	0.140	interval	4.20	4.32	4.38	4.51		4.79	5.05	5.23	5.41	5.44	6.31				12.90	14.35	16.08
		velocity	7.15	8.33	8.10	7.99	7.76		7.31	6.93	6.69	6.47	6.43	6.34	7.15		8.14	7.32	6.53
H1 lead leg	L	strides	22	15		15			16	16	16	17		117					
Semi-Final 1 - 2024 Olympic Games (Paris, FRA)			<i>Paris 2024 Olympic Games - Results Book (2024)</i>																
date	06-Aug-24	time	6.22	10.33	14.56	18.89	23.27		27.89	32.79	37.73	42.88	48.08		91.22	6 / 8			
reaction time	0.157	interval	4.11	4.23	4.33	4.38		4.62	4.90	4.94	5.15	5.20	43.14				12.67	13.90	15.29
		velocity	7.23	8.52	8.27	8.08	7.99		7.58	7.14	7.09	6.80	6.73	0.93	4.39		8.29	7.55	6.87
H1 lead leg	L	strides	22	15	15	15	15		16	16	16	16	17	163					
Heat 4 - 2024 Olympic Games (Paris, FRA)			<i>Paris 2024 Olympic Games - Results Book (2024)</i>																
date	04-Aug-24	time	6.39	10.57	14.93	19.29	23.72		28.41	33.30	38.28	43.44	48.59		54.65	7 / 2			
reaction time	0.163	interval	4.18	4.36	4.36	4.43		4.69	4.89	4.98	5.16	5.15	6.06				12.90	14.01	15.29
		velocity	7.04	8.37	8.03	8.03	7.90		7.46	7.16	7.03	6.78	6.80	6.60	7.32		8.14	7.49	6.87
H1 lead leg	L	strides	23	16	16	15	15		16	16	16	16	16	19	184				
FINAL - 2024 London Athletics Meet (London, GBR)			<i>Omega Timing (2024) - diamond league race analysis</i>																
date	20-Jul-24	time	6.28	10.42	14.65	19.08	23.68		28.40	33.27	38.31	43.46	48.62		54.65	7 / 8			
reaction time	0.147	interval	4.14	4.23	4.43	4.60		4.72	4.87	5.04	5.15	5.16	6.03				12.80	14.19	15.35
		velocity	7.17	8.45	8.27	7.90	7.61		7.42	7.19	6.94	6.80	6.78	6.63	7.32		8.20	7.40	6.84
H1 lead leg	L	strides	22	15	15	15	15		15	16				113					
FINAL - 2024 European Athletics Championships (Roma, ITA)			<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																
date	11-Jun-24	time	6.55	10.76	15.14	19.57	24.18		29.02	34.00	39.08	44.22	49.52		55.65	8 / 7			
reaction time	0.209	interval	4.21	4.38	4.43	4.61		4.84	4.98	5.08	5.14	5.30	6.13				13.02	14.43	15.52
		velocity	6.87	8.31	7.99	7.90	7.59		7.23	7.03	6.89	6.81	6.60	6.53	7.19		8.06	7.28	6.77
H1 lead leg	L	strides	22	15	15	15	16		16	16			17	19	151				
Semi-Final 1 - 2024 European Athletics Championships (Roma, ITA)			<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																
date	10-Jun-24	time	6.29	10.47	14.84	19.26	23.75		28.46	33.27	38.27	43.38	48.56		54.43	8 / 2			
reaction time	0.188	interval	4.18	4.37	4.42	4.49		4.71	4.81	5.00	5.11	5.18	5.87		PB		12.97	14.01	15.29
		velocity	7.15	8.37	8.01	7.92	7.80		7.43	7.28	7.00	6.85	6.76	6.81	7.35		8.10	7.49	6.87
H1 lead leg	L	strides	22	15	15	15	15		16	16	16	16	16	20	182				
FINAL - 2023 Athletissima (Lausanne, SU1)			<i>Omega Timing (2023) - diamond league race analysis</i>																
date	30-Jun-23	time	6.31	10.46	14.87	19.35	23.94		28.71	33.77	39.21	44.74	50.29		56.62	1 / 7			
reaction time	0.141	interval	4.15	4.41	4.48	4.59		4.77	5.06	5.44	5.53	5.55	6.33				13.04	14.42	16.52
		velocity	7.13	8.43	7.94	7.81	7.63		7.34	6.92	6.43	6.33	6.31	6.32	7.06		8.05	7.28	6.36
H1 lead leg	L	strides	22	15		15			15	15	16	16		114					
Semi-Final 1 - 2022 European Athletics Championships (Munich, GER)			<i>European Athletics (2022) - european athletics championships race analysis</i>																
date	18-Aug-22	time	6.39	10.60	15.01	19.71	24.30	26.39	29.14	34.17	39.47	44.91	50.68		57.19	4 / 5			
reaction time	0.214	interval	4.21	4.41	4.70	4.59		4.84	5.03	5.30	5.44	5.77	6.51				13.32	14.46	16.51
		velocity	7.04	8.31	7.94	7.45	7.63	7.58	7.23	6.96	6.60	6.43	6.07	6.14	6.99		7.88	7.26	6.36
H1 lead leg	L	strides	23		16	16			16	16	16	17	17	19.2	156.2				

FINAL - 2022 Bislett Games (Oslo, NOR) (TV Analysis)

														Henson (2022) - Athlete First: 2022 year end hurdle report				
date	16-Jun-22	time	6.36	10.44	14.58	18.86	23.34		28.14	33.02	38.08	43.36	48.68	54.91	8 / 4			
reaction time	0.147	interval		4.08	4.14	4.28	4.48		4.80	4.88	5.06	5.28	5.32	6.23		12.50	14.16	15.66
		velocity	7.08	8.58	8.45	8.18	7.81		7.29	7.17	6.92	6.63	6.58	6.42	7.28		8.40	7.42
H1 lead leg	L	strides	23	15	15	15	15		15	15	16	16	16	19.2		180.2		

FINAL - 2022 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)

														Henson (2022) - Athlete First: 2022 year end hurdle report				
date	09-Jun-22	time	6.40	10.53	14.83	19.23	23.80	25.64	28.50	33.40	38.40	43.50	48.70	54.73	9 / 4			
reaction time	0.148	interval		4.13	4.30	4.40	4.57		4.70	4.90	5.00	5.10	5.20	6.03	PB	12.83	14.17	15.30
		velocity	7.03	8.47	8.14	7.95	7.66	7.80	7.45	7.14	7.00	6.86	6.73	6.63	7.31		8.18	7.41
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	16	16	19	182			

FINAL - 2022 Müller Birmingham Diamond League (Birmingham, GBR) (TV Analysis)

														Henson (2022) - Athlete First: 2022 year end hurdle report				
date	21-May-22	time	6.43	10.67	15.03	19.43	24.07	25.94	28.93	33.90		44.17	49.47	55.40	8 / 4			
reaction time	0.156	interval		4.24	4.36	4.40	4.64		4.86	4.97		10.27	5.30	5.93		13.00	14.47	15.57
		velocity	7.00	8.25	8.03	7.95	7.54	7.71	7.20	7.04		6.82	6.60	6.75	7.22		8.08	7.26
H1 lead leg	L	strides	23	15	15	15	15		16	16		16	19.2	150.2				

Nishida, Ayaka (JPN) (1993)

														Henson (2022) - Athlete First: 2022 year end hurdle report				
FINAL - 2011 Japanese National High School Championships (Kitakami, JPN)														Abe (2011) - 64th high school championships: JAF scientific committee - biomechanics				
date	05-Aug-11	time	7.04	11.88	16.73	21.69	26.73		31.95	37.20	42.69	48.43	54.17	60.13	6 / 2			
reaction time		interval		4.84	4.85	4.96	5.04		5.22	5.25	5.49	5.74	5.74	5.96		14.65	15.51	16.97
		velocity	6.39	7.23	7.22	7.06	6.94		6.70	6.67	6.38	6.10	6.10	6.71	6.65		7.17	6.77
H1 lead leg		strides																

Nishikiori, Reina (JPN)

														Henson (2022) - Athlete First: 2022 year end hurdle report				
FINAL - 2020 Shimane High School Championships (Izumo, JPN)														Shimizu (2020) - shimane high school championships 2020 - biomechanics data analysis				
date	12-Jul-20	time	7.53	12.80	18.33	24.02	29.95		35.82	41.88	48.50	55.52	62.45	69.77	9 / 2			
reaction time		interval		5.27	5.53	5.69	5.93		5.87	6.06	6.62	7.02	6.93	7.32		16.49	17.86	20.57
		velocity	5.98	6.64	6.33	6.15	5.90		5.96	5.78	5.29	4.99	5.05	5.46	5.73		6.37	5.88
H1 lead leg		strides	26	19	19	19	19		19	19	21	21	21	24	227			

Nishimura, Neneka (JPN) (1999)

														Henson (2022) - Athlete First: 2022 year end hurdle report				
FINAL - 2017 Japanese National High School Championships (Yamagata, JPN)														Kota (2017) - 70th high school championships: JAF scientific committee- biomechanics data				
date	31-Jul-17	time	6.81	11.26	15.83	20.59	25.43		30.48	35.74	41.22	46.93	52.67	59.33	4 / 2			
reaction time	0.218	interval		4.45	4.57	4.76	4.84		5.05	5.26	5.48	5.71	5.74	6.66		13.78	15.15	16.93
		velocity	6.61	7.87	7.66	7.35	7.23		6.93	6.65	6.39	6.13	6.10	6.01	6.74		7.62	6.93
H1 lead leg		strides	17	17	17	17	17		17	18	19	19	19	160				

Nissen, Annemarie (DEN) (1994)

														Henson (2022) - Athlete First: 2022 year end hurdle report				
Heat 2 - 2022 European Athletics Championships (Munich, GER)														European Athletics (2022) - european athletics championships race analysis				
date	17-Aug-22	time	6.53	10.77	15.23	19.82	24.46	26.55	29.35	34.39	39.65	45.13	50.95	57.71	8 / 8			
reaction time	0.181	interval		4.24	4.46	4.59	4.64		4.89	5.04	5.26	5.48	5.82	6.76		13.29	14.57	16.56
		velocity	6.89	8.25	7.85	7.63	7.54	7.53	7.16	6.94	6.65	6.39	6.01	5.92	6.93		7.90	7.21
H1 lead leg	L	strides	23	15		15		16	16	17	17	17	19	22	160			

Nugent, Leah (JAM) (1992)

														Henson (2021) - Athlete First: 2021 year end hurdle report				
FINAL - 2021 Athletissima (Lausanne, SUI) (TV Analysis)														Henson (2021) - Athlete First: 2021 year end hurdle report				
date	26-Aug-21	time	6.24	10.44	14.84		24.24		28.96	33.80	38.96	44.16	49.76	56.41	1 / 7			
reaction time	0.202	interval		4.20	4.40		9.40		4.72	4.84	5.16	5.20	5.60	6.65				15.96
		velocity	7.21	8.33	7.95		7.45		7.42	7.23	6.78	6.73	6.25	6.02	7.09			
H1 lead leg	R	strides	22	15	15				15	15	15	15	16	19	147			

FINAL - 2021 Prefontaine Classic (Eugene, OR) (TV Analysis)

														Henson (2021) - Athlete First: 2021 year end hurdle report				
date	21-Aug-21	time	6.32	10.52	14.72	19.08	23.64	25.7	28.44	33.36	38.48	43.84		55.86	9 / 8			
reaction time	0.228	interval		4.20	4.20	4.36	4.56		4.80	4.92	5.12	5.36				12.76	14.28	
		velocity	7.12	8.33	8.33	8.03	7.68	7.78	7.29	7.11	6.84	6.53		7.16		8.23	7.35	
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16		143				

Heat 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)

														Henson (2024) - Athlete First: 2021 year end hurdle report				
date	31-Jul-21	time	6.58	11.05	15.50	20.05	24.87		29.63	34.56	39.50	44.53	49.73	55.54	6 / 4			
reaction time	0.240	interval		4.47	4.45	4.55	4.82		4.76	4.93	4.94	5.03	5.20	5.81	DQ	13.47	14.51	15.17
		velocity	6.84	7.83	7.87	7.69	7.26		7.35	7.10	7.09	6.96	6.73	6.88	7.20		7.80	7.24
H1 lead leg	R	strides	22	15	14	14	15		15	15	15	15	15	18.2	173.2			

FINAL - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis)

														Henson (2021) - Athlete First: 2021 year end hurdle report				
date	04-Jul-21	time	6.24	10.32	14.60		23.54	25.7	28.30		38.14	43.20	48.64	55.01	1 / 6			
reaction time	0.193	interval		4.08	4.28		8.94		4.76		9.84	5.06	5.44	6.37				
		velocity	7.21	8.58	8.18		7.83	7.78	7.35		7.11	6.92	6.43	6.28	7.27			
H1 lead leg	R	strides		14	14				15			15	16	19	93			

FINAL - 2021 Bislett Games (Oslo, NOR) (TV Analysis)

														Henson (2021) - Athlete First: 2021 year end hurdle report				
date	01-Jul-21	time	6.44	10.68	15.00	19.72	24.44		29.16	33.92	38.88	44.12	49.28	55.37	3 / 5			
reaction time	0.233	interval		4.24	4.32	4.72	4.72		4.72	4.76	4.96	5.24	5.16	6.09		13.28	14.20	15.36
		velocity	6.99	8.25	8.10	7.42	7.42		7.42	7.35	7.06	6.68	6.78	6.57	7.22		7.91	7.39
H1 lead leg	R	strides	22	14	14		14		15	14	15	15	15	18.7	156.7			

H1 lead leg	strides	17	17	17	17	17	17	17	17	17	19	155						
Okawa, Sumika (JPN) (2003)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 Japanese High School National Championships (Fukui, JPN)																		
<i>Shibayama (2021) - national high school and U20 national championships</i>																		
date	30-Jul-21	time	6.72	11.11	15.73	20.65	25.66	30.73	36.02	41.62	47.32	53.35	60.11	6 / 3				
reaction time	0.168	interval	4.39	4.62	4.92	5.01	5.07	5.29	5.60	5.70	6.03	6.76			13.93	15.37	17.33	
		velocity	6.70	7.97	7.58	7.11	6.99	6.90	6.62	6.25	6.14	5.80	5.92	6.65	7.54	6.83	6.06	
H1 lead leg	strides	15	15	16	16	16	16	16	16	17	17	17	145					
FINAL - 2021 Japanese U20 National Championships (Osaka, JPN)																		
<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																		
date	27-Jun-21	time	6.86	11.31	15.93	20.74	25.63	30.68	35.95	41.31	46.81	52.64	59.22	2 / 3				
reaction time	0.190	interval	4.45	4.62	4.81	4.89	5.05	5.27	5.36	5.50	5.83	6.58			13.88	15.21	16.69	
		velocity	6.56	7.87	7.58	7.28	7.16	6.93	6.64	6.53	6.36	6.00	6.08	6.75	7.56	6.90	6.29	
H1 lead leg	R	strides	23	15	15	16	16	16	16	17	17	18	22.2	191.2				
FINAL - 2020 Japanese High School National Championships (Hiroshima, JPN)																		
<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																		
date	25-Oct-20	time	6.84	11.46	16.12	20.89	25.84	31.00	36.29	41.61	47.20	52.90	59.22	4 / 5				
reaction time	0.168	interval	4.62	4.66	4.77	4.95	5.16	5.29	5.32	5.59	5.70	6.32			14.05	15.40	16.61	
		velocity	6.58	7.58	7.51	7.34	7.07	6.78	6.62	6.58	6.26	6.14	6.33	6.75	7.47	6.82	6.32	
H1 lead leg		strides	17	17	17	17	17	17	17	17	19	19	157					
Okubayashi, Rin (JPN) (2000)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 Japanese U20 National Championships (Hiroshima, JPN)																		
<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																		
date	25-Oct-20	time	6.87	11.59	16.47	21.49	26.61	31.90	37.32	42.83	48.33	53.94	60.52	7 / 4				
reaction time	0.203	interval	4.72	4.88	5.02	5.12	5.29	5.42	5.51	5.50	5.61	6.58			14.62	15.83	16.62	
		velocity	6.55	7.42	7.17	6.97	6.84	6.62	6.46	6.35	6.36	6.24	6.08	6.61	7.18	6.63	6.32	
H1 lead leg		strides	16	16	16	16	17	17	17	17	17	17	149					
Okuni, Chinatsu (JPN)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2024 Shimane High School Championships (Izumo, JPN)																		
<i>Shimizu (2024) - shimane high school championships 2024 - biomechanics data analysis</i>																		
date	25-May-24	time	7.47	12.27	17.17	22.30	27.52	33.12	38.93	44.90	51.30	57.63	64.28	6 / 2				
reaction time		interval	4.80	4.90	5.13	5.22	5.60	5.81	5.97	6.40	6.33	6.65			14.83	16.63	18.70	
		velocity	6.02	7.29	7.14	6.82	6.70	6.25	6.02	5.86	5.47	5.53	6.02	6.22	7.08	6.31	5.61	
H1 lead leg		strides	25	17	17	17	17	19	19	19	21	21	23	215				
FINAL - 2023 Shimane High School Championships (Izumo, JPN)																		
<i>Shimizu (2023) - shimane high school championships 2023 - biomechanics data analysis</i>																		
date	27-May-23	time	7.65	12.72	18.12	23.63	29.27	35.22	41.17	47.15	53.28	59.48	66.09	4 / 1				
reaction time		interval	5.07	5.40	5.51	5.64	5.95	5.95	5.98	6.13	6.20	6.61			15.98	17.54	18.31	
		velocity	5.88	6.90	6.48	6.35	6.21	5.88	5.88	5.85	5.71	5.65	6.05	6.05	6.57	5.99	5.73	
H1 lead leg		strides	27	19	19	19	19	20	20	20	20	20	23.7	226.7				
FINAL - 2022 Shimane High School Championships (Izumo, JPN)																		
<i>Shimizu (2022) - shimane high school championships 2022 - biomechanics data analysis</i>																		
date	27-May-22	time	8.07	13.33	18.62	24.43	30.43	36.57	43.05	49.65	56.30	63.10	70.60	5 / 5				
reaction time		interval	5.26	5.29	5.81	6.00	6.14	6.48	6.60	6.65	6.80	7.50			16.36	18.62	20.05	
		velocity	5.58	6.65	6.62	6.02	5.83	5.70	5.40	5.30	5.26	5.15	5.33	5.67	6.42	5.64	5.24	
H1 lead leg		strides	25	17	17	19	19	19	21	21	21	21	24.2	224.2				
Olivieri, Linda (ITA) (1998)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 2 - 2024 European Athletics Championships (Roma, ITA)																		
<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																		
date	10-Jun-24	time	6.37	10.56	14.89	19.15	23.77	28.39	33.25	38.13	43.30	48.68	54.99	9 / 6				
reaction time	0.235	interval	4.19	4.33	4.26	4.62	4.62	4.86	4.88	5.17	5.38	6.31	PB		12.78	14.10	15.43	
		velocity	7.06	8.35	8.08	8.22	7.58	7.58	7.20	7.17	6.77	6.51	6.34	7.27	8.22	7.45	6.80	
H1 lead leg	R	strides	23	15	15	15	15	15	16	16	17	21	137					
Heat 3 - 2024 European Athletics Championships (Roma, ITA)																		
<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																		
date	09-Jun-24	time	6.39	10.63	15.13	19.67	24.34	29.15	34.10	39.09	44.40	49.79	55.95	5 / 5				
reaction time	0.215	interval	4.24	4.50	4.54	4.67	4.81	4.95	4.99	5.31	5.39	6.16			13.28	14.43	15.69	
		velocity	7.04	8.25	7.78	7.71	7.49	7.28	7.07	7.01	6.59	6.49	6.49	7.15	7.91	7.28	6.69	
H1 lead leg		strides																
Heat 2 - 2022 European Athletics Championships (Munich, GER)																		
<i>European Athletics (2022) - european athletics championships race analysis</i>																		
date	17-Aug-22	time	6.52	10.88	15.26	19.79	24.38	26.40	29.05	34.03	39.24	44.50	50.16	57.03	1 / 5			
reaction time	0.222	interval	4.36	4.38	4.53	4.59	4.67	4.98	5.21	5.26	5.66	6.87			13.27	14.24	16.13	
		velocity	6.90	8.03	7.99	7.73	7.63	7.49	7.03	6.72	6.65	6.18	5.82	7.01	7.91	7.37	6.51	
H1 lead leg	R	strides	23	15		15	15	15	16	16	17	17	22	156				
Semi-Final 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																		
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																		
date	20-Jul-22	time	6.40	10.70	15.10	19.57	24.20	26.32	29.03	33.97	39.00	49.57	56.04	1 / 8				
reaction time	0.135	interval	4.30	4.40	4.47	4.63	4.83	4.94	5.03		10.57	6.47			13.17	14.40	15.60	
		velocity	7.03	8.14	7.95	7.83	7.56	7.60	7.25	7.09	6.96	6.62	6.18	7.14	7.97	7.29	6.73	
H1 lead leg	R	strides	23	15	15	15	15	15	16	16	16	17	17	130				
FINAL - 2022 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																		
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																		
date	09-Jun-22	time	6.63	10.93	15.33	24.53	26.50	29.40	34.40	39.60	44.83	50.13	56.25	2 / 8				
reaction time	0.150	interval	4.30	4.40		9.20	4.87	5.00	5.20	5.23	5.30	6.12					15.73	
		velocity	6.79	8.14	7.95	7.61	7.55	7.19	7.00	6.73	6.69	6.60	6.54	7.11			6.68	
H1 lead leg	R	strides	23	15	15	15	15	15	15	17	17	17	149					

Semi-Final 1 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)

date	02-Aug-21	time	6.63	10.76	15.13	19.56	24.26	29.10	34.00	39.20	44.82	<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>				
reaction time	0.120	interval		4.13	4.37	4.43	4.70	4.84	4.90	5.20	5.62	57.03	9 / 7			
		velocity	6.79	8.47	8.01	7.90	7.45	7.23	7.14	6.73	6.23	7.01	12.93	14.44		
H1 lead leg	R	strides	23	15	15	15	16	16	16	18	134	8.12	7.27			

Heat 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)

date	31-Jul-21	time	6.66	10.86	15.26	19.80	24.56	29.47	34.46	39.51	44.50	49.66	<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>				
reaction time	0.130	interval		4.20	4.40	4.54	4.76	4.91	4.99	5.05	4.99	5.16	5.88	=PB	13.14	14.66	15.20
		velocity	6.76	8.33	7.95	7.71	7.35	7.13	7.01	6.93	7.01	6.78	6.80	7.20	7.99	7.16	6.91
H1 lead leg	R	strides	23	15	15	15	15	16	16	16	16	17	20	184			

FINAL - 2021 Golden Gala Pietro Mennea (Florence, ITA) (TV Analysis)

date	10-Jun-21	time	6.48	10.88	15.30	19.80	24.44	26.5	29.32	34.20	39.20	44.28	49.52	<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
reaction time	0.134	interval		4.40	4.42	4.50	4.64	4.88	4.88	5.00	5.08	5.24	6.11	PB	13.32	14.40	15.32	
		velocity	6.94	7.95	7.92	7.78	7.54	7.55	7.17	7.17	7.00	6.89	6.68	6.55	7.19	7.88	7.29	6.85
H1 lead leg	R	strides	23	15	15	15	15	16	16	16	16	17	20.2	184.2	7 / 6			

Omori, Nanase (JPN) (1992)

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2010 Japanese National High School Championships (Okinawa, JPN)																		
<i>Matsuo (2010) - 63rd high school championships: JAF scientific committee- biomechanics data</i>																		
date	31-Jul-10	time	6.76	11.23	15.95	20.75	25.69	30.71	35.90	41.31	47.13	53.25		60.51	/ 2			
reaction time		interval		4.47	4.72	4.80	4.94	5.02	5.19	5.41	5.82	6.12	7.26			13.99	15.15	17.35
		velocity	6.66	7.83	7.42	7.29	7.09	6.97	6.74	6.47	6.01	5.72	5.51	6.61		7.51	6.93	6.05
H1 lead leg		strides		17	17	17	17	17	17	17	18	19		156				

Ono, Mizuna (JPN) (2002)

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Ready Steady Tokyo (Tokyo, JPN)																		
<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																		
date	09-May-21	time	6.66	11.04	15.67	20.42	25.26	30.31	35.47	40.88	46.34	51.90		58.43	5 / 4			
reaction time	0.149	interval		4.38	4.63	4.75	4.84	5.05	5.16	5.41	5.46	5.56	6.53			13.76	15.05	16.43
		velocity	6.76	7.99	7.56	7.37	7.23	6.93	6.78	6.47	6.41	6.29	6.13	6.85		7.63	6.98	6.39
H1 lead leg	L	strides	23	15	16	16	16	16	16	17	17	17	21	190				

FINAL - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN)

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																		
date	03-May-21	time	6.79	11.44	16.22	21.05	26.09	31.15	36.30	41.57	46.98	52.57		59.21	8 / 5			
reaction time	0.161	interval		4.65	4.78	4.83	5.04	5.06	5.15	5.27	5.41	5.59	6.64			14.26	15.25	16.27
		velocity	6.63	7.53	7.32	7.25	6.94	6.92	6.80	6.64	6.47	6.26	6.02	6.76		7.36	6.89	6.45
H1 lead leg	L	strides	23	16	16	16	16	16	17	17	17	17		171				

FINAL - 2020 Japanese High School National Championships (Hiroshima, JPN)

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																		
date	25-Oct-20	time	6.64	11.08	15.58	20.15	24.92	29.96	35.19	40.47	46.00	51.55		57.81	8 / 2			
reaction time	0.159	interval		4.44	4.50	4.57	4.77	5.04	5.23	5.28	5.53	5.55	6.26			13.51	15.04	16.36
		velocity	6.78	7.88	7.78	7.66	7.34	6.94	6.69	6.63	6.33	6.31	6.39	6.92		7.77	6.98	6.42
H1 lead leg		strides		16	16	16	16	16	17	17	17	17		148				

Oprya, Maryna (UKR) (1982)

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 European Cup (Munich, GER)																		
<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>																		
date	23-Jun-07	time	6.86	11.17	15.65	20.19	24.71	29.54	34.65	39.95	45.25	50.62						
reaction time	0.203	interval		4.31	4.48	4.54	4.52	4.83	5.11	5.30	5.30	5.37		DQ		13.33	14.46	15.97
		velocity	6.56	8.12	7.81	7.71	7.74	7.25	6.85	6.60	6.60	6.52				7.88	7.26	6.57
H1 lead leg		strides																

Ortiz, Yamelis (USA) (1978)

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 USATF National Junior Championships (Delaware, OH)																		
<i>USATF Women's Sprint Development (1996)</i>																		
date	29-Jun-96	time	7.01	11.61	16.11	20.85	25.60	30.63	36.09	41.81	47.76	53.58		60.28	2 / 4			
reaction time		interval		4.60	4.50	4.74	4.75	5.03	5.46	5.72	5.95	5.82	6.70			13.84	15.24	17.49
		velocity	6.42	7.61	7.78	7.38	7.37	6.96	6.41	6.12	5.88	6.01	5.97	6.64		7.59	6.89	6.00
H1 lead leg		strides																

Oshiden, Moe (JPN) (1993)

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2023 Michitaka Kinami Memorial (Osaka, JPN)																		
<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																		
date	06-May-23	time	6.81	11.51	16.28	21.19	26.19	31.28	36.49	41.78	47.13	52.64		59.03	8 / 2			
reaction time	0.155	interval		4.70	4.77	4.91	5.00	5.09	5.21	5.29	5.35	5.51	6.39			14.38	15.30	16.15
		velocity	6.61	7.45	7.34	7.13	7.00	6.88	6.72	6.62	6.54	6.35	6.26	6.78		7.30	6.86	6.50
H1 lead leg		strides		16	16	16	16	17	17	17	17	17		149				

C FINAL - 2023 Shizuoka International Meeting (Fukuroi, JPN)

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																		
date	03-May-23	time	6.91	11.65	16.48	21.34	26.25	31.28	36.44	41.71	47.11	52.68		59.10	8 / 2			
reaction time	0.196	interval		4.74	4.83	4.86	4.91	5.03	5.16	5.27	5.40	5.57	6.42			14.43	15.10	16.24
		velocity	6.51	7.38	7.25	7.20	7.13	6.96	6.78	6.64	6.48	6.28	6.23	6.77		7.28	6.95	6.47
H1 lead leg	R	strides	23	16	16	16	16	17	17	17	17	17	21.5	193.5				

C FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																		
date	06-Jun-21	time	6.89	11.51	16.20	20.92	25.78	30.78	35.94	41.24	46.78	52.45		59.09	5 / 1			
reaction time		interval		4.62	4.69	4.72	4.86	5.00	5.16	5.30	5.54	5.67	6.64			14.03	15.02	16.51
		velocity	6.53	7.58	7.46	7.42	7.20	7.00	6.78	6.60	6.32	6.17	6.02	6.77		7.48	6.99	6.36
H1 lead leg	L	strides	23	16	16	16	16	16	17	17	17	17	21.7	192.7				

FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN)

date	23-Aug-20	time	6.92	11.68	16.60	21.52	26.61
reaction time	0.164	interval	4.76	4.92	4.92	5.09	
		velocity	6.50	7.35	7.11	7.11	6.88
H1 lead leg		strides	16	16	16	16	

Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season

	31.87	37.30	42.89	48.92	55.59	63.18	3 / 9
	5.26	5.43	5.59	6.03	6.67	7.59	14.60 15.78 18.29
	6.65	6.45	6.26	5.80	5.25	5.27	6.33 7.19 6.65 5.74
	17	17	17	18	20	153	

FINAL - 2019 Japanese National Championships (Fukuoka, JPN)

date	30-Jun-19	time	6.77	11.24	15.90	20.67	25.53
reaction time	0.151	interval	4.47	4.66	4.77	4.86	
		velocity	6.65	7.83	7.51	7.34	7.20
H1 lead leg	R	strides	23	16	16	16	16

Yamanaka (2019) - research on athlete performance and technique- 2019 data book

	30.53	35.64	40.91	46.40	52.07	58.60	2 / 5
	5.00	5.11	5.27	5.49	5.67	6.53	13.90 14.97 16.43
	7.00	6.85	6.64	6.38	6.17	6.13	6.83 7.55 7.01 6.39
	17	17	17	17	17	21.7	193.7

A FINAL - 2019 Kinami Memorial (Osaka, JPN)

date	06-May-19	time	6.87	11.44	16.20	20.95	25.96
reaction time		interval	4.57	4.76	4.75	5.01	
		velocity	6.55	7.66	7.35	7.37	6.99
H1 lead leg		strides	16	16	16	16	

Matsubayashi (2019) - research on athlete performance and technique- 2019 data book

	31.08	36.32	41.57	46.96	52.45	58.88	2 / 4
	5.12	5.24	5.25	5.39	5.49	6.43	14.08 15.37 16.13
	6.84	6.68	6.67	6.49	6.38	6.22	6.79 7.46 6.83 6.51
	17	17	17	17	17	21	170

B FINAL - 2019 Shizuoka International Athletics Meeting (Fukuoki, JPN)

date	03-May-19	time	6.87	11.41	16.15	20.97	25.94
reaction time		interval	4.54	4.74	4.82	4.97	
		velocity	6.55	7.71	7.38	7.26	7.04
H1 lead leg		strides	16	16	16	16	

Kobayashi (2019) - research on athlete performance and technique- 2019 data book

	31.11	36.37	41.73	47.31	53.17	59.54	1 / 1
	5.17	5.26	5.36	5.58	5.86	6.37	14.10 15.40 16.80
	6.77	6.65	6.53	6.27	5.97	6.28	6.72 7.45 6.82 6.25
	17	17	17	17	17	149	

Oshiro, Funa (JPN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Japanese National High School Championships (Yamagata, JPN)																	
date	31-Jul-17	time	7.16	11.90	16.73	21.69	26.68	32.07	37.27	42.58	47.93	53.47	59.63	7 / 3			
reaction time	0.285	interval	4.74	4.83	4.96	4.99	5.39	5.20	5.31	5.35	5.54	6.16			14.53	15.58	16.20
		velocity	6.28	7.38	7.25	7.06	7.01	6.49	6.73	6.59	6.54	6.32	6.49	6.71	7.23	6.74	6.48
H1 lead leg		strides	17	17	17	17	18	18	18	18	18	18	158				

*Kota (2017) - 70th high school championships: JAF scientific committee- biomechanics data***Otsu, Yui (JPN) (2004)**

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese High School National Championships (Fukui, JPN)																	
date	30-Jul-21	time	6.90	11.54	16.48	21.57	26.80	32.22	37.79	43.62	49.50	55.49	62.06	1 / 7			
reaction time	0.190	interval	4.64	4.94	5.09	5.23	5.42	5.57	5.83	5.88	5.99	6.57			14.67	16.22	17.70
		velocity	6.52	7.54	7.09	6.88	6.69	6.46	6.28	6.00	5.95	5.84	6.09	6.45	7.16	6.47	5.93
H1 lead leg		strides	16	17	17	18	18	18	19	19	19	19	161				

*Shibayama (2021) - national high school and U20 national championships***Ou Ying (CHN) (2001)**

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Chinese National Championships (Quzhou, CHN)																	
date	16-Sep-24	time	6.96	11.46	16.10	20.79	25.57	30.44	35.75	41.07	46.71	52.60	59.12	1 / 8			
reaction time	0.240	interval	4.50	4.64	4.69	4.78	4.87	5.31	5.32	5.64	5.89	6.52			13.83	14.96	16.85
		velocity	6.47	7.78	7.54	7.46	7.32	7.19	6.59	6.58	6.21	5.94	6.13	6.77	7.59	7.02	6.23
H1 lead leg	L	strides	23	16	16	16	16	16	17	17	18	18	21	194			

*Shandong Athletics Sport Science (2024)***FINAL - 2024 Chinese National Grand Prix Final (Rizhao, CHN)**

date	29-Jun-24	time	6.91	11.31	15.83	20.47	25.32	30.46	35.62	40.96	46.46	52.27	59.02	8 / 6			
reaction time	0.266	interval	4.40	4.52	4.64	4.85	5.14	5.16	5.34	5.50	5.81	6.75			13.56	15.15	16.65
		velocity	6.51	7.95	7.74	7.54	7.22	6.81	6.78	6.55	6.36	6.02	5.93	6.78	7.74	6.93	6.31
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	18	21.7	194.7			

*Shandong Athletics Sport Science (2024)***FINAL - 2024 Second Belt & Road Invitational Athletics Meeting (Chongqing, CHN)**

date	29-May-24	time	6.99	11.48	16.10	20.72	25.52	30.66	36.10	41.66	47.28	53.02	59.42	7 / 5			
reaction time	0.216	interval	4.49	4.62	4.62	4.80	5.14	5.44	5.56	5.62	5.74	6.40			13.73	15.38	16.92
		velocity	6.44	7.80	7.58	7.58	7.29	6.81	6.43	6.29	6.23	6.10	6.25	6.73	7.65	6.83	6.21
H1 lead leg	L	strides	23	16	16	16	16	17	18	18	18	18	21.5	197.5			

*Shandong Athletics Sport Science (2024)***FINAL - 2021 Chinese National Championships (Chongqing, CHN)**

date	26-Jun-21	time	6.98	11.58	16.28	21.00	25.90	31.06	36.26	41.68	47.46	53.42	59.81	7 / 4			
reaction time	0.192	interval	4.60	4.70	4.72	4.90	5.16	5.20	5.42	5.78	5.96	6.39			14.02	15.26	17.16
		velocity	6.45	7.61	7.45	7.42	7.14	6.78	6.73	6.46	6.06	5.87	6.26	6.69	7.49	6.88	6.12
H1 lead leg	L	strides	24	17	17	17	17	17	17	18	19	19	22	204			

*CAA Hurdle Development (2021)***Heat 4 - 2021 Chinese National Championships (Chongqing, CHN)**

date	26-Jun-21	time	6.98	11.46	16.07	20.71	25.50	30.57	35.84	41.32	46.89	52.56	59.24	6 / 3			
reaction time	0.240	interval	4.48	4.61	4.64	4.79	5.07	5.27	5.48	5.57	5.67	6.68			13.73	15.13	16.72
		velocity	6.45	7.81	7.59	7.54	7.31	6.90	6.64	6.39	6.28	6.17	5.99	6.75	7.65	6.94	6.28
H1 lead leg	L	strides	24	17	17	17	17	17	17	18	18	18	22	202			

*CAA Hurdle Development (2021)***FINAL - 2021 East China District Meeting (Zhaoqing, CHN)**

date	25-Apr-21	time	6.98	11.64	16.42	21.32	26.38	31.66	37.20	42.86	48.54	54.32	61.01	8 / 6			
reaction time	0.237	interval	4.66	4.78	4.90	5.06	5.28	5.54	5.66	5.68	5.78	6.69			14.34	15.88	17.12
		velocity	6.45	7.51	7.32	7.14	6.92	6.63	6.32	6.18	6.16	6.06	5.98	6.56	7.32	6.61	6.13
H1 lead leg	L	strides	24	17	17	17	17	17	18	18	18	19	22	204			

*CAA Hurdle Development (2021)***Heat 3 - 2021 East China District Meeting (Zhaoqing, CHN)***CAA Hurdle Development (2021)*

date	25-Apr-21	time	7.16	11.79	16.57	21.37	26.31		31.41	36.84	42.48	48.30	54.10		60.65	3 / 2			
reaction time	0.255	interval		4.63	4.78	4.80	4.94		5.10	5.43	5.64	5.82	5.80	6.55			14.21	15.47	17.26
		velocity	6.28	7.56	7.32	7.29	7.09		6.86	6.45	6.21	6.01	6.03	6.11	6.60		7.39	6.79	6.08
H1 lead leg	L	strides	24	17	17	17	17		17	18	18	19	19	22	205				

FINAL - 2020 Chinese National Championships (Shaoying, CHN)

CAA Hurdle Development (2020)

date	17-Sep-20	time	6.87	11.46	16.04	20.71	25.46		30.54	35.79	41.17	46.71	52.38		58.80	5 / 4			
reaction time		interval		4.59	4.58	4.67	4.75		5.08	5.25	5.38	5.54	5.67	6.42	PB		13.84	15.08	16.59
		velocity	6.55	7.63	7.64	7.49	7.37		6.89	6.67	6.51	6.32	6.17	6.23	6.80		7.59	6.96	6.33
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	18	19	21	201				

FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)

CAA Hurdle Development (2019)

date	23-Aug-19	time	7.04	11.56	16.22	20.94	25.93		31.03	36.39	42.04	fell			68.86	4 / --			
reaction time	0.234	interval		4.52	4.66	4.72	4.99		5.10	5.36	5.65				DQ		13.90	15.45	
		velocity	6.39	7.74	7.51	7.42	7.01		6.86	6.53	6.19				5.81		7.55	6.80	
H1 lead leg	L	strides	24	17	17	17	17		17	17	17				143				

Heat 2 - 2019 Chinese National Grand Prix Final (Daqing, CHN)

CAA Hurdle Development (2019)

date	22-Aug-19	time	7.04	11.60	16.25	20.97	25.89		31.13	36.47	41.99	47.65	53.49		59.81	6 / 2			
reaction time	0.249	interval		4.56	4.65	4.72	4.92		5.24	5.34	5.52	5.66	5.84	6.32			13.93	15.50	17.02
		velocity	6.39	7.68	7.53	7.42	7.11		6.68	6.55	6.34	6.18	5.99	6.33	6.69		7.54	6.77	6.17
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	18	18	21	200				

U20 Heat 2 - 2019 Chinese National Youth Games (Taiyuan, CHN)

CAA Hurdle Development (2019)

date	17-Aug-19	time	7.26	11.98	16.76	21.82	26.88		32.14	37.40	42.80	53.34	59.54		66.39	6 / 5			
reaction time	0.246	interval		4.72	4.78	5.06	5.06		5.26	5.26	5.40	10.54	6.20	6.85			14.56	15.58	22.14
		velocity	6.20	7.42	7.32	6.92	6.92		6.65	6.65	6.48	3.32	5.65	5.84	6.03		7.21	6.74	4.74
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	fell	19	21.5	183.5				

FINAL - 2019 Chinese National Championships (Shenyang, CHN)

CAA Hurdle Development (2019)

date	10-Jul-19	time	6.94	11.52	16.18	20.94	25.89		31.06	36.37	41.77	47.26	52.93		59.30	7 / 7			
reaction time	0.245	interval		4.58	4.66	4.76	4.95		5.17	5.31	5.40	5.49	5.67	6.37			14.00	15.43	16.56
		velocity	6.48	7.64	7.51	7.35	7.07		6.77	6.59	6.48	6.38	6.17	6.28	6.75		7.50	6.80	6.34
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	17	18	21.2	199.2				

Heat 3 - 2019 Chinese National Championships (Shenyang, CHN)

CAA Hurdle Development (2019)

date	09-Jul-19	time	7.19	11.86	16.65	21.52	26.57		31.80	37.03	42.34	47.81	53.40		59.61	8 / 2			
reaction time	0.299	interval		4.67	4.79	4.87	5.05		5.23	5.23	5.31	5.47	5.59	6.21			14.33	15.51	16.37
		velocity	6.26	7.49	7.31	7.19	6.93		6.69	6.69	6.59	6.40	6.26	6.44	6.71		7.33	6.77	6.41
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	17	18	21.2	199.2				

FINAL - 2019 Chinese National Grand Prix 4 (Luoyang, CHN)

CAA Hurdle Development (2019)

date	29-May-19	time	7.07	11.73	16.48	21.27	26.32		31.56	36.88	42.31	47.88	53.55		59.71	4 / 2			
reaction time		interval		4.66	4.75	4.79	5.05		5.24	5.32	5.43	5.57	5.67	6.16			14.20	15.61	16.67
		velocity	6.36	7.51	7.37	7.31	6.93		6.68	6.58	6.45	6.28	6.17	6.49	6.70		7.39	6.73	6.30
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	18	18	21	200				

Heat 4 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)

CAA Hurdle Development (2019)

date	07-Apr-19	time	6.97	11.63	16.43	21.25	26.31		31.55	36.95	42.52	48.23	54.29		61.52	4 / 3			
reaction time	0.280	interval		4.66	4.80	4.82	5.06		5.24	5.40	5.57	5.71	6.06	7.23			14.28	15.70	17.34
		velocity	6.46	7.51	7.29	7.26	6.92		6.68	6.48	6.28	6.13	5.78	5.53	6.50		7.35	6.69	6.06
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	18	19	22.5	202.5				

FINAL - 2018 Chinese National Championships (Taiyuan, CHN)

Henson (2018) - coaching observations

date	16-Sep-18	time	7.00	11.65	16.42	21.28	26.26		31.46	36.78	42.16	47.78	53.67		60.42	6 / 6			
reaction time		interval		4.65	4.77	4.86	4.98		5.20	5.32	5.38	5.62	5.89	6.75			14.28	15.50	16.89
		velocity	6.43	7.53	7.34	7.20	7.03		6.73	6.58	6.51	6.23	5.94	5.93	6.62		7.35	6.77	6.22
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	17	18	22	200				

Heat 1 - 2018 Chinese National Championships (Taiyuan, CHN)

Henson (2018) - coaching observations

date	15-Sep-18	time	7.02	11.61	16.37	21.10	26.00		31.10	36.28	41.57	47.01	52.69		59.16	6 / 2			
reaction time		interval		4.59	4.76	4.73	4.90		5.10	5.18	5.29	5.44	5.68	6.47	PB		14.08	15.18	16.41
		velocity	6.41	7.63	7.35	7.40	7.14		6.86	6.76	6.62	6.43	6.16	6.18	6.76		7.46	6.92	6.40
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	17	18	21.7	199.7				

Overholt, Brooke (CAN) (2000)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 NCAA Championships (Austin, TX) (TV Analysis)																			
Henson (2023) - Athlete First: 2023 year end hurdle report																			
date	10-Jun-23	time	6.50	10.67	14.98	19.48	24.12		28.96	33.90	39.00	44.21	49.52		55.50	4 / 4			
reaction time		interval		4.17	4.31	4.50	4.64		4.84	4.94	5.10	5.21	5.31	5.98	PB		12.98	14.42	15.62
		velocity	6.92	8.39	8.12	7.78	7.54		7.23	7.09	6.86	6.72	6.59	6.69	7.21		8.09	7.28	6.72
H1 lead leg	L	strides	24	15	15	15	15		16	16	17	17	17	20	187				

Palmqvist, Hanna (SWE) (1996)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Bauhaus Galan (Stockholm, SWE) (TV Analysis)																			
Henson (2020) - Athlete First: 2020 year end hurdle report																			
date	23-Aug-20	time	6.23	10.47	14.80	19.37	24.23	26.4	29.30		39.77	45.47	51.47		58.56	1 / 8			
reaction time	0.168	interval		4.24	4.33	4.57	4.86		5.07		10.47	5.70	6.00	7.09			13.14		
		velocity	7.22	8.25	8.08	7.66	7.20	7.58	6.90		6.69	6.14	5.83	5.64	6.83		7.99		

H1 lead leg	L	strides	21	15	15	16	16	16	18	18	22.2	141.2							
Pan Jianan (CHN) (2002)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)																			
<i>CAA Hurdle Development (2019)</i>																			
date	17-Aug-19	time	6.92	11.32	16.20	21.16	26.34		31.70	37.22	43.32	49.60	55.98		63.98	9 / 5			
reaction time	0.249	interval	4.40	4.88	4.96	5.18		5.36	5.52	6.10	6.28	6.38	8.00				14.24	16.06	18.76
		velocity	6.50	7.95	7.17	7.06	6.76		6.53	6.34	5.74	5.57	5.49	5.00	6.25		7.37	6.54	5.60
H1 lead leg	L	strides	23	15	17	17	17		17	17	19	19	19	24.2	204.2				
Paniagua, Eva (ESP) (1974)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1998 Spanish National Championships (San Sebastián, ESP)																			
<i>Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas</i>																			
date	02-Aug-98	time	6.74	11.30	15.86	20.52	25.40		30.36	35.58	40.96	46.51	52.24		59.00	5 / 1			
reaction time		interval	4.56	4.56	4.66	4.88		4.96	5.22	5.38	5.55	5.73	6.76				13.78	15.06	16.66
		velocity	6.68	7.68	7.68	7.51	7.17		7.06	6.70	6.51	6.31	6.11	5.92	6.78		7.62	6.97	6.30
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	17	17	20.5	184.5				
Parris-Thymes, Debbie (JAM) (1973)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2002 IAAF World Cup (Madrid, ESP)																			
<i>Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas</i>																			
date	20-Sep-02	time	6.49	10.86	15.38	19.90	24.72		29.51	34.70	39.87	45.32	50.96		57.36	1 / 6			
reaction time	0.154	interval	4.37	4.52	4.52	4.82		4.79	5.19	5.17	5.45	5.64	6.40				13.41	14.80	16.26
		velocity	6.93	8.01	7.74	7.74	7.26		7.31	6.74	6.77	6.42	6.21	6.25	6.97		7.83	7.09	6.46
H1 lead leg	R	strides	25	17	17	17	17		17	17	17	18	19	21.5	202.5				
FINAL - 2001 IAAF World Championships (Edmonton, CAN)																			
<i>Behm (2001) - Edmonton: Le quatrache: les finales</i>																			
date	08-Aug-01	time	6.3	10.5	14.8	19.1	23.4		27.9	32.8	37.9	42.9	48.3		54.68	1 / 5			
reaction time	0.151	interval	4.20	4.30	4.30	4.30		4.50	4.90	5.10	5.00	5.40	6.38				12.80	13.70	15.50
		velocity	7.14	8.33	8.14	8.14	8.14		7.78	7.14	6.86	7.00	6.48	6.27	7.32		8.20	7.66	6.77
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	17	17	21.5	193.5				
FINAL - 1999 IAAF World Championships (Sevilla, ESP)																			
<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>																			
date	25-Aug-99	time	6.53	10.91	15.33	19.91	24.57		29.46	34.41	39.35	44.47	49.77		56.24	8 / 8			
reaction time	0.239	interval	4.38	4.42	4.58	4.66		4.89	4.95	4.94	5.12	5.30	6.47				13.38	14.50	15.36
		velocity	6.89	7.99	7.92	7.64	7.51		7.16	7.07	7.09	6.84	6.60	6.18	7.11		7.85	7.24	6.84
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	17	17	20.5	198				
Semi-Final 2 - 1999 IAAF World Championships (Sevilla, ESP)																			
<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>																			
date	23-Aug-99	time	6.16	10.47	14.88	19.42	24.08		28.87	33.51	38.32	43.28	48.34		54.81	5 / 4			
reaction time	0.155	interval	4.31	4.41	4.54	4.66		4.79	4.64	4.81	4.96	5.06	6.47				13.26	14.09	14.83
		velocity	7.31	8.12	7.94	7.71	7.51		7.31	7.54	7.28	7.06	6.92	6.18	7.30		7.92	7.45	7.08
H1 lead leg	L	strides	23	16	16	17	17		16	16	17	17	17	21	193				
Paris, Debbie-Ann (JAM) (1973)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1997 IAAF World Championships (Athens, GRE)																			
<i>Hommel (1999) - biomechanical research project, athens 1997: final report</i>																			
date	08-Aug-97	time	6.44	10.83	14.78	19.38	23.52		28.46	33.20	38.00	43.04	48.24		54.19	8 / 5			
reaction time	0.206	interval	4.39	3.95	4.60	4.14		4.94	4.74	4.80	5.04	5.20	5.95				12.94	13.82	15.04
		velocity	6.99	7.97	8.86	7.61	8.45		7.09	7.38	7.29	6.94	6.73	6.72	7.38		8.11	7.60	6.98
H1 lead leg		strides																	
FINAL - 1996 Olympic Games (Atlanta, GA)																			
<i>Behm (1996) - 400m haies</i>																			
date	31-Jul-96	time	6.6	10.7	15.0	19.3	23.7		28.3	33.1	37.9	42.8	48.1		53.97	2 / 4			
reaction time	0.217	interval	4.10	4.30	4.30	4.40		4.60	4.80	4.80	4.90	5.30	5.87	PB			12.70	13.80	15.00
		velocity	6.82	8.54	8.14	8.14	7.95		7.61	7.29	7.29	7.14	6.60	6.81	7.41		8.27	7.61	7.00
H1 lead leg		strides	24	16	16	16	16		16	16	17	17	18	172					
Payne, Kymber (USA) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 USATF National Championships (Des Moines, IA) (TV Analysis)																			
<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																			
date	24-Jun-18	time	6.47	10.67	14.91	19.32	23.75		28.46	33.30	38.27	43.44	48.91		55.54	6 / 4			
reaction time		interval	4.20	4.24	4.41	4.43		4.71	4.84	4.97	5.17	5.47	6.63				12.85	13.98	15.61
		velocity	6.96	8.33	8.25	7.94	7.90		7.43	7.23	7.04	6.77	6.40	6.03	7.20		8.17	7.51	6.73
H1 lead leg	L	strides	24	15	15	15	15		16	16	17	17	17	20	187				
FINAL - 2018 NCAA Championships (Eugene, OR) (TV Analysis)																			
<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																			
date	09-Jun-18	time	6.73	10.93	15.20	19.53	23.96		28.73	33.70		44.33	50.03		56.88	6 / 3			
reaction time		interval	4.20	4.27	4.33	4.43		4.77	4.97		10.63	5.70	6.85				12.80	14.17	16.33
		velocity	6.69	8.33	8.20	8.08	7.90		7.34	7.04		6.59	6.14	5.84	7.03		8.20	7.41	6.43
H1 lead leg	L	strides	24	15		15	15		16	16	17		18	136					
Pechonkina, Yuliya (RUS) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 IAAF World Championships (Osaka, JPN)																			
<i>Ae (2008) - IAAF biomechanics team - a booklet of biomechanics data</i>																			
date	30-Aug-07	time	6.40	10.47	14.60	18.83	23.20		27.60	32.12	36.93	42.00	47.22		53.50	6 / 2			
reaction time	0.148	interval	4.07	4.13	4.23	4.37		4.40	4.52	4.81	5.07	5.22	6.28				12.43	13.29	15.10
		velocity	7.03	8.60	8.47	8.27	8.01		7.95	7.74	7.28	6.90	6.70	6.37	7.48		8.45	7.90	6.95
H1 lead leg	L	strides	22	15	15	15	15		15	15	17	17	17	20	183				
FINAL - 2007 European Cup (Munich, GER)																			
<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>																			
date	23-Jun-07	time	6.63	10.79	15.04	19.31	23.67		28.13	32.75	37.61	42.63	47.81		54.04	1 / 1			
reaction time	0.134	interval	4.16	4.25	4.27	4.36		4.46	4.62	4.86	5.02	5.18	6.23				12.68	13.44	15.06
		velocity	6.79	8.41	8.24	8.20	8.03		7.85	7.58	7.20	6.97	6.76	6.42	7.40		8.28	7.81	6.97

H1 lead leg strides

FINAL - 2005 IAAF World Championships (Helsinki, FIN)*Behm (2005) - Helsinki 2005; Les haies - La revanche des lutins*

date	13-Aug-05	time	6.3	10.5	14.8	18.8	23.1	27.5	31.9	36.6	41.6	46.6	52.90	4 / 1	12.50	13.10	14.70
reaction time	0.144	interval		4.20	4.30	4.00	4.30	4.40	4.40	4.70	5.00	5.00	6.30				
		velocity	7.14	8.33	8.14	8.75	8.14	7.95	7.95	7.45	7.00	7.00	6.35	7.56	8.40	8.02	7.14
H1 lead leg	L	strides	22	15	15	15	15	15	15	17	17	17	20	183			

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

date	25-Aug-04	time	6.4	10.5	14.7	18.9	23.3	27.9	32.5	37.7	42.9	48.5	55.79	6 / 8	12.50	13.60	16.00
reaction time	0.244	interval		4.10	4.20	4.20	4.40	4.60	4.60	5.20	5.20	5.60	7.29				
		velocity	7.03	8.54	8.33	8.33	7.95	7.61	7.61	6.73	6.73	6.25	5.49	7.17	8.40	7.72	6.56
H1 lead leg	L	strides	22	15	15	15	15	15	15	17	17	17	163				

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

date	28-Aug-03	time	6.3	10.3	14.3	18.4	22.7	27.1	31.6	36.6	41.7	47.1	53.71	5 / 3	12.10	13.20	15.50
reaction time	0.128	interval		4.00	4.00	4.10	4.30	4.40	4.50	5.00	5.10	5.40	6.61				
		velocity	7.14	8.75	8.75	8.54	8.14	7.95	7.78	7.00	6.86	6.48	6.05	7.45	8.68	7.95	6.77
H1 lead leg	L	strides	22	15	15	15	15	15	15	17	17	17	19.5	182.5			

FINAL - 2003 Russian National Championships (Tula, RUS)*Vazel (2019) - statistical analysis and historical context of the new 400H world record*

date	08-Aug-03	time	6.3	10.3	14.3	18.5	22.9	27.4	31.9	36.5	41.2	46.3	52.34	4 / 1	12.20	13.40	14.40
reaction time		interval		4.0	4.2	4.4		4.5	4.5	4.6	4.7	5.1	6.04				
		velocity	7.14	8.75	8.75	8.33	7.95	7.78	7.78	7.61	7.45	6.86	6.62	7.64	8.61	7.84	7.29
H1 lead leg	L	strides	22	15	15	15	15	15	15	17	17	17	20.2	183.2			

FINAL - 2002 IAAF World Cup (Madrid, ESP)*Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas*

date	20-Sep-02	time	6.49	10.55	14.77	18.94	23.29	27.77	32.37	37.26	42.31	47.48	53.74	3 / 1	12.45	13.43	15.11
reaction time	0.184	interval		4.06	4.22	4.17	4.35	4.48	4.60	4.89	5.05	5.17	6.26				
		velocity	6.93	8.62	8.29	8.39	8.05	7.81	7.61	7.16	6.93	6.77	6.39	7.44	8.43	7.82	6.95
H1 lead leg	L	strides	22	15	15	15	15	15	15	16	16	17	20	181			

*Nosova, Yuliya (RUS) (1978)***FINAL - 2001 ISTAF (Berlin, GER)***Graubner (2009) - http://www.fgs.uni-halle.de*

date	31-Aug-01	time	6.62	10.78	15.03	19.36	23.78	28.30	33.11	38.09	43.21	48.62	54.62	1 / 1	12.74	13.75	15.51
reaction time	0.233	interval		4.16	4.25	4.33	4.42	4.52	4.81	4.98	5.12	5.41	6.00				
		velocity	6.80	8.41	8.24	8.08	7.92	7.74	7.28	7.03	6.84	6.47	6.67	7.32	8.24	7.64	6.77
H1 lead leg		strides															

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

date	08-Aug-01	time	6.3	10.5	14.7	19.0	23.4	27.9	32.7	37.7	42.7	47.9	54.27	5 / 2	12.70	13.70	15.20
reaction time	0.123	interval		4.20	4.20	4.30	4.40	4.50	4.80	5.00	5.00	5.20	6.37				
		velocity	7.14	8.33	8.33	8.14	7.95	7.78	7.29	7.00	7.00	6.73	6.28	7.37	8.27	7.66	6.91
H1 lead leg	L	strides	22	15	15	15	15	15	16	16	16	17	20.5	182.5			

FINAL - 2001 European Cup (Bremen, GER)*Graubner (2007) - http://www.fgs.uni-halle.de*

date	23-Jun-01	time	6.62	10.74	14.90	19.12	23.51	27.99	32.76	37.66	42.70	47.83	53.84	1 / 1	12.50	13.64	15.07
reaction time		interval		4.12	4.16	4.22	4.39	4.48	4.77	4.90	5.04	5.13	6.01				
		velocity	6.80	8.50	8.41	8.29	7.97	7.81	7.34	7.14	6.94	6.82	6.66	7.43	8.40	7.70	6.97
H1 lead leg		strides															

*Pedroso, Yadisleidis (ITA) (1987)***Semi-Final 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)***Henson (2024) - Athlete First: 2021 year end hurdle report*

date	02-Aug-21	time	6.50	10.73	15.16	19.60	24.20	28.90	33.86	38.90	44.23	49.56	55.80	2 / 5	13.10	14.26	15.70
reaction time	0.181	interval		4.23	4.43	4.44	4.60	4.70	4.96	5.04	5.33	5.33	6.24				
		velocity	6.92	8.27	7.90	7.88	7.61	7.45	7.06	6.94	6.57	6.57	6.41	7.17	8.02	7.36	6.69
H1 lead leg	R	strides	24	16	16	16	16	16	17	17	17	18	21	195			

Heat 1 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)*Henson (2024) - Athlete First: 2021 year end hurdle report*

date	31-Jul-21	time	6.43	10.63	14.93	19.47	24.03	28.77	33.67	38.60	43.70	49.33	55.57	6 / 5	13.04	14.20	15.66
reaction time	0.186	interval		4.20	4.30	4.54	4.56	4.74	4.90	4.93	5.10	5.63	6.24				
		velocity	7.00	8.33	8.14	7.71	7.68	7.38	7.14	7.10	6.86	6.22	6.41	7.20	8.05	7.39	6.70
H1 lead leg	R	strides	24	16	16	16	16	17	17	17	17	19	21.2	196.2			

Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)*Henson (2020) - Athlete First: 2019 year end hurdle report*

date	02-Oct-19	time	6.54	10.84	15.18	24.26	28.93	33.76	38.74	43.84	49.15	55.40	8 / 4	15.39			
reaction time	0.208	interval		4.30	4.34	9.08	4.67	4.83	4.98	5.10	5.31	6.25					
		velocity	6.88	8.14	8.06	7.71	7.49	7.25	7.03	6.86	6.59	6.40	7.22				6.82
H1 lead leg	R	strides	24	16	16		16	16	17	17	17	21	143				

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

date	03-May-19	time	6.71	11.08	15.51	20.12	24.72	26.8	29.46	34.37	39.44	44.64	50.38	57.20	8 / 9	13.41	14.25	16.01
reaction time	0.257	interval		4.37	4.43	4.61	4.60	4.74	4.91	5.07	5.20	5.74	6.82					
		velocity	6.71	8.01	7.90	7.59	7.61	7.46	7.38	7.13	6.90	6.73	6.10	5.87	6.99	7.83	7.37	6.56
H1 lead leg	R	strides	24	16	16	16	16	16	16	16	17	17	18	22	194			

FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis)*Henson (2020) - Athlete First: 2018 year end hurdle report*

date	07-Jun-18	time	6.40	10.64	15.00	19.56	24.24	26.3	28.96	33.96	38.92	44.04	49.24	55.47	6 / 7			
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reaction time	0.226	interval	4.24	4.36	4.56	4.68		4.72	5.00	4.96	5.12	5.20	6.23		13.16	14.40	15.28		
		velocity	7.03	8.25	8.03	7.68	7.48	7.60	7.42	7.00	7.06	6.84	6.73	6.42	7.21	7.98	7.29	6.87	
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	17	17	171					
FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)													<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>						
date	31-May-18	time	6.48	10.80	15.20	19.76	24.44		29.16	34.04	39.00	44.08	49.28	55.43	8 / 5				
reaction time	0.226	interval	4.32	4.40	4.56	4.68		4.72	4.88	4.96	5.08	5.20	6.15		13.28	14.28	15.24		
		velocity	6.94	8.10	7.95	7.68	7.48		7.42	7.17	7.06	6.89	6.73	6.50	7.22	7.91	7.35	6.89	
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	17	17	20.7	191.7				
FINAL - 2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)													<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>						
date	08-Jun-17	time	6.52	10.80	15.24	19.76	24.40		29.32	34.16	39.12	44.28	49.56	55.70	7 / 7				
reaction time	0.200	interval	4.28	4.44	4.52	4.64		4.92	4.84	4.96	5.16	5.28	6.14		13.24	14.40	15.40		
		velocity	6.90	8.18	7.88	7.74	7.54		7.11	7.23	7.06	6.78	6.63	6.51	7.18	7.93	7.29	6.82	
H1 lead leg	R	strides	24	16	16	16	16		16	16	17	18	18	21	194				
Semi-Final 1 - 2014 European Championships (Zurich, SUI)													<i>Incalza (2014) - FIDAL - https://www.youtube.com/watch?v=EnXI2yLcGsg&list=UU7691fXeyNFIMROfkJ-WWUg</i>						
date	14-Aug-14	time	6.69	11.01	15.53	20.00	24.53	26.42	29.17	34.03	39.08	44.25	49.70	56.07	8 / 3				
reaction time	0.188	interval	4.32	4.52	4.47	4.53		4.64	4.86	5.05	5.17	5.45	6.37		13.31	14.03	15.67		
		velocity	6.73	8.10	7.74	7.83	7.73	7.57	7.54	7.20	6.93	6.77	6.42	6.28	7.13	7.89	7.48	6.70	
H1 lead leg	R	strides	25	16	16	16	16		16	16	17	17	18	21.5	194.5				
Peeters, Cathelijm (NED) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Athletissima (Lausanne, SUI)													<i>Omega Timing (2024) - diamond league race analysis</i>						
date	22-Aug-24	time	6.62	10.77	15.04	19.41	23.94		28.74	33.87	39.26	44.65	50.13	56.28	2 / 7				
reaction time	0.244	interval	4.15	4.27	4.37	4.53		4.80	5.13	5.39	5.39	5.48	6.15		12.79	14.46	16.26		
		velocity	6.80	8.43	8.20	8.01	7.73		7.29	6.82	6.49	6.49	6.39	6.50	7.11	8.21	7.26	6.46	
H1 lead leg	R	strides	23	15	15	15	15				17	17	17	134					
Semi-Final 1 - 2024 Olympic Games (Paris, FRA)													<i>Paris 2024 Olympc Games - Results Book (2024)</i>						
date	06-Aug-24	time	6.63	10.84	15.08	19.42	23.81		28.43	33.38	38.46	43.75	49.25	55.20	9 / 7				
reaction time	0.219	interval	4.21	4.24	4.34	4.39		4.62	4.95	5.08	5.29	5.50	5.95		12.79	13.96	15.87		
		velocity	6.79	8.31	8.25	8.06	7.97		7.58	7.07	6.89	6.62	6.36	6.72	7.25	8.21	7.52	6.62	
H1 lead leg	R	strides	23	15	15	15	15		15	16		18		132					
Heat 1 - 2024 Olympic Games (Paris, FRA)													<i>Paris 2024 Olympc Games - Results Book (2024)</i>						
date	04-Aug-24	time	6.56	10.75	15.00	19.41	23.89		28.55	33.56	38.58	43.75	49.01	54.84	8 / 4				
reaction time	0.212	interval	4.19	4.25	4.41	4.48		4.66	5.01	5.02	5.17	5.26	5.83		12.85	14.15	15.45		
		velocity	6.86	8.35	8.24	7.94	7.81		7.51	6.99	6.97	6.77	6.65	6.86	7.29	8.17	7.42	6.80	
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	16	18	20	184				
FINAL - 2024 London Athletics Meet (London, GBR)													<i>Omega Timing (2024) - diamond league race analysis</i>						
date	20-Jul-24	time	6.56	10.73	14.97	19.28	23.68		28.23	33.07	38.08	43.36	48.68	54.50	2 / 6				
reaction time	0.196	interval	4.17	4.24	4.31	4.40		4.55	4.84	5.01	5.28	5.32	5.82		12.72	13.79	15.61		
		velocity	6.86	8.39	8.25	8.12	7.95		7.69	7.23	6.99	6.63	6.58	6.87	7.34	8.25	7.61	6.73	
H1 lead leg	L	strides	23	15		15	15		15	16		17		116					
FINAL - 2024 European Athletics Championships (Roma, ITA)													<i>European Athletics (2024) - 2024 european athletics championships - results book</i>						
date	11-Jun-24	time	6.75	10.95	15.20	19.59	24.12		28.69	33.49	38.42	43.50	48.71	54.37	9 / 3				
reaction time	0.266	interval	4.20	4.25	4.39	4.53		4.57	4.80	4.93	5.08	5.21	5.66		12.84	13.90	15.22		
		velocity	6.67	8.33	8.24	7.97	7.73		7.66	7.29	7.10	6.89	6.72	7.07	7.36	8.18	7.55	6.90	
H1 lead leg	R	strides	23	15	15	15	15		15	16		17	20	151					
Semi-Final 3 - 2024 European Athletics Championships (Roma, ITA)													<i>European Athletics (2024) - 2024 european athletics championships - results book</i>						
date	10-Jun-24	time	6.55	10.75	15.09	19.45	23.90		28.54	33.39	38.47	43.73	48.99	54.66	5 / 2				
reaction time	0.229	interval	4.20	4.34	4.36	4.45		4.64	4.85	5.08	5.26	5.26	5.67		12.90	13.94	15.60		
		velocity	6.87	8.33	8.06	8.03	7.87		7.54	7.22	6.89	6.65	6.65	7.05	7.32	8.14	7.53	6.73	
H1 lead leg	R	strides	23	15	15	15	15		15	16	17	17	17	20	185				
FINAL - 2024 Bauhaus Galan (Stockholm, SWE)													<i>Omega Timing (2024) - diamond league race analysis</i>						
date	02-Jun-24	time	6.77	10.95	15.20	19.58	24.14		28.88	33.93	39.21	44.57	50.08	56.03	3 / 7				
reaction time	0.279	interval	4.18	4.25	4.38	4.56		4.74	5.05	5.28	5.36	5.51	5.95		12.81	14.35	16.15		
		velocity	6.65	8.37	8.24	7.99	7.68		7.38	6.93	6.63	6.53	6.35	6.72	7.14	8.20	7.32	6.50	
H1 lead leg	R	strides	23	15		15	15		16	17	17	17	17	152					
Semi-Final 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)													<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>						
date	22-Aug-23	time	6.50	10.64	14.91	19.22	23.72		33.36	38.40	43.51	48.71		54.63	4 / 5				
reaction time	0.248	interval	4.14	4.27	4.31	4.50		4.64	5.04	5.11	5.20	5.92		12.72	14.14	15.35			
		velocity	6.92	8.45	8.20	8.12	7.78		7.26	6.94	6.85	6.73	6.76	7.32	8.25	7.43	6.84		
H1 lead leg	R	strides	22	15	15	15	15		16	16	16	16	19.2	165.2					
Heat 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)													<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>						
date	21-Aug-23	time	6.60	10.53	14.66	18.80	23.23		27.83		38.00	43.40	48.83	54.95	2 / 4				
reaction time	0.247	interval	3.93	4.13	4.14	4.43		4.60		10.17	5.40	5.43	6.12		12.20				
		velocity	6.82	8.91	8.47	8.45	7.90		7.61	6.88	6.48	6.45	6.54	7.28	8.61				
H1 lead leg	R	strides	22	15	15	15	15		155		16	17	17	19.7	291.7				

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Pérec, Marie-José (FRA) (1968)																		
FINAL - 1995 Weltklasse (Zurich, SUI)																		
date	19-Aug-95	time	6.3	10.3	14.4	18.7	23.2	27.7	32.1	36.8	42.1	47.1		53.21	6 / 2			
reaction time		interval		4.00	4.10	4.30	4.50	4.50	4.40	4.70	5.30	5.00	6.11	NR / PB		12.40	13.40	15.00
		velocity	7.14	8.75	8.54	8.14	7.78	7.78	7.95	7.45	6.60	7.00	6.55	7.52		8.47	7.84	7.00
H1 lead leg	L	strides	21	14	14	15	14	14	14	14	16	15	18.5	169.5				
FINAL - 1995 Bislett Games (Oslo, NOR)																		
date	21-Jul-95	time	6.6	10.9	15.2	19.5	23.9	28.5	33.4	38.1	43.2	48.3		53.92	/ 1			
reaction time		interval		4.30	4.30	4.30	4.40	4.60	4.90	4.70	5.10	5.10	5.62	PB		12.90	13.90	14.90
		velocity	6.82	8.14	8.14	8.14	7.95	7.61	7.14	7.45	6.86	6.86	7.12	7.42		8.14	7.55	7.05
H1 lead leg		strides		14	14	14	14	14	14	14	14	15		127				
FINAL - 1995 Gaz de France (Paris, FRA)																		
date	03-Jul-95	time	6.3	10.6	14.8	19.3	23.8	28.4	33.2	38.2	43.3	48.7		54.48	/ 1			
reaction time		interval		4.30	4.20	4.50	4.50	4.60	4.80	5.00	5.10	5.40	5.78	PB		13.00	13.90	15.50
		velocity	7.14	8.14	8.33	7.78	7.78	7.61	7.29	7.00	6.86	6.48	6.92	7.34		8.08	7.55	6.77
H1 lead leg		strides	20	14	14	14	14	14	15	15	15	15		150				
FINAL - 1995 European Cup (Villeneuve d'Ascq, FRA)																		
date	24-Jun-95	time	6.6	10.9	15.3	19.7	24.3	28.9	33.7	38.7	43.8	48.8		54.51	/ 1			
reaction time		interval		4.30	4.40	4.40	4.60	4.60	4.80	5.00	5.10	5.00	5.71	PB		13.10	14.00	15.10
		velocity	6.82	8.14	7.95	7.95	7.61	7.61	7.29	7.00	6.86	7.00	7.01	7.34		8.02	7.50	6.95
H1 lead leg		strides	21	14	14	14	14	14	15	15	15	15		151				
Pérez, Cristina (ESP) (1965)																		
Semi-Final 2 - 1988 Olympic Games (Seoul, KOR)																		
date	26-Sep-88	time	6.51	10.72	15.07	19.52	24.12	28.89	33.81	38.80	43.97	49.28		55.23	6 / 5			
reaction time	0.258	interval		4.21	4.35	4.45	4.60	4.77	4.92	4.99	5.17	5.31	5.95	NR		13.01	14.29	15.47
		velocity	6.91	8.31	8.05	7.87	7.61	7.34	7.11	7.01	6.77	6.59	6.72	7.24		8.07	7.35	6.79
H1 lead leg		strides	23	16	16	16	16	16	17	17	17	17	20.3	191.3				
Pérez, Susana (ESP) (1974)																		
FINAL - 1998 Spanish National Championships (San Sebastián, ESP)																		
date	02-Aug-98	time	6.95	11.78	16.85	21.92	27.25	32.68	38.07	43.84	50.10	56.08		62.62	2 / 5			
reaction time		interval		4.83	5.07	5.07	5.33	5.43	5.39	5.77	6.26	5.98	6.54			14.97	16.15	18.01
		velocity	6.47	7.25	6.90	6.90	6.57	6.45	6.49	6.07	5.59	5.85	6.12	6.39		7.01	6.50	5.83
H1 lead leg	L	strides	23	16	17	16	17	17	17	18	19	18	20.5	198.5				
Perkins, Angel (USA) (1984)																		
FINAL - 2008 USA Olympic Trials (Eugene, OR)																		
date	29-Jun-08	time	6.44	10.59	14.99	19.49	24.02	28.95	34.07	39.31	44.54	49.83		56.23	1 / 7			
reaction time		interval		4.15	4.40	4.50	4.53	4.93	5.12	5.24	5.23	5.29	6.40			13.05	14.58	15.76
		velocity	6.99	8.43	7.95	7.78	7.73	7.10	6.84	6.68	6.69	6.62	6.25	7.11		8.05	7.20	6.66
H1 lead leg	L	strides	24	16	16	16	15	17	17	17	17	17		172				
Pernía, Daimí (CUB) (1976)																		
FINAL - 2001 ISTAF (Berlin, GER)																		
date	31-Aug-01	time	6.70	10.99	15.36	19.79	24.38	29.16	34.19	39.15	44.21	49.30		54.98	/ 3			
reaction time	0.244	interval		4.29	4.37	4.43	4.59	4.78	5.03	4.96	5.06	5.09	5.68			13.09	14.40	15.11
		velocity	6.72	8.16	8.01	7.90	7.63	7.32	6.96	7.06	6.92	6.88	7.04	7.28		8.02	7.29	6.95
H1 lead leg		strides																
FINAL - 2001 IAAF World Championships (Edmonton, CAN)																		
date	08-Aug-01	time	6.3	10.4	14.5	18.9	23.2	27.8	32.0	37.7	42.7	48.2		54.51	3 / 3			
reaction time	0.160	interval		4.10	4.10	4.40	4.30	4.60	4.20	5.70	5.00	5.50	6.31			12.60	13.10	16.20
		velocity	7.14	8.54	8.54	7.95	8.14	7.61	8.33	6.14	7.00	6.36	6.34	7.34		8.33	8.02	6.48
H1 lead leg	L	strides	23	15	15	15	15	16	16	16	17	17	19.5	184.5				
FINAL - 2000 Olympic Games (Sydney, AUS)																		
date	27-Sep-00	time	6.4	10.5	14.7	19.0	23.3	27.9	32.5	37.5	42.6	47.6		53.68	5 / 4			
reaction time	0.447	interval		4.10	4.20	4.30	4.30	4.60	4.60	5.00	5.10	5.00	6.08			12.60	13.50	15.10
		velocity	7.03	8.54	8.33	8.14	8.14	7.61	7.61	7.00	6.86	7.00	6.58	7.45		8.33	7.78	6.95
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	16	16	19.5	179.5				
FINAL - 1999 IAAF World Championships (Sevilla, ESP)																		
date	25-Aug-99	time	6.26	10.36	14.50	18.79	23.17	27.75	32.55	37.29	42.22	47.00		52.89	5 / 1			
reaction time	0.202	interval		4.10	4.14	4.29	4.38	4.58	4.80	4.74	4.93	4.78	5.89			12.53	13.76	14.45
		velocity	7.19	8.54	8.45	8.16	7.99	7.64	7.29	7.38	7.10	7.32	6.79	7.56		8.38	7.63	7.27
H1 lead leg	L	strides	23	15	15	15	15	15	16	16	16	16	19.5	182				
Semi-Final 2 - 1999 IAAF World Championships (Sevilla, ESP)																		
date	23-Aug-99	time	6.05	10.21	14.45	18.76	23.19	27.90	32.74	37.67	42.77	47.84		53.96	3 / 2			
reaction time	0.197	interval		4.16	4.24	4.31	4.43	4.71	4.84	4.93	5.10	5.07	6.12			12.71	13.98	15.10
		velocity	7.44	8.41	8.25	8.12	7.90	7.43	7.23	7.10	6.86	6.90	6.54	7.41		8.26	7.51	6.95
H1 lead leg	L	strides	23	15	15	15	15	15	16	16	16	16	18.5	180.5				

Heat 1 - 1999 IAAF World Championships (Sevilla, ESP)

Sanchez (1999) - Sevilla '99: análisis de la carreras con villas

date	21-Aug-99	time	6.21	10.49	14.79	19.19	23.83	28.56	33.61	38.71	43.75	48.85	54.88	7 / 2			
reaction time	0.272	interval		4.28	4.30	4.40	4.64	4.73	5.05	5.10	5.04	5.10	6.03		12.98	14.42	15.24
		velocity	7.25	8.18	8.14	7.95	7.54	7.40	6.93	6.86	6.94	6.86	6.63	7.29	8.09	7.28	6.89
H1 lead leg	L	strides	23	15	15	15	15	15	16	16	16	16	19	181			

Petersen, Elke (FRG) (1948)

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

FINAL - 1973 DLV-Test (Frankfurt-am-Main, FRG)

Keydel (1973) - 400m Hürden test der frauen vom 26. bis 28.7.1973

date	28-Jul-73	time	7.0	11.9	16.9	21.8	26.9	32.2	38.1	43.8	49.9	55.9	62.9	7 / 4			
reaction time		interval		4.85	5.00	4.96	5.07	5.28	5.86	5.73	6.10	5.98	7.04		14.81	16.21	17.81
		velocity	6.40	7.22	7.00	7.06	6.90	6.63	5.97	6.11	5.74	5.85	5.68	6.36	7.09	6.48	5.90
H1 lead leg		strides	24	17	17	17	17	18	18	19	19	19	185				

Petersen, Sara Slott (DEN) (1987)

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

Semi-Final 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)

Henson (2024) - Athlete First: 2021 year end hurdle report

date	02-Aug-21	time	6.50	10.63	14.86	19.16	23.60	28.26	33.13	38.43				9 / --			
reaction time	0.165	interval		4.13	4.23	4.30	4.44	4.66	4.87	5.30			DQ		12.66	13.97	
		velocity	6.92	8.47	8.27	8.14	7.88	7.51	7.19	6.60					8.29	7.52	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16			128				

Heat 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)

Henson (2024) - Athlete First: 2021 year end hurdle report

date	31-Jul-21	time	6.56	15.07	19.50	23.90	28.56	33.46	38.56	43.93	49.46	55.52	9 / 3				
reaction time	0.161	interval		8.51	4.43	4.40	4.66	4.90	5.10	5.37	5.53	6.06		12.94	13.96	16.00	
		velocity	6.86	8.23	7.90	7.95	7.51	7.14	6.86	6.52	6.33	6.60	7.20	8.11	7.52	6.56	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	17	17	19.7	166.7			

FINAL - 2021 Golden Gala Pietro Mennea (Florence, ITA) (TV Analysis)

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

date	10-Jun-21	time	6.44	10.68	14.96	19.32	23.70	25.7	33.08	38.16	43.48	48.96	55.21	2 / 5			
reaction time	0.144	interval		4.24	4.28	4.36	4.38		9.38	5.08	5.32	5.48	6.25		12.88	13.76	15.88
		velocity	6.99	8.25	8.18	8.03	7.99	7.78	7.46	6.89	6.58	6.39	6.40	7.25	8.15	7.63	6.61
H1 lead leg	R	strides	22	15	15	15	15		16	17	17	20.7	137.7				

FINAL - 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)

Henson (2020) - Athlete First: 2020 year end hurdle report

date	17-Sep-20	time	6.36	10.52	14.72	19.08	25.6	28.24	33.12	38.24	43.56	48.96	55.20	3 / 4			
reaction time	0.114	interval		4.16	4.20	4.36		9.16	4.88	5.12	5.32	5.40	6.24		12.72	14.04	15.84
		velocity	7.08	8.41	8.33	8.03	7.81	7.64	7.17	6.84	6.58	6.48	6.41	7.25	8.25	7.48	6.63
H1 lead leg	R	strides	22	15	15	15	15		16	16	17	17	21	169			

FINAL - 2020 Bauhaus Galan (Stockholm, SWE) (TV Analysis)

Henson (2020) - Athlete First: 2020 year end hurdle report

date	23-Aug-20	time	6.50	15.17	19.57	24.07	26.1	28.87	33.80	38.87	44.27	49.83	56.30	5 / 4			
reaction time	0.209	interval		8.67	4.40	4.50		4.80	4.93	5.07	5.40	5.56	6.47		13.07	14.23	16.03
		velocity	6.92	8.07	7.95	7.78	7.66	7.29	7.10	6.90	6.48	6.29	6.18	7.10	8.03	7.38	6.55
H1 lead leg	R	strides	21	15	15	15		16	16	17	18	18	21.5	172.5			

FINAL - 2020 Impossible Games (Oslo, NOR) (TV Analysis) (300m Hurdles)

Henson (2020) - Athlete First: 2020 year end hurdle report

date	11-Jun-20	time	7.04	11.14	15.38	19.72	24.22	28.96	34.00				39.42	4 / 1			
reaction time	0.125	interval		4.10	4.24	4.34	4.50	4.74	5.04			5.42			13.08	9.78	
		velocity	7.10	8.54	8.25	8.06	7.78	7.38	6.94			7.38	7.61		8.03	10.74	
H1 lead leg	R	strides	25	15	15	15	15	15	17			20	137				

FINAL - 2017 Memorial van Damme (Brussels, BEL) (TV Analysis)

Henson (2020) - Athlete First: 2017 year end hurdle report

date	01-Sep-17	time	6.36	10.52	14.84	19.20	23.64	25.8	28.20	32.96	38.08	43.40	49.04	55.54	3 / 5			
reaction time	0.216	interval		4.16	4.32	4.36	4.44	4.56	4.76	5.12	5.32	5.64	6.50		12.84	13.76	16.08	
		velocity	7.08	8.41	8.10	8.03	7.88	7.75	7.68	7.35	6.84	6.58	6.21	6.15	7.20	8.18	7.63	6.53
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	17	18	21	184				

FINAL - 2017 Weltklasse (Zürich, SUI) (TV Analysis)

Henson (2020) - Athlete First: 2017 year end hurdle report

date	24-Aug-17	time	6.36	10.52	14.80	19.16	23.60	28.16	32.88		42.92	48.20	54.35	7 / 2			
reaction time	0.146	interval		4.16	4.28	4.36	4.44	4.56	4.72		10.04	5.28	6.15		12.80	13.72	15.32
		velocity	7.08	8.41	8.18	8.03	7.88	7.68	7.42		6.97	6.63	6.50	7.36	8.20	7.65	6.85
H1 lead leg	R	strides	21	15	15	15	15	15	15		17	20.5	133.5				

FINAL - 2017 Müller Grand Prix (Birmingham, GBR) (TV Analysis)

Henson (2021) - Athlete First: 2017 year end hurdle report

date	20-Aug-17	time	6.64	10.92	15.20	19.60	24.04	28.64	33.44	38.40	43.64	48.96	55.28	7 / 5			
reaction time	0.154	interval		4.28	4.28	4.40	4.44	4.60	4.80	4.96	5.24	5.32	6.32		12.96	13.84	15.52
		velocity	6.78	8.18	8.18	7.95	7.88	7.61	7.29	7.06	6.68	6.58	6.33	7.24	8.10	7.59	6.77
H1 lead leg	R	strides	22	15	15	15	15	15	16	16	17	17	20.5	183.5			

FINAL - 2017 Meeting International Mohammed VI D'Athlétisme (Rabat, MAR) (TV Analysis)

Henson (2021) - Athlete First: 2017 year end hurdle report

date	16-Jul-17	time	6.48	10.68	15.04	19.48	24.04	28.72	33.60	38.68	43.92	49.32	55.56	5 / 6			
reaction time	0.155	interval		4.20	4.36	4.44	4.56	4.68	4.88	5.08	5.24	5.40	6.24		13.00	14.12	15.72
		velocity	6.94	8.33	8.03	7.88	7.68	7.48	7.17	6.89	6.68	6.48	6.41	7.20	8.08	7.44	6.68
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	17	17	20.5	182.5			

FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis)

Henson (2021) - Athlete First: 2017 year end hurdle report

date	06-Jul-17	time	6.56	10.76	15.04	19.36	23.76	28.32	33.00	38.00	43.16	48.40	54.49	3 / 4			
reaction time	0.133	interval		4.20	4.28	4.32	4.40	4.56	4.68	5.00	5.16	5.24	6.09		12.80	13.64	15.40

H1 lead leg	R	velocity	6.86	8.33	8.18	8.10	7.95	7.68	7.48	7.00	6.78	6.68	6.57	7.34	8.20	7.70	6.82
		strides	22	15	15	15	15	15	15	16	16	17	20.2	181.2			
FINAL - 2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)														<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>			
date	08-Jun-17	time	6.56	10.80	15.08	19.32	23.72	28.28	32.96	37.92	43.04	48.32	54.35	4 / 2			
reaction time	0.158	interval	4.24	4.28	4.24	4.40	4.56	4.68	4.96	5.12	5.28	6.03	12.76	13.64	15.36		
		velocity	6.86	8.25	8.18	8.25	7.95	7.68	7.48	7.06	6.84	6.63	6.63	7.36	8.23	7.70	6.84
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	17	20.5	181.5			
FINAL - 2017 Prefontaine Classic (Eugene, OR) (TV Analysis)														<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>			
date	27-May-17	time	6.53	10.76	15.06	19.46	23.93	28.56	33.53	38.56	43.66	48.90	54.85	4 / 6			
reaction time	0.409	interval	4.23	4.30	4.40	4.47	4.63	4.97	5.03	5.10	5.24	5.95	12.93	14.07	15.37		
		velocity	6.89	8.27	8.14	7.95	7.83	7.56	7.04	6.96	6.86	6.68	6.72	7.29	8.12	7.46	6.83
H1 lead leg	R	strides	22	15	15	15	15	15	16	16	17	17	20.2	183.2			
FINAL - 2016 Memorial van Damme (Brussels, BEL) (TV Analysis)														<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>			
date	09-Sep-16	time	6.44	10.68	15.08	19.44	23.84	28.36	33.12	38.08	43.20	48.44	54.60	5 / 2			
reaction time	0.162	interval	4.24	4.40	4.36	4.40	4.52	4.76	4.96	5.12	5.24	6.16	13.00	13.68	15.32		
		velocity	6.99	8.25	7.95	8.03	7.95	7.74	7.35	7.06	6.84	6.68	6.49	7.33	8.08	7.68	6.85
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	17	20	181			
FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis)														<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>			
date	01-Sep-16	time	6.44	10.64	14.92	19.28	23.72	28.28	33.04	37.96	42.96	48.16	54.22	6 / 2			
reaction time	0.160	interval	4.20	4.28	4.36	4.44	4.56	4.76	4.92	5.00	5.20	6.06	12.84	13.76	15.12		
		velocity	6.99	8.33	8.18	8.03	7.88	7.68	7.35	7.11	7.00	6.73	6.60	7.38	8.18	7.63	6.94
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	17	20	181			
FINAL - 2016 Athletissima (Lausanne, SUI) (TV Analysis)														<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>			
date	25-Aug-16	time	6.40	10.60	14.88	19.24	23.72	28.32	33.04	38.04	43.28	48.64	54.98	6 / 3			
reaction time	0.123	interval	4.20	4.28	4.36	4.48	4.60	4.72	5.00	5.24	5.36	6.34	12.84	13.80	15.60		
		velocity	7.03	8.33	8.18	8.03	7.81	7.61	7.42	7.00	6.68	6.53	6.31	7.28	8.18	7.61	6.73
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	17	17	20.2	182.2			
FINAL - 2016 Olympic Games (Rio de Janeiro, BRA) (TV Analysis)														<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>			
date	18-Aug-16	time	6.32	10.44	14.72	19.00	23.36	27.84	32.48	37.40	42.36	47.64	53.55	4 / 2			
reaction time	0.161	interval	4.12	4.28	4.28	4.36	4.48	4.48	4.64	4.92	4.96	5.28	5.91	NR PB	12.68	13.48	15.16
		velocity	7.12	8.50	8.18	8.18	8.03	7.81	7.54	7.11	7.06	6.63	6.77	7.47	8.28	7.79	6.93
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	17	20	181			
FINAL - 2016 London Anniversary Games (London, GBR) (TV Analysis)														<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>			
date	22-Jul-16	time	6.43	10.73	15.06	19.46	23.96	28.56	33.30	38.16	43.26	48.40	54.33	7 / 2			
reaction time	0.157	interval	4.30	4.33	4.40	4.50	4.60	4.74	4.86	5.10	5.14	5.93	13.03	13.84	15.10		
		velocity	7.00	8.14	8.08	7.95	7.78	7.61	7.38	7.20	6.86	6.81	6.75	7.36	8.06	7.59	6.95
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	20	180			
FINAL - 2016 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)														<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>			
date	15-Jul-16	time	6.37	10.63	19.37	23.83	28.40	38.13	43.30	48.67	54.81	6 / 3					
reaction time	0.154	interval	4.26	8.74	4.46	4.57	9.73	5.17	5.37	6.14	13.00						
		velocity	7.06	8.22	8.01	7.85	7.66	7.19	6.77	6.52	6.51	7.30	8.08				
H1 lead leg	R	strides	22	15	15	15	15	15	17	18	20.2	122.2					
FINAL - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)														<i>Henson (2021) - Athlete First: major championships report</i>			
date	26-Aug-15	time	6.48	14.96	19.32	23.76	28.24	32.92	37.72	42.88	48.16	54.20	4 / 4				
reaction time	0.155	interval	8.48	4.36	4.44	4.48	4.68	4.80	5.16	5.28	6.04	12.84	13.60	15.24			
		velocity	6.94	8.25	8.03	7.88	7.81	7.48	7.29	6.78	6.63	6.62	7.38	8.18	7.72	6.89	
H1 lead leg	R	strides	15	15	15	15	15	15	15	17	17	20	129				
Petkova, Zhivka (BUL) (1967)														<i>Warburton (1985) - 1985 european junior championships - hurdles</i>			
date	25-Aug-85	time	10.73	15.24	19.85	24.72	29.60	34.49	39.51	44.62	49.93	56.50	/ 2				
reaction time		interval	4.51	4.61	4.87	4.88	4.89	5.02	5.11	5.31	6.57	PB	14.64	15.44			
		velocity	7.46	7.76	7.59	7.19	7.17	7.16	6.97	6.85	6.59	6.09	7.08	7.17	6.80		
H1 lead leg		strides															
Pfaff, Petra (GDR) (1960)														<i>(1982) - XIII championnats d'Europe d'Atletisma, Athens 1982</i>			
date	10-Sep-82	time	6.8	10.9	15.3	19.5	24.0	28.7	33.6	38.6	43.9	49.2	54.90	/ 2			
reaction time		interval	4.10	4.40	4.20	4.50	4.70	4.90	5.00	5.30	5.30	5.70	PB	12.70	14.10	15.60	
		velocity	6.62	8.54	7.95	8.33	7.78	7.45	7.14	7.00	6.60	6.60	7.02	7.29	8.27	7.45	6.73
H1 lead leg		strides	23	15	15	15	15	15	15	15	16	16	160				
Pickett, Chastity (USA) (2001)														<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>			
date	10-Jun-23	time	6.50	10.74	15.01	19.52	24.09	28.76	33.56	38.50	43.54	48.75	54.86	8 / 3			
reaction time		interval	4.24	4.27	4.51	4.57	4.67	4.80	4.94	5.04	5.21	6.11	PB	13.02	14.04	15.19	
		velocity	6.92	8.25	8.20	7.76	7.66	7.49	7.29	7.09	6.94	6.72	6.55	7.29	8.06	7.48	6.91
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	15	15	18.2	171.2			

																	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Ponomaryova, Margareta (RUS) (196)																	<i>Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)</i>																
FINAL - 1993 IAAF World Championships (Stuttgart, GER)																																	
date	19-Aug-93	time	6.52	10.59	14.85	19.24	23.65	28.12	32.72	37.43	42.40	47.52	53.48	5 / 3																			
reaction time		interval	4.07	4.26	4.39	4.41	4.47	4.60	4.71	4.97	5.12	5.96	PB		12.72	13.48	14.80																
		velocity	6.90	8.60	8.22	7.97	7.94	7.83	7.61	7.43	7.04	6.84	6.71	7.48	8.25	7.79	7.09																
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	19	178																			
Semi-Final 2 - 1993 IAAF World Championships (Stuttgart, GER)																																	
date	17-Aug-93	time	6.54	10.65	14.94	19.14	23.56	28.08	32.69	37.48	42.56	47.83	53.71	5 / 1																			
reaction time		interval	4.11	4.29	4.20	4.42	4.52	4.61	4.79	5.08	5.27	5.88		12.60	13.55	15.14																	
		velocity	6.88	8.52	8.16	8.33	7.92	7.74	7.59	7.31	6.89	6.64	6.80	7.45	8.33	7.75	6.94																
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	19	178																			
Ponomaryova, Margareta (URS) (1963)																	<i>Federle (2003) - http://www.fgs.uni-halle.de</i>																
FINAL - 1991 European Cup (Frankfurt, GER)																																	
date	29-Jun-91	time	6.71	10.78	14.99	19.35	23.77	28.25	32.86	37.63	42.81	48.40	54.42	1 / 1																			
reaction time		interval	4.07	4.21	4.36	4.42	4.48	4.61	4.77	5.18	5.59	6.02		12.64	13.51	15.54																	
		velocity	6.71	8.60	8.31	8.03	7.92	7.81	7.59	7.34	6.76	6.26	6.64	7.35	8.31	7.77	6.76																
H1 lead leg		strides																															
Khromova, Margareta (URS) (1963)																	<i>Heß (1985) - entwicklungsaspekte die leichtathletischen sprint-/hürdendisziplinen im olympiazklus 1981/84</i>																
FINAL - 1984 Olympischen Tag (Potsdam, GDR)																																	
date	21-Jul-84	time	6.74			24.13						48.56	54.36	1 / 1																			
reaction time		interval				17.39						24.43	5.80																				
		velocity	6.68			8.05						7.16	6.90	7.36																			
H1 lead leg		strides																															
Powell, Shontel (USA) (1979)																	<i>USATF Women's Sprint Development (1996)</i>																
FINAL - 1996 USATF National Junior Championships (Delaware, OH)																																	
date	29-Jun-96	time	6.89	11.51	16.04	20.61	25.25	30.18	35.68	41.38	46.94	52.70	59.46	4 / 2																			
reaction time		interval	4.62	4.53	4.57	4.64	4.93	5.50	5.70	5.56	5.76	6.76		13.72	15.07	17.02																	
		velocity	6.53	7.58	7.73	7.66	7.54	7.10	6.36	6.14	6.29	6.08	5.92	6.73	7.65	6.97	6.17																
H1 lead leg		strides																															
Pressler, Lena (AUT) (2001)																	<i>European Athletics (2022) - european athletics championships race analysis</i>																
Heat 2 - 2022 European Athletics Championships (Munich, GER)																																	
date	17-Aug-22	time	6.47	10.64	14.97	19.58	24.51	26.72	29.45	34.49	39.88	45.24	50.78	57.33	2 / 6																		
reaction time	0.249	interval	4.17	4.33	4.61	4.93	4.94	5.04	5.39	5.36	5.54	6.55		13.11	14.91	16.29																	
		velocity	6.96	8.39	8.08	7.59	7.10	7.49	7.09	6.94	6.49	6.53	6.32	6.11	6.98	8.01	7.04	6.45															
H1 lead leg	L	strides	23	15		16			16	16	17	17	17	21	158																		
Privalova, Irina (RUS) (1968)																	<i>Behm (2000) - Sydney 2000: Compte-rendu du 400m haies</i>																
FINAL - 2000 Olympic Games (Sydney, AUS)																																	
date	27-Sep-00	time	6.4	10.5	14.7	19.0	23.3	27.7	32.2	37.0	41.9	47.1	53.02	3 / 1																			
reaction time	0.178	interval	4.10	4.20	4.30	4.30	4.40	4.50	4.80	4.90	5.20	5.92	PB		12.60	13.20	14.90																
		velocity	7.03	8.54	8.33	8.14	8.14	7.95	7.78	7.29	7.14	6.73	6.76	7.54	8.33	7.95	7.05																
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	16	16	19	173																			
Protti, Anita (SUI) (1964)																	<i>Behm (1995) - la tactique du 400 haies</i>																
FINAL - 1990 European Championships (Split, YUG)																																	
date	31-Aug-90	time	6.8	11.1	15.3	19.7	24.1	28.6	33.3	38.1	43.1	48.4	54.36	1 / 2																			
reaction time		interval	4.30	4.20	4.40	4.40	4.50	4.70	4.80	5.00	5.30	5.96	PB		12.90	13.60	15.10																
		velocity	6.62	8.14	8.33	7.95	7.95	7.78	7.45	7.29	7.00	6.60	6.71	7.36	8.14	7.72	6.95																
H1 lead leg		strides		17	17	17	17	17	17	17	19	19	19	157																			
Semi-Final 1 - 1988 Olympic Games (Seoul, KOR)																	<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>																
date	26-Sep-88	time	6.95	11.22	15.58	20.13	24.76	29.30	33.98	38.74	43.67	48.74	54.56	5 / 5																			
reaction time		interval	4.27	4.36	4.55	4.63	4.54	4.68	4.76	4.93	5.07	5.82	PB		13.18	13.85	14.76																
		velocity	6.47	8.20	8.03	7.69	7.56	7.71	7.48	7.35	7.10	6.90	6.87	7.33	7.97	7.58	7.11																
H1 lead leg		strides	26	17	17	17	17	17	17	17	18	18	21.2	202.2																			
Pskit, Malgorzata (POL) (1976)																	<i>Behm (2005) - Helsinki 2005; Les haies - La revanche des lutins</i>																
FINAL - 2005 IAAF World Championships (Helsinki, FIN)																																	
date	13-Aug-05	time	6.3	10.7	15.2	19.7	24.2	28.8	33.4	38.5	43.6	48.9	55.58	1 / 8																			
reaction time	0.181	interval	4.40	4.50	4.50	4.50	4.60	4.60	5.10	5.10	5.30	6.68		13.40	13.70	15.50																	
		velocity	7.14	7.95	7.78	7.78	7.61	7.61	6.86	6.86	6.60	5.99	7.20		7.84	7.66	6.77																
H1 lead leg	L	strides	22	15	15	15	15	15	15	16	16	16	160																				
FINAL - 2002 European Championships (Munich, GER)																	<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																
date	08-Aug-02	time	6.72	10.91	15.13	19.51	24.03	28.75	33.73	38.87	44.35	50.11	56.76	1 / 6																			
reaction time	0.202	interval	4.19	4.22	4.38	4.52	4.72	4.98	5.14	5.48	5.76	6.65		12.79	14.22	16.38																	
		velocity	6.70	8.35	8.29	7.99	7.74	7.42	7.03	6.81	6.39	6.08	6.02	7.05	8.21	7.38	6.41																
H1 lead leg		strides																															
Pulse, Jacy (USA) (2001)																	<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																
Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)																																	
date	29-Jun-24	time	6.49	10.72	15.05	19.41	23.86	26.01	28.61	33.53	38.86	44.34	49.88	56.59	3 / 8																		
reaction time		interval	4.23	4.33	4.36	4.45	4.75	4.92	5.33	5.48	5.54	6.71		12.92	14.12	16.35																	

H1 lead leg	R	velocity	6.93	8.27	8.08	8.03	7.87	7.69	7.37	7.11	6.57	6.39	6.32	5.96	7.07	8.13	7.44	6.42	
		strides	23	15	15	15	15		17	17	17	17	17	21	189				
Heat 5 - 2024 USA Olympic Trials (Eugene, OR)																<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>			
date	27-Jun-24	time	6.45	10.62	15.01	19.45	24.06	26.33	29.13	34.24	39.65	45.18	50.67		56.99	3 / 5			
reaction time		interval		4.17	4.39	4.44	4.61		5.07	5.11	5.41	5.53	5.49	6.32			13.00	14.79	16.43
		velocity	6.98	8.39	7.97	7.88	7.59	7.60	6.90	6.85	6.47	6.33	6.38	6.33	7.02		8.08	7.10	6.39
H1 lead leg		strides																	
Qiu Zhangyan (CHN) (1998)																			
FINAL - 2024 Second Belt & Road Invitational Athletics Meeting (Chongqing, CHN)																<i>Shandong Athletics Sport Science (2024)</i>			
date	29-May-24	time	7.17	11.81	16.73	21.76	26.84		31.95	37.33	43.17	49.38			62.07	1 / 8			
reaction time	0.319	interval		4.64	4.92	5.03	5.08		5.11	5.38	5.84	6.21					14.59	15.57	
		velocity	6.28	7.54	7.11	6.96	6.89		6.85	6.51	5.99	5.64			6.44		7.20	6.74	
H1 lead leg	L	strides	24	17	17	17	17		17	18	18	20			165				
Heat 3 - 2021 Chinese National Championships (Chongqing, CHN)																<i>CAA Hurdle Development (2021)</i>			
date	26-Jun-21	time	7.14	11.84	16.73	21.65	26.65		31.70	36.90	42.19	47.78	53.53		59.99	8 / 3			
reaction time	0.364	interval		4.70	4.89	4.92	5.00		5.05	5.20	5.29	5.59	5.75	6.46	PB		14.51	15.25	16.63
		velocity	6.30	7.45	7.16	7.11	7.00		6.93	6.73	6.62	6.26	6.09	6.19	6.67		7.24	6.89	6.31
H1 lead leg	L	strides	24	17	18	17	17		17	17	17	18	18	21.7	201.7				
Heat 3 - 2018 Chinese National Championships (Taiyuan, CHN)																<i>Henson (2018) - coaching observations</i>			
date	15-Sep-18	time	7.04	11.70	16.53	21.42	26.46		31.56	36.80	42.24	47.93	53.79		60.51	2 / 3			
reaction time		interval		4.66	4.83	4.89	5.04		5.10	5.24	5.44	5.69	5.86	6.72			14.38	15.38	16.99
		velocity	6.39	7.51	7.25	7.16	6.94		6.86	6.68	6.43	6.15	5.97	5.95	6.61		7.30	6.83	6.18
H1 lead leg	L	strides	24	17	17	17	17		17	17	18	18	19	23	204				
Quach Thi Lan (VIE) (1995)																			
Semi-Final 1 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>			
date	02-Aug-21	time	6.60	10.86	15.20	19.53	24.06		28.83	33.90	39.20	44.80	50.46		56.78	3 / 6			
reaction time	0.188	interval		4.26	4.34	4.33	4.53		4.77	5.07	5.30	5.60	5.66	6.32			12.93	14.37	16.56
		velocity	6.82	8.22	8.06	8.08	7.73		7.34	6.90	6.60	6.25	6.18	6.33	7.04		8.12	7.31	6.34
H1 lead leg	L	strides	23	16	15	15	15		15	16		17	17		149				
Heat 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>			
date	31-Jul-21	time	6.46	10.85	15.16	19.53	24.10		28.88	33.83	38.96	44.26	49.67		55.71	8 / 5 4			
reaction time	0.150	interval		4.39	4.31	4.37	4.57		4.78	4.95	5.13	5.30	5.41	6.04			13.07	14.30	15.84
		velocity	6.97	7.97	8.12	8.01	7.66		7.32	7.07	6.82	6.60	6.47	6.62	7.18		8.03	7.34	6.63
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	19	179				
Rabchenyuk, Anastasiya (UKR) (1983)																			
FINAL - 2011 IAAF World Championships (Daegu, KOR)																<i>Behm (2011) - Le quatrache: Démus enfin!</i>			
date	01-Sep-11	time	6.2	10.3	14.4	18.6	23.1		27.7	32.6	37.7	42.9	48.1		54.18	1 / 5			
reaction time	0.174	interval		4.10	4.10	4.20	4.50		4.60	4.90	5.10	5.20	5.20	6.08			12.40	14.00	15.50
		velocity	7.26	8.54	8.54	8.33	7.78		7.61	7.14	6.86	6.73	6.73	6.58	7.38		8.47	7.50	6.77
H1 lead leg	R	strides	22	15	15	15	15		16	16	17	17	17		165				
FINAL - 2009 IAAF World Championships (Berlin, GER)																<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>			
date	20-Aug-09	time	6.51	10.61	14.81	19.19	23.82		28.58	33.45	38.45	43.67	49.03		54.78	8 / 7			
reaction time	0.206	interval		4.10	4.20	4.38	4.63		4.76	4.87	5.00	5.22	5.36	5.75			12.68	14.26	15.58
		velocity	6.91	8.54	8.33	7.99	7.56		7.35	7.19	7.00	6.70	6.53	6.96	7.30		8.28	7.36	6.74
H1 lead leg		strides		15	15	15	16		16	16	16	17	18		144				
Semi-Final 2 - 2009 IAAF World Championships (Berlin, GER)																<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>			
date	18-Aug-09	time	6.51	10.69	14.97	19.39	23.89		28.66	33.59	38.57	43.57	48.73		54.49	6 / 2			
reaction time	0.188	interval		4.18	4.28	4.42	4.50		4.77	4.93	4.98	5.00	5.16	5.76			12.88	14.20	15.14
		velocity	6.91	8.37	8.18	7.92	7.78		7.34	7.10	7.03	7.00	6.78	6.94	7.34		8.15	7.39	6.94
H1 lead leg		strides																	
FINAL - 2008 IAAF World Athletic Final (Stuttgart, GER)																<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>			
date	14-Sep-08	time	6.62	10.87	15.26	19.74	24.41		29.27	34.15	39.09	44.12	49.33		54.92	7 / 2			
reaction time	0.219	interval		4.25	4.39	4.48	4.67		4.86	4.88	4.94	5.03	5.21	5.59			13.12	14.41	15.18
		velocity	6.80	8.24	7.97	7.81	7.49		7.20	7.17	7.09	6.96	6.72	7.16	7.28		8.00	7.29	6.92
H1 lead leg		strides																	
FINAL - 2008 Olympic Games (Beijing, CHN)																<i>Behm (2008) - Pekin 2008: Le quatrache masculin - féminin</i>			
date	20-Aug-08	time	6.3	10.5	14.6	19.0	23.6		28.1	33.0	37.9	43.0	48.2		53.96	4 / 4			
reaction time	0.248	interval		4.20	4.10	4.40	4.60		4.50	4.90	4.90	5.10	5.20	5.76	PB		12.70	14.00	15.20
		velocity	7.14	8.33	8.54	7.95	7.61		7.78	7.14	7.14	6.86	6.73	6.94	7.41		8.27	7.50	6.91
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	17	17	20	185				
FINAL - 2006 Seiko Super Grand Prix (Yokohama, JPN)																<i>Yasunori (2007) - race pattern analysis of top Japanese 400m hurdlers</i>			
date	24-Sep-06	time	6.52	10.74	15.09	19.53	24.28		29.12	34.23	39.42	44.66	49.90		55.81	1 / 1			
reaction time		interval		4.22	4.35	4.44	4.75		4.84	5.11	5.19	5.24	5.24	5.91			13.01	14.70	15.67
		velocity	6.90	8.29	8.05	7.88	7.37		7.23	6.85	6.74	6.68	6.68	6.77	7.17		8.07	7.14	6.70
H1 lead leg		strides		15	15	15	16		16	17	17	17	17		145				

FINAL - 2006 European Championships (Göteborg, SWE)														<i>Behm (2006) - Göteborg 2006: Le quatrache</i>				
date	09-Aug-06	time	6.4	10.5	14.7	19.3	24.0	28.9	33.8	38.9	44.2	49.7		55.74	8 / 8			
reaction time		interval		4.10	4.20	4.60	4.70	4.90	4.90	5.10	5.30	5.50	6.04			12.90	14.50	15.90
		velocity	7.03	8.54	8.33	7.61	7.45	7.14	7.14	6.86	6.60	6.36	6.62	7.18		8.14	7.24	6.60
H1 lead leg	R	strides	22	15	15	15	16	16	16	17	17	17		166				
Ramraj, Vithya (IND) (1998)																		
FINAL - 2023 Asian Games (Hangzhou, CHN)														<i>Shandong Athletics Sport Science (2023)</i>				
date	03-Oct-23	time	6.56	10.76	15.13	19.47	24.00	28.73	33.63	38.60	43.86	49.37		55.68	7 / 3			
reaction time	0.188	interval		4.20	4.37	4.34	4.53	4.73	4.90	4.97	5.26	5.51	6.31			12.91	14.16	15.74
		velocity	6.86	8.33	8.01	8.06	7.73	7.40	7.14	7.04	6.65	6.35	6.34	7.18		8.13	7.42	6.67
H1 lead leg	R	strides	24	16	16	16	16	17	17	17	18	18	21	196				
Rawlinson, Jana (AUS) (1982)																		
FINAL - 2007 IAAF World Athletic Final (Stuttgart, GER)														<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>				
date	23-Sep-07	time	6.69	10.79	14.93	19.15	23.54	28.08	32.85	37.70	42.84	48.22		54.19	4 / 2			
reaction time	0.271	interval		4.10	4.14	4.22	4.39	4.54	4.77	4.85	5.14	5.38	5.97			12.46	13.70	15.37
		velocity	6.73	8.54	8.45	8.29	7.97	7.71	7.34	7.22	6.81	6.51	6.70	7.38		8.43	7.66	6.83
H1 lead leg		strides																
FINAL - 2007 IAAF World Championships (Osaka, JPN)														<i>Ae (2008) - IAAF biomechanics team - a booklet of biomechanics data</i>				
date	30-Aug-07	time	6.47	10.48	14.55	18.68	22.93	27.38	31.92	36.65	41.71	47.05		53.31	5 / 1			
reaction time	0.153	interval		4.01	4.07	4.13	4.25	4.45	4.54	4.73	5.06	5.34	6.26			12.21	13.24	15.13
		velocity	6.96	8.73	8.60	8.47	8.24	7.87	7.71	7.40	6.92	6.55	6.39	7.50		8.60	7.93	6.94
H1 lead leg	R	strides	23	15	14	14	14	15	15	15	16	17	20	178				
Pittman, Jana (AUS) (1982)																		
FINAL - 2004 Olympic Games (Athens, GRE)														<i>Ruiz (2004) - las carreras con vallas de juegos olimpicos de atenas '04</i>				
date	25-Aug-04	time	6.40	10.50	14.57	18.80	23.10	27.57	32.21	37.02	42.19	47.47		53.92	5 / 5			
reaction time	0.248	interval		4.10	4.07	4.23	4.30	4.47	4.64	4.81	5.17	5.28	6.45			12.40	13.41	15.26
		velocity	7.03	8.54	8.60	8.27	8.14	7.83	7.54	7.28	6.77	6.63	6.20	7.42		8.47	7.83	6.88
H1 lead leg	L	strides	22	14	14	14	14	14	15	15	16	16	18.5	172.5				
FINAL - 2003 IAAF World Championships (Paris, FRA)														<i>Behm (2003) - Paris 2003:Le quatrache masculin - féminin</i>				
date	28-Aug-03	time	6.3	10.3	14.6	19.0	23.4	28.0	32.6	37.4	42.3	47.4		53.22	4 / 1			
reaction time	0.179	interval		4.00	4.30	4.40	4.40	4.60	4.60	4.80	4.90	5.10	5.82	PB		12.70	13.60	14.80
		velocity	7.14	8.75	8.14	7.95	7.95	7.61	7.61	7.29	7.14	6.86	6.87	7.52		8.27	7.72	7.09
H1 lead leg	R	strides	22	13	13	13	13	15	15	15	15	16	19	169				
FINAL - 2002 IAAF World Cup (Madrid, ESP)														<i>Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas</i>				
date	20-Sep-02	time	6.45	10.70	15.11	19.60	24.24	28.82	33.60	38.60	43.73	48.89		55.15	9 / 3			
reaction time	0.189	interval		4.25	4.41	4.49	4.64	4.58	4.78	5.00	5.13	5.16	6.26			13.15	14.00	15.29
		velocity	6.98	8.24	7.94	7.80	7.54	7.64	7.32	7.00	6.82	6.78	6.39	7.25		7.98	7.50	6.87
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	18.5	178.5				
Rega, Chantal (FRA) (1955)																		
FINAL - 1982 European Championships (Athens, GRE)														<i>(1982) - XIII championnats d'Europe d'Atletisma, Athens 1982</i>				
date	10-Sep-82	time	6.47	10.56	14.72	18.97	23.36	27.96	32.97	38.07	43.37	48.80		54.94	1 / 3			
reaction time		interval		4.09	4.16	4.25	4.39	4.60	5.01	5.10	5.30	5.43	6.14	PB		12.50	14.00	15.83
		velocity	6.96	8.56	8.41	8.24	7.97	7.61	6.99	6.86	6.60	6.45	6.51	7.28		8.40	7.50	6.63
H1 lead leg		strides	23	15	15	15	15	15	16	16	17	17	20.7	184.7				
Semi-Final 1 - 1982 European Championships (Athens, GRE)														<i>(1982) - XIII championnats d'Europe d'Atletisma, Athens 1982</i>				
date	09-Sep-82	time	6.5		14.7		23.4		32.6		43.7			55.73	1 / 1			
reaction time		interval			8.20		8.70		9.20		11.10							
		velocity	6.92		8.54		8.05		7.61		6.31			7.18				
H1 lead leg		strides																
Renaud, Anne (FRA) (1970)																		
FINAL - 1996 Tarare, FRA														<i>Veney - split times from PJ</i>				
date	06-Jul-96	time	7.1	11.5	15.8	20.2	24.9	29.8	34.8	39.8	45.0	50.6		56.82	1 / 1			
reaction time		interval		4.40	4.30	4.40	4.70	4.90	5.00	5.00	5.20	5.60	6.22			13.10	14.60	15.80
		velocity	6.34	7.95	8.14	7.95	7.45	7.14	7.00	7.00	6.73	6.25	6.43	7.04		8.02	7.19	6.65
H1 lead leg		strides	22	15	15	15	15	15	16	16	16	16		161				
Rieger, Silvia (GER) (1970)																		
FINAL - 1998 European Championships (Budapest, HUN)														<i>Sanchez (1998) - Budapest '98: análisis de la carreras con villas</i>				
date	23-Aug-98	time	6.49				23.35					48.17		54.45	3 / 3			
reaction time		interval					16.86					24.82	6.28					
		velocity	6.93				8.30					7.05	6.37	7.35				
H1 lead leg	R	strides	23	15	15	15	15	15	16	16	17	17	20.5	184.5				
FINAL - 1997 European Cup (Munich, GER)														<i>Jung (2003) - http://www.fgs.uni-halle.de</i>				
date	21-Jun-97	time	6.80	11.05	15.33	19.71	24.19	28.88	33.83	39.02	44.21	49.34		55.23	1 / 2			
reaction time		interval		4.25	4.28	4.38	4.48	4.69	4.95	5.19	5.19	5.13	5.89			12.91	14.12	15.51
		velocity	6.62	8.24	8.18	7.99	7.81	7.46	7.07	6.74	6.74	6.82	6.79	7.24		8.13	7.44	6.77
H1 lead leg		strides																

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

date	31-Jul-96	time	6.7	10.9	15.2	19.7	24.2	28.8	33.4	38.3	43.3	48.6	54.57	3 / 8			
reaction time	0.297	interval		4.20	4.30	4.50	4.50	4.60	4.60	4.90	5.00	5.30	5.97		13.00	13.70	15.20
		velocity	6.72	8.33	8.14	7.78	7.78	7.61	7.61	7.14	7.00	6.60	6.70	7.33	8.08	7.66	6.91
H1 lead leg		strides	23	15	15	15	15	15	16	16	17	17	164				

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

date	10-Aug-94	time	6.6	10.7	14.9	19.3	23.7	28.2	32.8	38.4	43.5	48.7	54.68	1 / 2			
reaction time		interval		4.10	4.20	4.40	4.40	4.50	4.60	5.60	5.10	5.20	5.98	PB	12.70	13.50	15.90
		velocity	6.82	8.54	8.33	7.95	7.95	7.78	7.61	6.25	6.86	6.73	6.69	7.32	8.27	7.78	6.60
H1 lead leg		strides		15	15	15	15	15	16	17	17	17	142				

Roberts, Kellie (USA) (1969)**FINAL - 1986 IAAF World Junior Championships (Athens, GRE)***Miskos (1986) - IAAF biomechanical research - Athens 1986 - hurdle races*

date	18-Jul-86	time	6.73	11.11	15.51	20.08	24.87	29.87	34.98	40.19	45.39	50.75	56.80	1 / 2			
reaction time		interval		4.38	4.40	4.57	4.79	5.00	5.11	5.21	5.20	5.36	6.05		13.35	14.90	15.77
		velocity	6.69	7.99	7.95	7.66	7.31	7.00	6.85	6.72	6.73	6.53	6.61	7.04	7.87	7.05	6.66
H1 lead leg		strides	24	16	16	16	18	17	17	17	17	17	21	196			

Robin, Sandrine (FRA)**FINAL - 1992 French National Championships (Narbonne, FRA)***Veney - split times from PJ*

date	28-Jun-92	time	7.0	11.6	16.3	21.0	25.9	31.0	36.2	41.4	46.9	52.3	58.42	1 / 3			
reaction time		interval		4.64	4.66	4.70	4.90	5.10	5.20	5.24	5.44	5.44	6.10		14.00	15.20	16.12
		velocity	6.43	7.54	7.51	7.45	7.14	6.86	6.73	6.68	6.43	6.43	6.56	6.85	7.50	6.91	6.51
H1 lead leg		strides	24	16	16	16	16	17	17	17	18	18	22	197			

Robinson, Chanler (USA) (2001)**Semi-Final 1 - 2024 USA Olympic Trials (Eugene, OR)***USATF and Karmarush (2024) - USA Olympic trials results and race analysis*

date	29-Jun-24	time	6.77	11.07	15.53	20.05	24.73	26.88	29.65	34.71	39.99	45.54	51.16	57.44	3 / 9		
reaction time		interval		4.30	4.46	4.52	4.68	4.92	5.06	5.28	5.55	5.62	6.28		13.28	14.66	16.45
		velocity	6.65	8.14	7.85	7.74	7.48	7.11	6.92	6.63	6.31	6.23	6.37	6.96	7.91	7.16	6.38
H1 lead leg	L	strides	25	16	16	15	16	16	16	16	16	17	17	20	190		

Heat 1 - 2024 USA Olympic Trials (Eugene, OR)*USATF and Karmarush (2024) - USA Olympic trials results and race analysis*

date	27-Jun-24	time	6.61	11.07	15.35	19.64	24.53	26.71	29.41	34.61	40.01	45.74	51.38	58.02	9 / 5			
reaction time		interval		4.46	4.28	4.29	4.89	4.88	5.20	5.40	5.73	5.64	6.64		13.03	14.97	16.77	
		velocity	6.81	7.85	8.18	8.16	7.16	7.49	7.17	6.73	6.48	6.11	6.21	6.02	6.89	8.06	7.01	6.26
H1 lead leg	R	strides	25	16	15	16	16	16	16	16	17	17	17	171				

Robinson-Hubbard, Kyla (USA) (200)**Semi-Final 1 - 2024 USA Olympic Trials (Eugene, OR)***USATF and Karmarush (2024) - USA Olympic trials results and race analysis*

date	29-Jun-24	time	6.60	10.74	15.02	19.51	24.08	26.18	28.86	33.83	39.09	44.66	50.10	56.48	4 / 6			
reaction time		interval		4.14	4.28	4.49	4.57	4.78	4.97	5.26	5.57	5.44	6.38		12.91	14.32	16.27	
		velocity	6.82	8.45	8.18	7.80	7.66	7.64	7.32	7.04	6.65	6.28	6.43	6.27	7.08	8.13	7.33	6.45
H1 lead leg	L	strides	23	16	16	16	16	16	16	16	17	17	17	20	190			

Heat 2 - 2024 USA Olympic Trials (Eugene, OR)*USATF and Karmarush (2024) - USA Olympic trials results and race analysis*

date	27-Jun-24	time	6.73	10.95	15.32	19.91	24.51	26.60	29.19	34.21	39.47	44.89	50.31	56.54	7 / 3			
reaction time		interval		4.22	4.37	4.59	4.60	4.68	5.02	5.26	5.42	5.42	6.23		13.18	14.30	16.10	
		velocity	6.69	8.29	8.01	7.63	7.61	7.52	7.48	6.97	6.65	6.46	6.46	6.42	7.07	7.97	7.34	6.52
H1 lead leg		strides																

Rodriguez, Chloe (USA) (2003)**Heat 3 - 2024 USA Olympic Trials (Eugene, OR)***USATF and Karmarush (2024) - USA Olympic trials results and race analysis*

date	27-Jun-24	time	6.99	11.61	16.33	21.20	26.10	28.27	31.03	36.15	41.58	47.23	53.14	60.05	6 / 7			
reaction time		interval		4.62	4.72	4.87	4.90	4.93	5.12	5.43	5.65	5.91	6.91		14.21	14.95	16.99	
		velocity	6.44	7.58	7.42	7.19	7.14	7.07	7.10	6.84	6.45	6.19	5.92	5.79	6.66	7.39	7.02	6.18
H1 lead leg		strides																

Rosolová, Denisa (CZE) (1986)**FINAL - 2016 Birmingham Diamond League (Birmingham, GBR) (TV Analysis)***Henson (2020) - Athlete First: 2016 year end hurdle report*

date	05-Jun-16	time		10.83	15.20	19.57	24.07	28.80	33.77	38.87	44.20	49.83	56.50	1 / 8			
reaction time	0.152	interval			4.37	4.37	4.50	4.73	4.97	5.10	5.33	5.63	6.67			14.20	16.06
		velocity		7.39	8.01	8.01	7.78	7.40	7.04	6.86	6.57	6.22	6.00	7.08		7.39	6.54
H1 lead leg		strides			15	15	15	15	15	16	16	17	17	126			

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

date	08-Aug-12	time	6.67	11.00	15.37	19.78	24.23	26.03	28.73	33.43	38.27	43.40	48.97	55.27	3 / 7 6			
reaction time	0.244	interval		4.33	4.37	4.41	4.45	4.50	4.70	4.84	5.13	5.57	6.30			13.11	13.65	15.54
		velocity	6.75	8.08	8.01	7.94	7.87	7.68	7.78	7.45	7.23	6.82	6.28	6.35	7.24	8.01	7.69	6.76
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	17	162				

Ross, Faith (USA) (1998)**FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)***Henson (2021) - Athlete First: 2021 year end hurdle report*

date	12-Jun-21	time	6.37		14.90	19.23	23.97		39.23	44.57	49.97		56.49	3 / 6			
reaction time	0.227	interval			8.53	4.33	4.74		15.26	5.34	5.40	6.52	PB		12.86		

H1 lead leg	L	velocity	7.06	8.21	8.08	7.38		6.88	6.55	6.48	6.13	7.08		8.16							
		strides	24		15	15			17	17	21.2	109.2									
Roßley, Karin (GDR) (1957)																					
FINAL - 1980 East German Spitzenklasse (Jena, GDR)																					
<i>Heß (1985) - entwicklungsaspekte die leichtathletischen sprint-/hürdenisziplinen im olympiazklus 1981/84</i>																					
date	17-May-80	time	6.49			23.87						48.58		54.28		1					
reaction time		interval				17.38						24.71	5.70	WR							
		velocity	6.93			8.06						7.08	7.02	7.37							
H1 lead leg		strides																			
FINAL - 1978 European Championships (Prague, TCH)																					
<i>Behm (1995) - la tactique du 400 haies</i>																					
date	02-Sep-78	time	6.5	10.5	14.8	19.2	23.9	25.7	28.8	33.9	39.0	44.2	49.5		55.36		1	3			
reaction time		interval		4.00	4.30	4.40	4.70		4.90	5.10	5.10	5.20	5.30	5.86	NR				12.70	14.70	15.60
		velocity	6.92	8.75	8.14	7.95	7.45	7.78	7.14	6.86	6.86	6.73	6.60	6.83	7.23				8.27	7.14	6.73
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	21	187						
FINAL - 1977 European Cup (Helsinki, FIN)																					
<i>McFarlane (1979) - le 400 m haies feminin</i>																					
date	13-Aug-77	time	6.5	10.9	15.4	19.8	24.5	26.5	29.4	34.2	39.3	44.5	49.7		55.63		1	1			
reaction time		interval		4.40	4.50	4.40	4.70		4.90	4.80	5.10	5.20	5.20	5.93	WR				13.30	14.40	15.50
		velocity	6.92	7.95	7.78	7.95	7.45	7.55	7.14	7.29	6.86	6.73	6.73	6.75	7.19				7.89	7.29	6.77
H1 lead leg		strides																			
Rücklová, Alena (CZE) (1981)																					
FINAL - 2001 European Cup (Bremen, GER)																					
<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>																					
date	23-Jun-01	time	6.92	11.36	15.91	20.48	25.24		30.21	35.29	40.45		51.45		57.60		1	7			
reaction time		interval		4.44	4.55	4.57	4.76		4.97	5.08	5.16		11.00	6.15	PB				13.56	14.81	16.16
		velocity	6.50	7.88	7.69	7.66	7.35		7.04	6.89	6.78		6.36	6.50	6.94				7.74	7.09	6.50
H1 lead leg		strides																			
Rudakova, Vera (ANA) (1992)																					
Semi-Final 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)																					
<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																					
date	02-Oct-19	time	6.50	10.74	15.05	19.55	24.22		28.99	33.90	38.94	44.14	49.38		55.57		8	6			
reaction time	0.246	interval		4.24	4.31	4.50	4.67		4.77	4.91	5.04	5.20	5.24	6.19					13.05	14.35	15.48
		velocity	6.92	8.25	8.12	7.78	7.49		7.34	7.13	6.94	6.73	6.68	6.46	7.20				8.05	7.32	6.78
H1 lead leg	L	strides	21	15	15	15	15		15	15	16	16	16	16	144						
Russell, Janieve (JAM) (1993)																					
FINAL - 2024 Memorial van damme (Brussels, BEL)																					
<i>Omega Timing (2024) - diamond league race analysis</i>																					
date	14-Sep-24	time	6.34	10.40	14.62	18.92	23.37		27.98	32.84	37.96	43.38	49.10		55.94		3	7			
reaction time	0.174	interval		4.06	4.22	4.30	4.45		4.61	4.86	5.12	5.42	5.72	6.84					12.58	13.92	16.26
		velocity	7.10	8.62	8.29	8.14	7.87		7.59	7.20	6.84	6.46	6.12	5.85	7.15				8.35	7.54	6.46
H1 lead leg	R	strides	23				15		15	16	16	17	17	20	139						
FINAL - 2024 Weltklasse (Züch, SUI)																					
<i>Omega Timing (2024) - diamond league race analysis</i>																					
date	05-Sep-24	time	6.26	10.29	14.47	18.68	23.05		27.58	32.28	37.23	42.45	48.05		54.75		7	4			
reaction time	0.185	interval		4.03	4.18	4.21	4.37		4.53	4.70	4.95	5.22	5.60	6.70					12.42	13.60	15.77
		velocity	7.19	8.68	8.37	8.31	8.01		7.73	7.45	7.07	6.70	6.25	5.97	7.31				8.45	7.72	6.66
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	20	184						
FINAL - 2024 Golden Gala • Pietro Mennea (Roma, ITA)																					
<i>Omega Timing (2024) - diamond league race analysis</i>																					
date	30-Aug-24	time	6.33	10.38	14.56	18.76	23.11		27.67	32.37	37.36	42.72	48.09		54.46		3	4			
reaction time	0.182	interval		4.05	4.18	4.20	4.35		4.56	4.70	4.99	5.36	5.37	6.37					12.43	13.61	15.72
		velocity	7.11	8.64	8.37	8.33	8.05		7.68	7.45	7.01	6.53	6.52	6.28	7.34				8.45	7.71	6.68
H1 lead leg	R	strides	23	15			15		15	16	17	16	17	19.7	153.7						
FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL)																					
<i>Omega Timing (2024) - diamond league race analysis</i>																					
date	25-Aug-24	time	6.33	10.37	14.49	18.78	23.22		27.76	32.40	37.23	42.20	47.38		53.59		4	5			
reaction time	0.160	interval		4.04	4.12	4.29	4.44		4.54	4.64	4.83	4.97	5.18	6.21					12.45	13.62	14.98
		velocity	7.11	8.66	8.50	8.16	7.88		7.71	7.54	7.25	7.04	6.76	6.44	7.46				8.43	7.71	7.01
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	17	17	19.7	184.7						
FINAL - 2024 Athletissima (Lausanne, SUI)																					
<i>Omega Timing (2024) - diamond league race analysis</i>																					
date	22-Aug-24	time	6.40	10.45	14.62	18.86	23.25		27.89	32.71	37.55	42.65	47.99		54.48		3	3			
reaction time	0.180	interval		4.05	4.17	4.24	4.39		4.64	4.82	4.84	5.10	5.34	6.49					12.46	13.85	15.28
		velocity	7.03	8.64	8.39	8.25	7.97		7.54	7.26	7.23	6.86	6.55	6.16	7.34				8.43	7.58	6.87
H1 lead leg	R	strides	23	15	15	15	15			16	16	17	20	152							
Semi-Final 2 - 2024 Olympic Games (Paris, FRA)																					
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																					
date	06-Aug-24	time	6.37	10.51	14.84	19.21	23.65		28.27	32.98	37.88	42.99	48.28		54.65		6	4			
reaction time	0.166	interval		4.14	4.33	4.37	4.44		4.62	4.71	4.90	5.11	5.29	6.37					12.84	13.77	15.30
		velocity	7.06	8.45	8.08	8.01	7.88		7.58	7.43	7.14	6.85	6.62	6.28	7.32				8.18	7.63	6.86
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	20	184						
Heat 4 - 2024 Olympic Games (Paris, FRA)																					
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																					
date	04-Aug-24	time	6.49	10.60	14.78	19.10	23.52		28.09	32.83	37.84	43.06	48.57		54.67		4	3			
reaction time	0.196	interval		4.11	4.18	4.32	4.42		4.57	4.74	5.01	5.22	5.51	6.10					12.61	13.73	15.74
		velocity	6.93	8.52	8.37	8.10	7.92		7.66	7.38	6.99	6.70	6.35	6.56	7.32				8.33	7.65	6.67

H1 lead leg	R	strides	23	15	15	15	15	15	16	16	17	17	20	184						
FINAL - 2024 Bauhaus Galan (Stockholm, SWE)																<i>Omega Timing (2024) - diamond league race analysis</i>				
date	02-Jun-24	time	6.46	10.47	14.57	18.76	23.09	27.75	32.71	37.90	43.25	48.61		54.99	7 / 4					
reaction time	0.159	interval	4.01	4.10	4.19	4.33	4.66	4.96	5.19	5.35	5.36	6.38				12.30	13.95	15.90		
		velocity	6.97	8.73	8.54	8.35	8.08	7.51	7.06	6.74	6.54	6.53	6.27	7.27		8.54	7.53	6.60		
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	17	20.2	186.2						
FINAL - 2024 Bislett Games (Oslo, NOR) (TV Analysis)																<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>				
date	30-May-24	time	6.45	10.56	14.73	19.03	23.39	28.17	33.11	38.25	43.46	48.88		55.07	6 / 3					
reaction time	0.139	interval	4.11	4.17	4.30	4.36	4.78	4.94	5.14	5.21	5.42	6.19				12.58	14.08	15.77		
		velocity	6.98	8.52	8.39	8.14	8.03	7.32	7.09	6.81	6.72	6.46	6.46	7.26		8.35	7.46	6.66		
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	17	20	186						
FINAL - 2024 Meeting International Mohammed VI d'Athlétisme (Marrakech, MAR) (TV Analysis)																<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>				
date	19-May-24	time	6.53	10.56	14.73	19.06	23.53	28.26	33.29	38.47	43.96	49.54		55.74	5 / 5					
reaction time	0.141	interval	4.03	4.17	4.33	4.47	4.73	5.03	5.18	5.49	5.58	6.20				12.53	14.23	16.25		
		velocity	6.89	8.68	8.39	8.08	7.83	7.40	6.96	6.76	6.38	6.27	6.45	7.18		8.38	7.38	6.46		
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	17	20	170						
FINAL - 2023 Prefontaine Classic (Eugene, OR)																<i>Omega Timing (2023) - diamond league race analysis</i>				
date	17-Sep-23	time	6.30	10.42	14.57	18.74	23.10	27.69	32.48	37.37	42.27	47.41		53.60	3 / 4					
reaction time	0.140	interval	4.12	4.15	4.17	4.36	4.59	4.79	4.89	4.90	5.14	6.19				12.44	13.74	14.93		
		velocity	7.14	8.50	8.43	8.39	8.03	7.63	7.31	7.16	7.14	6.81	6.46	7.46		8.44	7.64	7.03		
H1 lead leg	R	strides	23	15	15	15	15	15	16	16	16	16	20	152						
FINAL - 2023 Memorial van Damme (Brussels, BEL)																<i>Omega Timing (2023) - diamond league race analysis</i>				
date	08-Sep-23	time	6.33	10.42	14.55	18.78	23.14	27.72	32.46	37.21	42.24	47.56		53.80	7 / 2					
reaction time	0.153	interval	4.09	4.13	4.23	4.36	4.58	4.74	4.75	5.03	5.32	6.24				12.45	13.68	15.10		
		velocity	7.11	8.56	8.47	8.27	8.03	7.64	7.38	7.37	6.96	6.58	6.41	7.43		8.43	7.68	6.95		
H1 lead leg	R	strides	23	15	15	15	15	16	16	16	16	17	20	154						
FINAL - 2023 Xiamen Diamond League (Xiamen, CHN)																<i>Omega Timing (2023) - diamond league race analysis</i>				
date	02-Sep-23	time	6.31	10.37	14.49	18.71	23.06	27.63	32.41	37.36	42.41	47.61		54.01	6 / 3					
reaction time	0.173	interval	4.06	4.12	4.22	4.35	4.57	4.78	4.95	5.05	5.20	6.40				12.40	13.70	15.20		
		velocity	7.13	8.62	8.50	8.29	8.05	7.66	7.32	7.07	6.93	6.73	6.25	7.41		8.47	7.66	6.91		
H1 lead leg	R	strides	23	15	15	15	15	16	16	16	16	17	20	184						
FINAL - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	24-Aug-23	time	6.34	10.44	14.54	18.55	22.79	27.29	32.00		42.21	47.78		54.28	3 / 7					
reaction time	0.152	interval	4.10	4.10	4.01	4.24	4.50	4.71		10.21	5.57	6.50				12.21	13.45	15.78		
		velocity	7.10	8.54	8.54	8.73	8.25	7.78	7.43		6.86	6.28	6.15	7.37		8.60	7.81	6.65		
H1 lead leg	R	strides	23	15	15	15	15	16				17	20.5	136.5						
Semi-Final 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	22-Aug-23	time	6.37	10.48	14.58	18.86	23.22		32.43	37.27	42.32	47.59		53.69	7 / 3					
reaction time	0.180	interval	4.11	4.10	4.28	4.36		9.21	4.84	5.05	5.27	6.10				12.49	13.57	15.16		
		velocity	7.06	8.52	8.54	8.18	8.03		7.60	7.23	6.93	6.64	6.56	7.45		8.41	7.74	6.93		
H1 lead leg	R	strides	23	15	15	15	15			16	17	17	20	153						
Heat 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	21-Aug-23	time	6.47	10.73	14.93	19.03	23.43	28.13	32.93	37.83	42.86	48.20		54.53	4 / 1					
reaction time	0.164	interval	4.26	4.20	4.10	4.40	4.70	4.80	4.90	5.03	5.34	6.33				12.56	13.90	15.27		
		velocity	6.96	8.22	8.33	8.54	7.95	7.45	7.29	7.14	6.96	6.55	6.32	7.34		8.36	7.55	6.88		
H1 lead leg	R	strides	23	15	15	15	15	16	16	16	16	17	20	184						
FINAL - 2023 London Athletics Meet (London, GBR)																<i>Omega Timing (2023) - diamond league race analysis</i>				
date	23-Jul-23	time	6.33	10.46	14.62	18.91	23.27	27.85	32.60	37.40	42.33	47.49		53.75	5 / 2					
reaction time	0.148	interval	4.13	4.16	4.29	4.36	4.58	4.75	4.80	4.93	5.16	6.26				12.58	13.69	14.89		
		velocity	7.11	8.47	8.41	8.16	8.03	7.64	7.37	7.29	7.10	6.78	6.39	7.44		8.35	7.67	7.05		
H1 lead leg	R	strides	23	15	15	15	15	16	16	16	16	17	20	184						
FINAL - 2023 Bislett Games (Oslo, NOR)																<i>Omega Timing (2023) - diamond league race analysis</i>				
date	15-Jun-23	time	6.39	10.53	14.73	19.08	23.55	28.27	33.05	38.08	43.27	48.56		54.91	3 / 4					
reaction time	0.135	interval	4.14	4.20	4.35	4.47	4.72	4.78	5.03	5.19	5.29	6.35				12.69	13.97	15.51		
		velocity	7.04	8.45	8.33	8.05	7.83	7.42	7.32	6.96	6.74	6.62	6.30	7.28		8.27	7.52	6.77		
H1 lead leg	L	strides	23	15	15	15	15	16	16	16	17	17	20	185						
FINAL - 2023 Meeting International Mohammed VI d'Athlétisme (Rabat, MAR)																<i>Omega Timing (2023) - diamond league race analysis</i>				
date	28-May-23	time	6.41	10.62	14.90	19.33	23.88	28.56	33.51	38.63	43.85	49.12		55.41	7 / 4					
reaction time	0.160	interval	4.21	4.28	4.43	4.55	4.68	4.95	5.12	5.22	5.27	6.29				12.92	14.18	15.61		
		velocity	7.02	8.31	8.18	7.90	7.69	7.48	7.07	6.84	6.70	6.64	6.36	7.22		8.13	7.40	6.73		
H1 lead leg	L	strides	23	15	15	15	15	16	16			17	20	152						
FINAL - 2022 Weltklasse (Zürich, SUI) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	08-Sep-22	time	6.41	10.58		19.22	23.56	25.35	28.03	32.63	37.37	42.31	47.51	53.77	4 / 3					
reaction time	0.155	interval	4.17			8.64	4.34	4.47	4.60	4.74	4.94	5.20	6.26			12.81	13.41	14.88		

H1 lead leg	R	velocity	7.02	8.39	8.10	8.06	7.89	7.83	7.61	7.38	7.09	6.73	6.39	7.44	8.20	7.83	7.06	
		strides	23	15		15		15	15		16	17	20	136				
FINAL - 2022 Athletissima (Lausanne, SUI) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	26-Aug-22	time	6.40	10.53	19.17	23.56	25.35	28.13	32.93	37.67	42.70	47.87		53.92	2 / 2			
reaction time	0.167	interval		4.13	8.64	4.39		4.57	4.80	4.74	5.03	5.17	6.05		12.77	13.76	14.94	
		velocity	7.03	8.47	8.10	7.97	7.89	7.66	7.29	7.38	6.96	6.77	6.61	7.42	8.22	7.63	7.03	
H1 lead leg	R	strides	23	15		15		16	16	16	17	17	20	155				
FINAL - 2022 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	10-Aug-22	time	6.33	10.47	14.65	18.88	23.17	25.08	27.60		37.07	42.07	47.30	53.52	3 / 2			
reaction time	0.180	interval		4.14	4.18	4.23	4.29		4.43	9.47	5.00	5.23	6.22		12.55			
		velocity	7.11	8.45	8.37	8.27	8.16	7.97	7.90	7.39	7.00	6.69	6.43	7.47	8.37			
H1 lead leg	R	strides	23	15	15	15	15		15		16	17	20	151				
FINAL - 2022 Gyulai István Memorial (Székesfehérvár, HUN) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	08-Aug-22	time	6.43	10.53	14.73	19.09	23.45		28.07	32.76	37.63	42.67	47.93	54.14	5 / 2			
reaction time	0.168	interval		4.10	4.20	4.36	4.36		4.62	4.69	4.87	5.04	5.26	6.21	12.66	13.67	15.17	
		velocity	7.00	8.54	8.33	8.03	8.03		7.58	7.46	7.19	6.94	6.65	6.44	7.39	8.29	7.68	6.92
H1 lead leg	R	strides	23	15	15	15	15				16	16	17	132				
FINAL - 2022 Commonwealth Games (Birmingham, GBR) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	06-Aug-22	time	6.43	10.53	14.60	19.03	23.50	25.5	28.26	32.93	37.52	42.47	47.67	54.14	7 / 1			
reaction time	0.148	interval		4.10	4.07	4.43	4.47		4.76	4.67	4.59	4.95	5.20	6.47	12.60	13.90	14.74	
		velocity	7.00	8.54	8.60	7.90	7.83	7.84	7.35	7.49	7.63	7.07	6.73	6.18	7.39	8.33	7.55	7.12
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	20	184			
Semi-Final 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	20-Jul-22	time	6.33	10.53	14.93	19.30	23.87	25.99	28.60	33.38	38.30	43.30	48.50	54.66	6 / 3			
reaction time	0.130	interval		4.20	4.40	4.37	4.57		4.73	4.78	4.92	5.00	5.20	6.16	12.97	14.08	15.12	
		velocity	7.11	8.33	7.95	8.01	7.66	7.70	7.40	7.32	7.11	7.00	6.73	6.49	7.32	8.10	7.46	6.94
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	16	17	20	184			
Heat 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	19-Jul-22	time	6.50	10.76	15.10	19.50	23.97	25.99	28.63	33.43	38.30	43.26	48.41	54.52	5 / 1			
reaction time	0.124	interval		4.26	4.34	4.40	4.47		4.66	4.80	4.87	4.96	5.15	6.11	13.00	13.93	14.98	
		velocity	6.92	8.22	8.06	7.95	7.83	7.70	7.51	7.29	7.19	7.06	6.80	6.55	7.34	8.08	7.54	7.01
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	16	16	19.5	181.5			
FINAL - 2022 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	09-Jun-22	time	6.47	10.67	15.03	19.47	23.93	25.78	28.50	33.23	37.93	42.93	48.23	54.18	6 / 2			
reaction time	0.140	interval		4.20	4.36	4.44	4.46		4.57	4.73	4.70	5.00	5.30	5.95	13.00	13.76	15.00	
		velocity	6.96	8.33	8.03	7.88	7.85	7.76	7.66	7.40	7.45	7.00	6.60	6.72	7.38	8.08	7.63	7.00
H1 lead leg	R	strides	23	15	15	15		15	16	16	17	17	20	169				
FINAL - 2022 Müller Birmingham Diamond League (Birmingham, GBR) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	21-May-22	time	6.35	10.40	14.50	18.83	23.40	25.18	28.17	33.10	38.30	43.70	49.33	56.21	6 / 7			
reaction time	0.135	interval		4.05	4.10	4.33	4.57		4.77	4.93	5.20	5.40	5.63	6.88	12.48	14.27	16.23	
		velocity	7.09	8.64	8.54	8.08	7.66	7.94	7.34	7.10	6.73	6.48	6.22	5.81	7.12	8.41	7.36	6.47
H1 lead leg	R	strides	23	15	15	15	16		16	16	17	17	21	188				
FINAL - 2021 Weltklasse (Zürich, SUI) (TV Analysis)														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	09-Sep-21	time	6.44	10.68	15.00	19.40	23.84	25.7	28.56	33.48	38.48	43.84		55.74	6 / 7			
reaction time	0.145	interval		4.24	4.32	4.40	4.44		4.72	4.92	5.00	5.36		12.96	14.08			
		velocity	6.99	8.25	8.10	7.95	7.88	7.78	7.42	7.11	7.00	6.53		7.18	8.10	7.46		
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	17		148				
FINAL - 2021 Meeting de Paris (Paris, FRA) (TV Analysis)														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	28-Aug-21	time	6.28	10.48	14.85	19.35	23.88		28.53	33.37	38.07	43.18	48.43	54.75	4 / 3			
reaction time	0.162	interval		4.20	4.37	4.50	4.53		4.65	4.84	4.70	5.11	5.25	6.32	13.07	14.02	15.06	
		velocity	7.17	8.33	8.01	7.78	7.73		7.53	7.23	7.45	6.85	6.67	6.33	7.31	8.03	7.49	6.97
H1 lead leg	R	strides	22	15	15	15	15		16	16	16	17	17	20	184			
FINAL - 2021 Athletissima (Lausanne, SUI) (TV Analysis)														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	26-Aug-21	time	6.24	10.24	14.44	18.72	23.28		28.08	32.84	37.84	42.96	48.36	54.89	6 / 6			
reaction time	0.136	interval		4.00	4.20	4.28	4.56		4.80	4.76	5.00	5.12	5.40	6.53	12.48	14.12	15.52	
		velocity	7.21	8.75	8.33	8.18	7.68		7.29	7.35	7.00	6.84	6.48	6.13	7.29	8.41	7.44	6.77
H1 lead leg	R	strides	23	15	15	15	16		16	16	16	17	20	185				
FINAL - 2021 Prefontaine Classic (Eugene, OR) (TV Analysis)														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	21-Aug-21	time	6.36	10.52	14.76	19.04	23.48	25.4		33.04	37.88	42.92	48.28	54.50	4 / 5			
reaction time	0.155	interval		4.16	4.24	4.28	4.44		9.56	4.84	5.04	5.36	6.22	12.68	14.00	15.24		
		velocity	7.08	8.41	8.25	8.18	7.88	7.87		7.32	7.23	6.94	6.53	6.43	7.34	8.28	7.50	6.89
H1 lead leg	R	strides	23	15	15	15	15				16	17	18	20.5	154.5			
FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	04-Aug-21	time	6.40	10.52	14.68	18.88	23.20		27.68	32.32	37.08	42.00	47.12	53.08	6 / 4			

reaction time	0.136	interval	4.12	4.16	4.20	4.32		4.48	4.64	4.76	4.92	5.12	5.96	PB	12.48	13.44	14.80	
		velocity	7.03	8.50	8.41	8.33	8.10	7.81	7.54	7.35	7.11	6.84	6.71	7.54	8.41	7.81	7.09	
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	17	19.7	181.7				
Semi-Final 1 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)														<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>				
date	02-Aug-21	time	6.43	10.56	14.73	19.00	23.40	28.00	32.76		42.70	47.96		54.10	6 / 2			
reaction time	0.151	interval		4.13	4.17	4.27	4.40	4.60	4.76		9.94	5.26	6.14		12.57	13.76	15.20	
		velocity	7.00	8.47	8.39	8.20	7.95	7.61	7.35		7.04	6.65	6.51	7.39	8.35	7.63	6.91	
H1 lead leg	R	strides	23	15	15	15	15	15	16	16		17	20	167				
Heat 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)														<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>				
date	31-Jul-21	time	6.50	10.60	14.93	19.30	23.95	28.83	33.66	38.57	43.70	48.92		54.81	7 / 2			
reaction time	0.159	interval		4.10	4.33	4.37	4.65	4.88	4.83	4.91	5.13	5.22	5.89		12.80	14.36	15.26	
		velocity	6.92	8.54	8.08	8.01	7.53	7.17	7.25	7.13	6.82	6.70	6.79	7.30	8.20	7.31	6.88	
H1 lead leg	R	strides	23	15	15	15	16	16	16	16	16	16	19.7	183.7				
FINAL - 2021 Müller British Grand Prix (Gateshead, GBR) (TV Analysis)														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	13-Jul-21	time	6.30	10.48	14.76	19.08	23.54	25.5	28.14	32.94	37.94	43.10	48.40		54.66	6 / 3		
reaction time	0.106	interval		4.18	4.28	4.32	4.46	4.60	4.80	5.00	5.16	5.30	6.26		12.78	13.86	15.46	
		velocity	7.14	8.37	8.18	8.10	7.85	7.84	7.61	7.29	7.00	6.78	6.60	6.39	7.32	8.22	7.58	6.79
H1 lead leg	R	strides	23	15	15	15	15	15	16	16	17	17	20.5	184.5				
FINAL - 2021 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	06-Jul-21	time	6.27	10.46	14.60	18.92	23.27	27.79	32.52	37.47	42.49	47.64		53.68	4 / 3			
reaction time	0.168	interval		4.19	4.14	4.32	4.35	4.52	4.73	4.95	5.02	5.15	6.04		12.65	13.60	15.12	
		velocity	7.18	8.35	8.45	8.10	8.05	7.74	7.40	7.07	6.97	6.80	6.62	7.45	8.30	7.72	6.94	
H1 lead leg	R	strides	23	15	15	15	15	15	16	16	16	17	20	167				
FINAL - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis)														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	04-Jul-21	time	6.25	10.40	14.58		23.34	25.3	27.86	32.62	37.54	42.48	47.72		54.08	4 / 4		
reaction time	0.151	interval		4.15	4.18		8.76		4.52	4.76	4.92	4.94	5.24	6.36			15.10	
		velocity	7.20	8.43	8.37		7.99	7.91	7.74	7.35	7.11	7.09	6.68	6.29	7.40		6.95	
H1 lead leg	R	strides		15	15				15	16	16	16	16	20	129			
FINAL - 2019 Weltklasse (Zürich, SUI) (TV Analysis)														<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	29-Aug-19	time	6.60	10.92		19.92	24.60	26.5	29.40	34.36	39.36			55.87	8 / 7			
reaction time	0.144	interval		4.32		9.00	4.68		4.80	4.96	5.00					13.32	14.44	
		velocity	6.82	8.10		7.78	7.48	7.55	7.29	7.06	7.00			7.16		7.88	7.27	
H1 lead leg	R	strides	23	15		15		16	16	16				101				
FINAL - 2019 Müller Anniversary Games (London, GBR) (TV Analysis)														<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	21-Jul-19	time	6.52	10.72	15.12	19.64	24.16	28.84	33.52	38.44	43.48	48.76		55.14	6 / 5			
reaction time	0.162	interval		4.20	4.40	4.52	4.52	4.68	4.68	4.92	5.04	5.28	6.38		13.12	13.88	15.24	
		velocity	6.90	8.33	7.95	7.74	7.74	7.48	7.48	7.11	6.94	6.63	6.27	7.25	8.00	7.56	6.89	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	17	20.2	181.2				
FINAL - 2019 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)														<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	12-Jul-19	time	6.40	10.68	15.08	19.60	24.20	26.2		33.54	38.44	43.48	48.64		54.70	5 / 4		
reaction time	0.150	interval		4.28	4.40	4.52	4.60		9.34	4.90	5.04	5.16	6.06		13.20	13.94	15.10	
		velocity	7.03	8.18	7.95	7.74	7.61	7.63	7.49	7.14	6.94	6.78	6.60	7.31	7.95	7.53	6.95	
H1 lead leg	R	strides	22	15	15	15	15			16	16	16	20	150				
FINAL - 2019 Athletissima (Lausanne, SUI) (TV Analysis)														<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	05-Jul-19	time	6.56	10.80	15.20		24.20	26.1	28.88	33.60	38.44	43.64	49.04		55.13	2 / 4		
reaction time	0.150	interval		4.24	4.40		9.00		4.68	4.72	4.84	5.20	5.40	6.09			15.44	
		velocity	6.86	8.25	7.95		7.78	7.66	7.48	7.42	7.23	6.73	6.48	6.57	7.26		6.80	
H1 lead leg	R	strides	22	15	15				15	15	15	17	17	19.5	150.5			
FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)														<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	06-Jun-19	time	6.64	10.88	15.20	19.56	24.08		28.84	33.68	38.68	43.88	49.20		55.42	3 / 5		
reaction time	0.173	interval		4.24	4.32	4.36	4.52		4.76	4.84	5.00	5.20	5.32	6.22		12.92	14.12	15.52
		velocity	6.78	8.25	8.10	8.03	7.74		7.35	7.23	7.00	6.73	6.58	6.43	7.22	8.13	7.44	6.77
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	17	17	20	185			
FINAL - 2019 Doha Diamond League (Doha, QAT) (TV Analysis)														<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	03-May-19	time	6.60	10.78	15.08	19.52	23.99	26.0	28.63	33.46	38.47	43.64	48.92		55.28	6 / 4		
reaction time	0.131	interval		4.18	4.30	4.44	4.47		4.64	4.83	5.01	5.17	5.28	6.36		12.92	13.94	15.46
		velocity	6.82	8.37	8.14	7.88	7.83	7.69	7.54	7.25	6.99	6.77	6.63	6.29	7.24	8.13	7.53	6.79
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	17	17	20	185			
FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)														<i>Henson (2021) - Athlete First: 2018 year end hurdle report</i>				
date	09-Sep-18	time	6.36	10.60	14.94	19.32	23.76		28.28	32.92	37.62	42.64	47.64		53.62	1 / 1		
reaction time	0.156	interval		4.24	4.34	4.38	4.44		4.52	4.64	4.70	5.02	5.00	5.98		12.96	13.60	14.72
		velocity	7.08	8.25	8.06	7.99	7.88		7.74	7.54	7.45	6.97	7.00	6.69	7.46	8.10	7.72	7.13
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	19.2	178.2			
FINAL - 2018 Weltklasse (Zürich, SUI) (TV Analysis)														<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>				

date	30-Aug-18	time	6.52	10.80	15.16	24.12	26.1	28.68	33.32	38.12	43.12	48.32	54.38	6 / 3			
reaction time	0.153	interval	4.28	4.36	8.96	8.96	4.56	4.64	4.80	5.00	5.20	6.06					15.00
		velocity	6.90	8.18	8.03	7.81	7.66	7.68	7.54	7.29	7.00	6.73	6.60	7.36			7.00
H1 lead leg	R	strides	22	15	15			15	15	16		17	20	135			
FINAL - 2018 Müller Grand Prix (Birmingham, GBR) (TV Analysis)														<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	18-Aug-18	time	6.60	10.98	15.55	20.18	24.79	29.66	34.47	39.39	44.24	49.21	54.91	6 / 2			
reaction time	0.149	interval	4.38	4.57	4.63	4.61	4.87	4.81	4.92	4.85	4.97	5.70					13.58 14.29 14.74
		velocity	6.82	7.99	7.66	7.56	7.59	7.19	7.28	7.11	7.22	7.04	7.02	7.28			7.73 7.35 7.12
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	19.2	179.2			
FINAL - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)														<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	21-Jul-18	time	6.44	10.68	15.08	19.60	24.08	28.68	33.44	38.28	43.16	48.20	53.96	6 / 2			
reaction time	0.206	interval	4.24	4.40	4.52	4.48	4.60	4.76	4.84	4.88	5.04	5.76					13.16 13.84 14.76
		velocity	6.99	8.25	7.95	7.74	7.81	7.61	7.35	7.23	7.17	6.94	6.94	7.41			7.98 7.59 7.11
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	19.5	179.5			
FINAL - 2018 Athletissima (Lausanne, SUI) (TV Analysis)														<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	05-Jul-18	time	6.32	10.52	14.84	19.20	23.68	28.16	32.80	37.48	42.44	47.48	53.46	5 / 2			
reaction time	0.147	interval	4.20	4.32	4.36	4.48	4.48	4.64	4.68	4.96	5.04	5.98	PB				12.88 13.60 14.68
		velocity	7.12	8.33	8.10	8.03	7.81	7.81	7.54	7.48	7.06	6.94	6.69	7.48			8.15 7.72 7.15
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	19.5	178.5			
FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)														<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	31-May-18	time	6.44	10.64	14.96	19.48	24.16	28.88	33.72	38.52	43.48	48.40	54.08	5 / 2			
reaction time	0.165	interval	4.20	4.32	4.52	4.68	4.72	4.84	4.80	4.96	4.92	5.68					13.04 14.24 14.68
		velocity	6.99	8.33	8.10	7.74	7.48	7.42	7.23	7.29	7.06	7.11	7.04	7.40			8.05 7.37 7.15
H1 lead leg	R	strides	22	15	15	15	15	15	16	16	16	16	19.2	180.2			
FINAL - 2018 Prefontaine Classic (Eugene, OR) (TV Analysis)														<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	26-May-18	time	6.72	10.96	15.24	19.68	24.16		33.40	38.28	43.24	48.28	54.06	5 / 1			
reaction time	0.200	interval	4.24	4.28	4.44	4.48		9.24	4.88	4.96	5.04	5.78					12.96 13.72 14.88
		velocity	6.70	8.25	8.18	7.88	7.81	7.58	7.17	7.06	6.94	6.92	7.40				8.10 7.65 7.06
H1 lead leg	L	strides	23	14	15	15	15		16	16	16	20	150				
FINAL - 2018 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)														<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>			
date	12-May-18	time	6.40	10.48	14.76	19.12	23.56	28.16	32.96	37.92	42.88	47.96	53.78	3 / 2			
reaction time	0.170	interval	4.08	4.28	4.36	4.44	4.60	4.80	4.96	4.96	5.08	5.82	PB				12.72 13.84 15.00
		velocity	7.03	8.58	8.18	8.03	7.88	7.61	7.29	7.06	7.06	6.89	6.87	7.44			8.25 7.59 7.00
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	19.5	179.5			
FINAL - 2017 Memorial van Damme (Brussels, BEL) (TV Analysis)														<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>			
date	01-Sep-17	time	6.32	10.52	14.84	19.24	23.80	26.0	28.40	33.24	38.32	43.52	49.04	55.60	9 / 6		
reaction time	0.178	interval	4.20	4.32	4.40	4.56		4.60	4.84	5.08	5.20	5.52	6.56				12.92 14.00 15.80
		velocity	7.12	8.33	8.10	7.95	7.68	7.69	7.61	7.23	6.89	6.73	6.34	6.10	7.19		8.13 7.50 6.65
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	17	20.2	181.2		
FINAL - 2017 Müller Grand Prix (Birmingham, GBR) (TV Analysis)														<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>			
date	20-Aug-17	time	6.36	10.56	14.80	19.16	23.64	28.32	33.16	38.08	43.12	48.32	54.67	6 / 3			
reaction time	0.134	interval	4.20	4.24	4.36	4.48	4.68	4.84	4.92	5.04	5.20	6.35					12.80 14.00 15.16
		velocity	7.08	8.33	8.25	8.03	7.81	7.48	7.23	7.11	6.94	6.73	6.30	7.32			8.20 7.50 6.93
H1 lead leg	R	strides	22	15	15	15	15	15	16	16	16	16	20	181			
FINAL - 2017 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)														<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>			
date	21-Jul-17	time	6.28	10.40	15.04	19.04	23.52		32.92	37.84	42.88	48.12	54.38	3 / 3			
reaction time	0.186	interval	4.12	4.40	4.40	4.48		9.40	4.92	5.04	5.24	6.26					12.76 13.88 15.20
		velocity	7.17	8.50	8.10	7.81		7.45	7.12	6.94	6.68	6.39	7.36				8.23 7.56 6.91
H1 lead leg	R	strides	22	15		15			16	16	16	19.7	119.7				
FINAL - 2017 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis)														<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>			
date	16-Jul-17	time	6.56	10.88	15.28	19.68	24.20	28.88	33.64	38.48	43.44	48.48	54.36	7 / 2			
reaction time	0.152	interval	4.32	4.40	4.40	4.52	4.68	4.76	4.84	4.96	5.04	5.88					13.12 13.96 14.84
		velocity	6.86	8.10	7.95	7.95	7.74	7.48	7.35	7.23	7.06	6.94	6.80	7.36			8.00 7.52 7.08
H1 lead leg	L	strides	23	16	15	15	15	15	16	16	16	16	19.5	182.5			
FINAL - 2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)														<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>			
date	08-Jun-17	time	6.28	10.44	14.56	18.80	23.12	27.60	32.40	37.28	42.44	47.84	54.14	8 / 1			
reaction time	0.183	interval	4.16	4.12	4.24	4.32	4.48	4.80	4.88	5.16	5.40	6.30					12.52 13.60 15.44
		velocity	7.17	8.41	8.50	8.25	8.10	7.81	7.29	7.17	6.78	6.48	6.35	7.39			8.39 7.72 6.80
H1 lead leg	R	strides	22	15	15	15	15	15	16	16	17	17	20.5	183.5			
FINAL - 2017 Prefontaine Classic (Eugene, OR) (TV Analysis)														<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>			
date	27-May-17	time	6.73	11.03	15.46	19.93	24.56	29.20	34.20	39.23	44.40	49.96	56.21	2 / 8			
reaction time	0.223	interval	4.30	4.43	4.47	4.63	4.64	4.64	5.00	5.03	5.17	5.56	6.25				13.20 14.27 15.76
		velocity	6.69	8.14	7.90	7.83	7.56	7.54	7.00	6.96	6.77	6.29	6.40	7.12			7.95 7.36 6.66
H1 lead leg	L	strides	23	15	15	15	15	15	16	16	16	17	163				

FINAL - 2016 Olympic Games (Rio de Janeiro, BRA) (TV Analysis)

date	18-Aug-16	time	6.40	10.52	14.68	23.32	27.84	32.64	37.52	42.64	48.00	54.46	8 / 7						
reaction time	0.140	interval		4.12	4.16	8.64	4.52	4.80	4.88	5.12	5.36	6.46							15.36
		velocity	7.03	8.50	8.41	8.10	7.74	7.29	7.17	6.84	6.53	6.19	7.34						6.84
H1 lead leg	R	strides	22	14	14	14	15	16	16	17	17	20.2	165.2						

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

FINAL - 2016 Golden Gala Pietro Mennea (Roma, ITA) (TV Analysis)

date	02-Jun-16	time	6.52	10.68	14.92	19.28	23.72	28.16	32.72	37.48	42.56	47.80	53.96	7 / 1					
reaction time	0.180	interval		4.16	4.24	4.36	4.44	4.44	4.56	4.76	5.08	5.24	6.16						12.76
		velocity	6.90	8.41	8.25	8.03	7.88	7.88	7.68	7.35	6.89	6.68	6.49	7.41					13.44
H1 lead leg	R	strides	22	14	14	15	15	15	15	15	16	19.5	145.5						6.96

Henson (2020) - Athlete First: 2016 year end hurdle report

FINAL - 2016 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis)

date	22-May-16	time	6.44	10.60	14.84	19.12	23.52	28.00	32.64	37.60	42.60	47.88	54.16	4 / 1					
reaction time	0.139	interval		4.16	4.24	4.28	4.40	4.48	4.64	4.96	5.00	5.28	6.28						12.68
		velocity	6.99	8.41	8.25	8.18	7.95	7.81	7.54	7.06	7.00	6.63	6.37	7.39					13.52
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	17	20	181					6.89

Henson (2020) - Athlete First: 2016 year end hurdle report

FINAL - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)

date	26-Aug-15	time	6.44	10.56	14.80	19.08	23.52	28.12	32.92	37.84	43.00	54.64	9 / 5						
reaction time	0.165	interval		4.12	4.24	4.28	4.44	4.60	4.80	4.92	5.16								12.64
		velocity	6.99	8.50	8.25	8.18	7.88	7.61	7.29	7.11	6.78	7.32							13.84
H1 lead leg	R	strides	15	15	15	15	15	15	15	16	16	122							7.59

Henson (2021) - Athlete First: major championships report

Russell, Masai (USA) (2000)

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

Henson (2023) - Athlete First: 2023 year end hurdle report

FINAL - 2022 USATF National Championships (Eugene, OR)

date	25-Jun-22	time	6.40	10.59	14.92	19.41	24.08	26.17	28.89	33.79	38.84	44.00	49.32	55.66	55.66	4 / 6			
reaction time		interval		4.19	4.33	4.49	4.67		4.81	4.90	5.05	5.16	5.32	6.34					13.01
		velocity	7.03	8.35	8.08	7.80	7.49	7.64	7.28	7.14	6.93	6.78	6.58	6.31	7.19				14.38
H1 lead leg	R	strides	24	16	16	16	16			17	17	17		139					6.76

USATF (2022) - Results powered by Karmarush

Semi-Final 1 - 2022 USATF National Championships (Eugene, OR)

date	24-Jun-22	time	6.33	10.51	14.87	19.50	24.20	26.32	29.05	33.94	38.89	43.97	49.02	55.02	55.02	6 / 2			
reaction time		interval		4.18	4.36	4.63	4.70		4.85	4.89	4.95	5.08	5.05	6.00					13.17
		velocity	7.11	8.37	8.03	7.56	7.45	7.60	7.22	7.16	7.07	6.89	6.93	6.67	7.27				14.44
H1 lead leg	R	strides	24	16	16	16	16			17	17	17		139					6.96

USATF (2022) - Results powered by Karmarush

Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)

date	26-Jun-21	time	6.44	10.77	15.15	19.89	24.89		30.03		40.44	45.81		58.00	3 / 6				
reaction time	0.332	interval		4.33	4.38	4.74	5.00		5.14		10.41	5.37							13.45
		velocity	6.99	8.08	7.99	7.38	7.00		6.81		6.72	6.52		6.90					7.81
H1 lead leg	R	strides		16	16	16	16					17		81					

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

FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)

date	12-Jun-21	time	6.37		15.00	19.63	24.40			39.30	44.47	49.87		56.18	5 / 4				
reaction time	0.335	interval			8.63	4.63	4.77			14.90	5.17	5.40	6.31						13.26
		velocity	7.06		8.11	7.56	7.34			7.05	6.77	6.48	6.34	7.12					7.92
H1 lead leg	R	strides	24			15	16				16	17	21	109					

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

Ryzhykova, Anna (UKR) (1989)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2024 Golden Gala • Pietro Mennea (Roma, ITA)																			
date	30-Aug-24	time	6.57	10.85	15.20	19.67	24.38	29.29	34.32	39.52	44.89	50.52	56.96	9 / 9					
reaction time	0.221	interval		4.28	4.35	4.47	4.71	4.91	5.03	5.20	5.37	5.63	6.44						13.10
		velocity	6.85	8.18	8.05	7.83	7.43	7.13	6.96	6.73	6.52	6.22	6.21	7.02					14.65
H1 lead leg	R	strides	21	14	14	14	15	15	15	15			123						6.48

Omega Timing (2024) - diamond league race analysis

FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL)

date	25-Aug-24	time	6.59	10.80	15.12	19.52	24.07	28.84	33.67	38.69	44.00	49.29	55.44	2 / 8					
reaction time	0.188	interval		4.21	4.32	4.40	4.55	4.77	4.83	5.02	5.31	5.29	6.15						12.93
		velocity	6.83	8.31	8.10	7.95	7.69	7.34	7.25	6.97	6.59	6.62	6.50	7.22					14.15
H1 lead leg	R	strides	21	14	14	14					16		79						6.72

Omega Timing (2024) - diamond league race analysis

Semi-Final 2 - 2024 Olympic Games (Paris, FRA)

date	06-Aug-24	time	6.49	10.66	14.99	19.41	23.87	28.60	33.42	38.43	43.72	49.26	55.65	2 / 7					
reaction time	0.169	interval		4.17	4.33	4.42	4.46	4.73	4.82	5.01	5.29	5.54	6.39						12.92
		velocity	6.93	8.39	8.08	7.92	7.85	7.40	7.26	6.99	6.62	6.32	6.26	7.19					14.01
H1 lead leg	R	strides	21	14	14	14	14	15	15	15	15	16	20	173					6.63

Paris 2024 Olympic Games - Results Book (2024)

Repechage 3 - 2024 Olympic Games (Paris, FRA)

date	05-Aug-24	time	6.49	10.76	15.03	19.45	24.03	28.77	33.58	38.56	43.67	48.88	54.95	8 / 2					
reaction time	0.174	interval		4.27	4.27	4.42	4.58	4.74	4.81	4.98	5.11	5.21	6.07						12.96

Paris 2024 Olympic Games - Results Book (2024)

H1 lead leg	R	velocity	6.93	8.20	8.20	7.92	7.64	7.38	7.28	7.03	6.85	6.72	6.59	7.28	8.10	7.43	6.86
		strides	21	14	14	14	14	14	15	15	15	15	19.5	170.5			
Heat 3 - 2024 Olympic Games (Paris, FRA)														<i>Paris 2024 Olympic Games - Results Book (2024)</i>			
date	04-Aug-24	time	6.47	10.65	14.94	19.27	23.76	28.44	33.29	38.31	43.48	48.85	55.13	6 / 4			
reaction time	0.187	interval	4.18	4.29	4.33	4.49	4.68	4.85	5.02	5.17	5.37	6.28			12.80	14.02	15.56
		velocity	6.96	8.37	8.16	8.08	7.80	7.48	7.22	6.97	6.77	6.52	6.37	7.26	8.20	7.49	6.75
H1 lead leg	R	strides	21	14	14	14	14	15	15	15	15	16	19.5	172.5			
Semi-Final 2 - 2024 European Athletics Championships (Roma, ITA)														<i>European Athletics (2024) - 2024 european athletics championships - results book</i>			
date	10-Jun-24	time	6.56	10.75	15.12	19.49	24.05	28.80	33.64	38.52	43.57	48.90	54.95	8 / 5			
reaction time	0.253	interval	4.19	4.37	4.37	4.56	4.75	4.84	4.88	5.05	5.33	6.05			12.93	14.15	15.26
		velocity	6.86	8.35	8.01	8.01	7.68	7.37	7.23	7.17	6.93	6.57	6.61	7.28	8.12	7.42	6.88
H1 lead leg	R	strides	21	14	14	14	14	15	15	15	15	16	19.5	128.5			
FINAL - 2024 Bauhaus Galan (Stockholm, SWE)														<i>Omega Timing (2024) - diamond league race analysis</i>			
date	02-Jun-24	time	6.54	10.70	14.89	19.16	23.56	28.26	33.11	38.19	43.51	49.09	55.64	1 / 5			
reaction time	0.194	interval	4.16	4.19	4.27	4.40	4.70	4.85	5.08	5.32	5.58	6.55			12.62	13.95	15.98
		velocity	6.88	8.41	8.35	8.20	7.95	7.45	7.22	6.89	6.58	6.27	6.11	7.19	8.32	7.53	6.57
H1 lead leg	R	strides	21	14	14	14	14	15	15	15	15	16	20	131			
FINAL - 2024 Bislett Games (Oslo, NOR) (TV Analysis)														<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>			
date	30-May-24	time	6.55	10.69	14.99	19.39	24.00	28.77	33.61	38.63	43.77	49.21	55.58	8 / 6			
reaction time	0.189	interval	4.14	4.30	4.40	4.61	4.77	4.84	5.02	5.14	5.44	6.37			12.84	14.22	15.60
		velocity	6.87	8.45	8.14	7.95	7.59	7.34	7.23	6.97	6.81	6.43	6.28	7.20	8.18	7.38	6.73
H1 lead leg	R	strides	21	14	14	14	14	15	15	15	15	15	20	172			
FINAL - 2024 Meeting International Mohammed VI d'Athlétisme (Marrakech, MAR) (TV Analysis)														<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>			
date	19-May-24	time	6.63	10.66	14.84	19.11	23.58	28.32	33.24	38.27	43.60	48.99	55.09	4 / 3			
reaction time	0.202	interval	4.03	4.18	4.27	4.47	4.74	4.92	5.03	5.33	5.39	6.10			12.48	14.13	15.75
		velocity	6.79	8.68	8.37	8.20	7.83	7.38	7.11	6.96	6.57	6.49	6.56	7.26	8.41	7.43	6.67
H1 lead leg	R	strides	21	14	14	14	14	15	15	16	16	19	158				
FINAL - 2023 Prefontaine Classic (Eugene, OR)														<i>Omega Timing (2023) - diamond league race analysis</i>			
date	17-Sep-23	time	6.47	10.66	14.96	19.32	23.83	28.67	33.68	38.71	43.79	48.98	54.98	1 / 8			
reaction time	0.166	interval	4.19	4.30	4.36	4.51	4.84	5.01	5.03	5.08	5.19	6.00			12.85	14.36	15.30
		velocity	6.96	8.35	8.14	8.03	7.76	7.23	6.99	6.96	6.89	6.74	6.67	7.28	8.17	7.31	6.86
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	15	95				
FINAL - 2023 Xiamen Diamond League (Xiamen, CHN)														<i>Omega Timing (2023) - diamond league race analysis</i>			
date	02-Sep-23	time	6.51	10.65	14.89	19.28	23.79	28.59	33.44	38.37	43.43	48.51	54.35	1 / 5			
reaction time	0.157	interval	4.14	4.24	4.39	4.51	4.80	4.85	4.93	5.06	5.08	5.84			12.77	14.16	15.07
		velocity	6.91	8.45	8.25	7.97	7.76	7.29	7.22	7.10	6.92	6.89	6.85	7.36	8.22	7.42	6.97
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	15	19	172			
Semi-Final 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>			
date	22-Aug-23	time	6.55	10.84	15.01	19.21	23.66	28.36	33.15	38.07	43.41	48.41	54.42	9 / 4			
reaction time	0.186	interval	4.29	4.17	4.20	4.45	4.70	4.79	4.92	5.03	5.19	6.01			12.66	13.94	15.26
		velocity	6.87	8.16	8.39	8.33	7.87	7.45	7.31	7.11	6.77	6.66	7.35		8.29	7.53	6.88
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	19.2	157.2				
Heat 5 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>			
date	21-Aug-23	time	6.53	10.83	14.96	19.23	23.73	28.54	33.43	38.46	43.53	48.73	54.70	7 / 3			
reaction time	0.186	interval	4.30	4.13	4.27	4.50	4.81	4.89	5.03	5.07	5.20	5.97			12.70	14.20	15.30
		velocity	6.89	8.14	8.47	8.20	7.78	7.28	7.16	6.96	6.90	6.73	6.70	7.31	8.27	7.39	6.86
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	15	19	172			
FINAL - 2023 London Athletics Meet (London, GBR)														<i>Omega Timing (2023) - diamond league race analysis</i>			
date	23-Jul-23	time	6.37	10.42	14.61	18.84	23.18	27.83	32.67	37.61	42.76	48.12	54.53	1 / 7			
reaction time	0.166	interval	4.05	4.19	4.23	4.34	4.65	4.84	4.94	5.15	5.36	6.41			12.47	13.83	15.45
		velocity	7.06	8.64	8.35	8.27	8.06	7.53	7.23	7.09	6.80	6.53	6.24	7.34	8.42	7.59	6.80
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	16	20	144				
FINAL - 2023 Athletissima (Lausanne, SUI)														<i>Omega Timing (2023) - diamond league race analysis</i>			
date	30-Jun-23	time	6.46	10.60	14.87	19.22	23.71	28.44	33.37	38.48	43.73	49.21	55.41	2 / 5			
reaction time	0.175	interval	4.14	4.27	4.35	4.49	4.73	4.93	5.11	5.25	5.48	6.20			12.76	14.15	15.84
		velocity	6.97	8.45	8.20	8.05	7.80	7.40	7.10	6.85	6.67	6.39	6.45	7.22	8.23	7.42	6.63
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	16	19.5	130.5				
FINAL - 2023 Bislett Games (Oslo, NOR)														<i>Omega Timing (2023) - diamond league race analysis</i>			
date	15-Jun-23	time	6.52	10.68	14.96	19.34	23.87	28.65	33.54	38.57	43.80	49.25	55.53	1 / 7			
reaction time	0.202	interval	4.16	4.28	4.38	4.53	4.78	4.89	5.03	5.23	5.45	6.28			12.82	14.20	15.71
		velocity	6.90	8.41	8.18	7.99	7.73	7.32	7.16	6.96	6.69	6.42	6.37	7.20	8.19	7.39	6.68
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	16	154				
FINAL - 2023 Golden Gala Pietro Mennea (Firenze, ITA)														<i>Omega Timing (2023) - diamond league race analysis</i>			
date	02-Jun-23	time	6.43	10.55	14.83	19.21	23.74	28.48	33.45	38.49	43.79	49.38	55.99	1 / 8			

reaction time	0.155	interval	4.12	4.28	4.38	4.53	4.74	4.97	5.04	5.30	5.59	6.61	12.78	14.24	15.93			
		velocity	7.00	8.50	8.18	7.99	7.73	7.38	7.04	6.94	6.60	6.26	6.05	7.14	8.22	7.37	6.59	
H1 lead leg	R	strides	22	14	14	14	14			16	16	20	130					
FINAL - 2023 Meeting International Mohammed VI d'Athlétisme (Rabat, MAR)													<i>Omega Timing (2023) - diamond league race analysis</i>					
date	28-May-23	time	6.61	10.93	15.33	19.84	24.51	29.40	34.51	39.74	45.11	50.64	56.97	8 / 8				
reaction time	0.268	interval	4.32	4.40	4.51	4.67	4.89	5.11	5.23	5.37	5.53	6.33	13.23	14.67	16.13			
		velocity	6.81	8.10	7.95	7.76	7.49	7.16	6.85	6.69	6.52	6.33	6.32	7.02	7.94	7.16	6.51	
H1 lead leg	R	strides	22	14	14	14	14	15	15		16	16	19	159				
FINAL - 2022 Weltklasse (Zürich, SUI) (TV Analysis)													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>					
date	08-Sep-22	time	6.34	10.38		23.49	25.42	28.26	33.10		43.31	48.68	55.06	2 / 7				
reaction time	0.167	interval	4.04		13.11		4.77	4.84		10.21	5.37	6.38				15.58		
		velocity	7.10	8.66	8.01	7.87	7.34	7.23		6.86	6.52	6.27	7.26			6.74		
H1 lead leg	R	strides	22	14			15	15			16	19.7	101.7					
FINAL - 2022 Athletissima (Lausanne, SUI) (TV Analysis)													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>					
date	26-Aug-22	time	6.40	10.50	19.06	23.53	25.43	28.27	33.07	37.94	43.16	48.47	54.59	3 / 4				
reaction time	0.197	interval	4.10		8.56	4.47	4.74	4.80	4.87	5.22	5.31	6.12	12.66	14.01	15.40			
		velocity	7.03	8.54	8.18	7.83	7.86	7.38	7.29	7.19	6.70	6.59	6.54	7.33	8.29	7.49	6.82	
H1 lead leg	R	strides	22	14		14		15	15	15	16	16	19.2	146.2				
FINAL - 2022 European Athletics Championships (Munich, GER)													<i>European Athletics (2022) - european athletics championships race analysis</i>					
date	19-Aug-22	time	6.46	10.52	14.75	19.10	23.61	25.61	28.31	33.14	38.15	43.27	48.59	54.86	5 / 3			
reaction time	0.250	interval	4.06	4.23	4.35	4.51	4.70	4.83	5.01	5.12	5.32	6.27	12.64	14.04	15.45			
		velocity	6.97	8.62	8.27	8.05	7.76	7.81	7.45	7.25	6.99	6.84	6.58	6.38	7.29	8.31	7.48	6.80
H1 lead leg	R	strides	22	14		14		15	15	15	15	16	19.5	145.5				
Semi-Final 3 - 2022 European Athletics Championships (Munich, GER)													<i>European Athletics (2022) - european athletics championships race analysis</i>					
date	18-Aug-22	time	6.47	10.52	14.66	18.91	23.32	25.24	27.85	32.66	37.63	42.75	48.11	54.25	4 / 2			
reaction time	0.257	interval	4.05	4.14	4.25	4.41	4.53	4.81	4.97	5.12	5.36	6.14	12.44	13.75	15.45			
		velocity	6.96	8.64	8.45	8.24	7.94	7.92	7.73	7.28	7.04	6.84	6.53	6.51	7.37	8.44	7.64	6.80
H1 lead leg	R	strides	22	14		14		16	15	15	16	16	19	147				
FINAL - 2022 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>					
date	10-Aug-22	time	6.46	10.53	14.70	19.00	23.40	25.37	28.06	32.96	37.93	43.10	48.40	54.53	5 / 5			
reaction time	0.189	interval	4.07	4.17	4.30	4.40	4.66	4.90	4.97	5.17	5.30	6.13	12.54	13.96	15.44			
		velocity	6.97	8.60	8.39	8.14	7.95	7.88	7.51	7.14	7.04	6.77	6.60	6.53	7.34	8.37	7.52	6.80
H1 lead leg	R	strides	22	14	14	14	14		15		15	15	16	19.2	158.2			
FINAL - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>					
date	22-Jul-22	time	6.60	10.77	14.97	19.40	23.96	25.85	28.67	33.50	38.43	43.50	54.93	8 / 8				
reaction time	0.167	interval	4.17	4.20	4.43	4.56	4.71	4.83	4.93	5.07			12.80	14.10				
		velocity	6.82	8.39	8.33	7.90	7.68	7.74	7.43	7.25	7.10	6.90	7.28	8.20	7.45			
H1 lead leg	R	strides	22	14	14	14	14		14	15	15	15	137					
Semi-Final 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>					
date	20-Jul-22	time	6.46	10.66	14.97	19.33	23.90	26.03	28.70	33.47	38.37	43.34	48.47	54.51	5 / 2			
reaction time	0.175	interval	4.20	4.31	4.36	4.57	4.80	4.77	4.90	4.97	5.13	6.04	12.87	14.14	15.00			
		velocity	6.97	8.33	8.12	8.03	7.66	7.68	7.29	7.34	7.14	7.04	6.82	6.62	7.34	8.16	7.43	7.00
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	19	172			
Heat 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>					
date	19-Jul-22	time	6.63	10.83	15.13	19.40	23.90	25.73	28.63		38.56	43.60	48.93	54.93	2 / 2			
reaction time	0.139	interval	4.20	4.30	4.27	4.50	4.73		4.73	9.93	5.04	5.33	6.00	12.77				
		velocity	6.79	8.33	8.14	8.20	7.78	7.77	7.40	7.05	6.94	6.57	6.67	7.28	8.22			
H1 lead leg	R	strides	22	14	14	14	14		15		15	15	19.2	142.2				
FINAL - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis)													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>					
date	30-Jun-22	time	6.44	10.56	14.72	19.08	23.54	25.44	28.20	32.98	37.86	42.88	48.26	54.33	4 / 3			
reaction time	0.165	interval	4.12	4.16	4.36	4.46	4.66	4.78	4.88	5.02	5.38	6.07	12.64	13.90	15.28			
		velocity	6.99	8.50	8.41	8.03	7.85	7.86	7.51	7.32	7.17	6.97	6.51	6.59	7.36	8.31	7.55	6.87
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	16	19	173			
FINAL - 2022 Bislett Games (Oslo, NOR) (TV Analysis)													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>					
date	16-Jun-22	time	6.46	10.58	14.78	19.10	23.62		28.50	33.36	38.30	43.44	48.86	54.81	7 / 2			
reaction time	0.175	interval	4.12	4.20	4.32	4.52		4.88	4.86	4.94	5.14	5.42	5.95	12.64	14.26	15.50		
		velocity	6.97	8.50	8.33	8.10	7.74		7.17	7.20	7.09	6.81	6.46	6.72	7.30	8.31	7.36	6.77
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	16	19.2	173.2			
FINAL - 2022 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>					
date	09-Jun-22	time	6.53	10.67	14.80	19.07	23.60	25.52	28.33	33.13	38.07	43.10	48.47	54.50	4 / 3			
reaction time	0.187	interval	4.14	4.13	4.27	4.53		4.73	4.80	4.94	5.03	5.37	6.03	12.54	14.06	15.34		
		velocity	6.89	8.45	8.47	8.20	7.73	7.84	7.40	7.29	7.09	6.96	6.52	6.63	7.34	8.37	7.47	6.84
H1 lead leg	R	strides	22	14	14	14		15	15	15	15	16	19.5	159.5				
FINAL - 2022 Golden Spike (Ostrava, CZE) (TV Analysis) (300m Hurdles)													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>					

date	31-May-22	time	7.20	11.05	15.17	19.37	23.73		28.46	33.20				38.36	6 / 3				
reaction time	0.208	interval		3.85	4.12	4.20	4.36		4.73	4.74				5.16	PB	12.17	13.83		
		velocity	6.94	9.09	8.50	8.33	8.03		7.40	7.38				7.75	7.82	8.63	7.59		
H1 lead leg	R	strides	24	14		14	14			15				18	99				
FINAL - 2022 Müller Birmingham Diamond League (Birmingham, GBR) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	21-May-22	time	6.53	10.66	14.83	19.17	23.70	25.61	28.67	33.63	38.80	44.07	49.43		55.37	5 / 3			
reaction time	0.173	interval		4.13	4.17	4.34	4.53		4.97	4.96	5.17	5.27	5.36	5.94		12.64	14.46	15.80	
		velocity	6.89	8.47	8.39	8.06	7.73	7.81	7.04	7.06	6.77	6.64	6.53	6.73	7.22	8.31	7.26	6.65	
H1 lead leg	R	strides	22	14	14	14	14		15	15	16	16	16	19.2	175.2				
FINAL - 2021 Weltklasse (Zürich, SUI) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	09-Sep-21	time	6.40	10.40	14.56	18.88	23.28	25.1	27.92	32.68	37.48	42.52	47.76		53.70	5 / 3			
reaction time	0.160	interval		4.00	4.16	4.32	4.40		4.64	4.76	4.80	5.04	5.24	5.94		12.48	13.80	15.08	
		velocity	7.03	8.75	8.41	8.10	7.95	7.97	7.54	7.35	7.29	6.94	6.68	6.73	7.45	8.41	7.61	6.96	
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	16	19.2	173.2				
FINAL - 2021 Meeting de Paris (Paris, FRA) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	28-Aug-21	time	6.33	10.52	14.82		23.75		28.52	33.37	38.30	43.33	48.60		54.59	6 / 2			
reaction time	0.175	interval		4.19	4.30		8.93		4.77	4.85	4.93	5.03	5.27	5.99				15.23	
		velocity	7.11	8.35	8.14		7.84		7.34	7.22	7.10	6.96	6.64	6.68	7.33			6.89	
H1 lead leg	R	strides	22	14	14	14			15	15	15	15	15	19	158				
FINAL - 2021 Athletissima (Lausanne, SUI) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	26-Aug-21	time	6.44	10.52	14.68		23.52		28.32	33.16	38.04	43.04	48.32		54.32	2 / 3			
reaction time	0.162	interval		4.08	4.16		8.84		4.80	4.84	4.88	5.00	5.28	6.00				15.16	
		velocity	6.99	8.58	8.41		7.92		7.29	7.23	7.17	7.00	6.63	6.67	7.36			6.93	
H1 lead leg	R	strides	22	14	14				15	15	15	15	16	19	145				
FINAL - 2021 Prefontaine Classic (Eugene, OR) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	21-Aug-21	time	6.52	10.64	14.84	19.12	23.52	25.5		33.12	38.00	43.00	48.22		54.40	3 / 4			
reaction time	0.162	interval		4.12	4.20	4.28	4.40			9.60	4.88	5.00	5.22	6.18		12.60	14.00	15.10	
		velocity	6.90	8.50	8.33	8.18	7.95	7.84		7.29	7.17	7.00	6.70	6.47	7.35	8.33	7.50	6.95	
H1 lead leg	R	strides	22	14	14	14	14				15	15	15	20	143				
FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	04-Aug-21	time	6.40	10.48	14.60	18.80	23.08		27.68	32.44	37.28	42.32	47.52		53.48	2 / 5			
reaction time	0.177	interval		4.08	4.12	4.20	4.28		4.60	4.76	4.84	5.04	5.20	5.96		12.40	13.64	15.08	
		velocity	7.03	8.58	8.50	8.33	8.18		7.61	7.35	7.23	6.94	6.73	6.71	7.48	8.47	7.70	6.96	
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	16	19.2	173.2				
Semi-Final 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)															<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>				
date	02-Aug-21	time	6.36	10.46	14.56	18.86	23.30		28.10	33.00	38.00	43.00	48.23		54.23	6 / 3			
reaction time	0.162	interval		4.10	4.10	4.30	4.44		4.80	4.90	5.00	5.00	5.23	6.00		12.50	14.14	15.23	
		velocity	7.08	8.54	8.54	8.14	7.88		7.29	7.14	7.00	7.00	6.69	6.67	7.38	8.40	7.43	6.89	
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	19.7	172.7				
Heat 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)															<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>				
date	31-Jul-21	time	6.56	10.56	14.73	19.00	23.46		28.33	33.26	38.20	43.40	48.66		54.46	2 / 1			
reaction time	0.191	interval		4.00	4.17	4.27	4.46		4.87	4.93	4.94	5.20	5.26	5.80		12.44	14.26	15.40	
		velocity	6.86	8.75	8.39	8.20	7.85		7.19	7.10	7.09	6.73	6.65	6.90	7.34	8.44	7.36	6.82	
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	16	16	19	174				
FINAL - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	04-Jul-21	time	6.34	10.30	14.36		22.84	24.8	27.42	32.12	36.88	41.78	47.02		52.96	3 / 3			
reaction time	0.183	interval		3.96	4.06		8.48		4.58	4.70	4.76	4.90	5.24	5.94	NR PB			14.90	
		velocity	7.10	8.84	8.62		8.25	8.06	7.64	7.45	7.35	7.14	6.68	6.73	7.55			7.05	
H1 lead leg	R	strides	22	14	14				15	15	15	15	16	19.2	145.2				
FINAL - 2021 Bislett Games (Oslo, NOR) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	01-Jul-21	time	6.48	10.56	14.68	19.00	23.44		28.12	32.84	37.72	42.68	48.04		54.15	5 / 2			
reaction time	0.185	interval		4.08	4.12	4.32	4.44		4.68	4.72	4.88	4.96	5.36	6.11	PB	12.52	13.84	15.20	
		velocity	6.94	8.58	8.50	8.10	7.88		7.48	7.42	7.17	7.06	6.53	6.55	7.39	8.39	7.59	6.91	
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	16	19.5	173.5				
FINAL - 2021 Golden Gala Pietro Mennea (Florence, ITA) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	10-Jun-21	time	6.44	10.56	14.62	18.80	23.20	25.1	27.88	32.64	37.56	42.64	48.04		54.19	5 / 2			
reaction time	0.182	interval		4.12	4.06	4.18	4.40		4.68	4.76	4.92	5.08	5.40	6.15	PB	12.36	13.84	15.40	
		velocity	6.99	8.50	8.62	8.37	7.95	7.97	7.48	7.35	7.11	6.89	6.48	6.50	7.38	8.50	7.59	6.82	
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	16	19.7	173.7				
FINAL - 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)															<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>				
date	17-Sep-20	time	6.44	10.56	14.76	19.12	23.68	25.7	28.44	33.32	38.32	43.36	48.52		54.54	6 / 2			
reaction time	0.157	interval		4.12	4.20	4.36	4.56		4.76	4.88	5.00	5.04	5.16	6.02		12.68	14.20	15.20	
		velocity	6.99	8.50	8.33	8.03	7.68	7.78	7.35	7.17	7.00	6.94	6.78	6.64	7.33	8.28	7.39	6.91	
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	19.7	172.7				

FINAL - 2020 Bauhaus Galan (Stockholm, SWE) (TV Analysis)

date	23-Aug-20	time	6.50	10.67	15.00	19.37	24.00	26.0	28.87	33.77	38.63	43.80	49.10	55.19	2 / 2			
reaction time	0.156	interval		4.17	4.33	4.37	4.63		4.87	4.90	4.86	5.17	5.30	6.09		12.87	14.40	15.33
		velocity	6.92	8.39	8.08	8.01	7.56	7.69	7.19	7.14	7.20	6.77	6.60	6.57	7.25	8.16	7.29	6.85
H1 lead leg	R	strides	21	14		14	15		15	15	16	15	16	19.5				

Henson (2020) - Athlete First: 2020 year end hurdle report

FINAL - 2020 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)

date	19-Aug-20	time	6.44	10.56	14.88	19.32	24.00	28.92	33.92	39.08	44.40	49.88	55.86	3 / 2				
reaction time	0.162	interval		4.12	4.32	4.44	4.68		4.92	5.00	5.16	5.32	5.48	5.98		12.88	14.60	15.96
		velocity	6.99	8.50	8.10	7.88	7.48		7.11	7.00	6.78	6.58	6.39	6.69	7.16	8.15	7.19	6.58
H1 lead leg	R	strides	22	14	14	14	15		15	15	16	16	19.5					

Henson (2020) - Athlete First: 2020 year end hurdle report

FINAL - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)

date	04-Oct-19	time	6.40	10.48	14.65	18.98	23.45	28.13	33.00	38.00	43.04	48.35	54.45	3 / 7				
reaction time	0.173	interval		4.08	4.17	4.33	4.47		4.68	4.87	5.00	5.04	5.31	6.10		12.58	14.02	15.35
		velocity	7.03	8.58	8.39	8.08	7.83		7.48	7.19	7.00	6.94	6.59	6.56	7.35	8.35	7.49	6.84
H1 lead leg	R	strides	22	14	14		14		15	15	15	16	19.2					

Henson (2020) - Athlete First: 2019 year end hurdle report

Semi-Final 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)

date	02-Oct-19	time	6.54	10.67	14.85	19.22	23.75	28.46	33.30	38.24	43.21	48.35	54.45	6 / 3				
reaction time	0.171	interval		4.13	4.18	4.37	4.53		4.71	4.84	4.94	4.97	5.14	6.10		12.68	14.08	15.05
		velocity	6.88	8.47	8.37	8.01	7.73		7.43	7.23	7.09	7.04	6.81	6.56	7.35	8.28	7.46	6.98
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	19.2					

Henson (2020) - Athlete First: 2019 year end hurdle report

FINAL - 2019 The Match - Europe v USA (Minsk, BLR) (TV Analysis)

date	10-Sep-19	time	6.54	10.67	14.88	19.18	23.65	28.42	33.40	38.47	43.71	49.01	55.32	6 / 1				
reaction time		interval		4.13	4.21	4.30	4.47		4.77	4.98	5.07	5.24	5.30	6.31		12.64	14.22	15.61
		velocity	6.88	8.47	8.31	8.14	7.83		7.34	7.03	6.90	6.68	6.60	6.34	7.23	8.31	7.38	6.73
H1 lead leg	R	strides		14	14	14	14		15	15	15	16	16	19.7				

Henson (2020) - Athlete First: 2019 year end hurdle report

FINAL - 2019 Weltklasse (Zürich, SUI) (TV Analysis)

date	29-Aug-19	time	6.48	10.64		19.24	23.88	25.9	28.72	33.68	38.72	43.88	49.20	55.28	1 / 6			
reaction time	0.149	interval		4.16		8.60	4.64		4.84	4.96	5.04	5.16	5.32	6.08		12.76	14.44	15.52
		velocity	6.94	8.41		8.14	7.54	7.72	7.23	7.06	6.94	6.78	6.58	6.58	7.24	8.23	7.27	6.77
H1 lead leg	R	strides	22	14		15			15	15		15	16	19.7				

Henson (2020) - Athlete First: 2019 year end hurdle report

FINAL - 2019 Müller Anniversary Games (London, GBR) (TV Analysis)

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

Henson (2020) - Athlete First: 2019 year end hurdle report

FINAL - 2019 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)

date	12-Jul-19	time	6.56	10.80	15.10	19.52	26.3	29.04	34.08	39.16	44.36	49.64	55.65	8 / 8				
reaction time	0.170	interval		4.24	4.30	4.42		9.52	5.04	5.08	5.20	5.28	6.01		12.96	14.56	15.56	
		velocity	6.86	8.25	8.14	7.92	7.60	7.35	6.94	6.89	6.73	6.63	6.66	7.19	8.10	7.21	6.75	
H1 lead leg	R	strides	22	14	14	14			15	15	15	16	125					

Henson (2020) - Athlete First: 2019 year end hurdle report

FINAL - 2019 Bislett Games (Oslo, NOR) (TV Analysis)

date	13-Jun-19	time	6.52	10.72	14.96	24.20	26.2	29.04	34.04	39.04	44.28	49.80	56.26	2 / 6					
reaction time	0.178	interval		4.20	4.24	9.24		4.84	5.00	5.00	5.24	5.52	6.46					15.76	
		velocity	6.90	8.33	8.25	7.58	7.63	7.23	7.00	7.00	6.68	6.34	6.19	7.11					6.66
H1 lead leg	R	strides	22	14	14			15	15	15	15	16	21						147

Henson (2020) - Athlete First: 2019 year end hurdle report

FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)

date	06-Jun-19	time	6.44	10.64	14.92	19.40	24.08	28.96	33.84	38.80	44.00	49.40	55.64	8 / 6				
reaction time	0.157	interval		4.20	4.28	4.48	4.68		4.88	4.88	4.96	5.20	5.40	6.24		12.96	14.44	15.56
		velocity	6.99	8.33	8.18	7.81	7.48		7.17	7.17	7.06	6.73	6.48	6.41	7.19	8.10	7.27	6.75
H1 lead leg	R	strides	22	14	14	14	15		15	15	15	16	19.5					

Henson (2020) - Athlete First: 2019 year end hurdle report

FINAL - 2019 Doha Diamond League (Doha, QAT) (TV Analysis)

date	03-May-19	time	6.58	10.70	14.91	19.35	23.99	25.9	28.73	33.60	38.60	43.64	48.84	54.82	4 / 3			
reaction time	0.149	interval		4.12	4.21	4.44	4.64		4.74	4.87	5.00	5.04	5.20	5.98		12.77	14.25	15.24
		velocity	6.84	8.50	8.31	7.88	7.54	7.72	7.38	7.19	7.00	6.94	6.73	6.69	7.30	8.22	7.37	6.89
H1 lead leg	R	strides	22	14	14	14	15		15	15	15	16	19.2					

Henson (2020) - Athlete First: 2019 year end hurdle report

FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)

date	09-Sep-18	time	6.36	10.48	14.68	19.00	23.36	28.00	32.88	37.80	43.04	48.24	54.47	8 / 3				
reaction time	0.172	interval		4.12	4.20	4.32	4.36		4.64	4.88	4.92	5.24	5.20	6.23		12.64	13.88	15.36
		velocity	7.08	8.50	8.33	8.10	8.03		7.54	7.17	7.11	6.68	6.73	6.42	7.34	8.31	7.56	6.84
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	16	16	19.7				

Henson (2021) - Athlete First: 2018 year end hurdle report

FINAL - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis)

date	15-Aug-13	time	6.34	10.58	14.88	19.19	23.84	28.65		38.61	43.77	49.00	55.01	1 / 5 5				
reaction time	0.169	interval		4.24	4.30	4.31	4.65		4.81		9.96	5.16	5.23	6.01		12.85		
		velocity	7.10	8.25	8.14	8.12	7.53		7.28		7.03	6.78	6.69	6.66	7.27	8.17		
H1 lead leg	L	strides	21	14	14	14	14		15			15	15	19.2				

Henson (2021) - Athlete First: major championships report

Saihara, Mai (JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Japanese National High School Championships (Nagoya, JPN)														<i>Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection</i>				
date	04-Aug-18	time	6.86	11.49	16.25	21.26	26.43	31.82	37.47	43.14	48.98	54.67		60.86	9 / 6			
reaction time		interval		4.63	4.76	5.01	5.17	5.39	5.65	5.67	5.84	5.69	6.19			14.40	16.21	17.20
		velocity	6.56	7.56	7.35	6.99	6.77	6.49	6.19	6.17	5.99	6.15	6.46	6.57		7.29	6.48	6.10
H1 lead leg		strides		17	17	17	17	17	18	18	19	19		159				
Saito, Mayu (JPN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)														<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>				
date	06-Jun-21	time	6.40	10.66	15.02	19.69	24.57	29.65	35.00	40.49	46.20	52.20		58.99	7 / 2			
reaction time		interval		4.26	4.36	4.67	4.88	5.08	5.35	5.49	5.71	6.00	6.79			13.29	15.31	17.20
		velocity	7.03	8.22	8.03	7.49	7.17	6.89	6.54	6.38	6.13	5.83	5.89	6.78		7.90	6.86	6.10
H1 lead leg	L	strides	24	16	16	17	17	17	18	18	19	19	23.2	204.2				
B FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN)														<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>				
date	24-Oct-20	time	6.62	11.03	15.57	20.39	25.41	30.81	36.47	41.86	47.61	53.45		59.97	4 / 2			
reaction time		interval		4.41	4.54	4.82	5.02	5.40	5.66	5.39	5.75	5.84	6.52			13.77	16.08	16.98
		velocity	6.80	7.94	7.71	7.26	6.97	6.48	6.18	6.49	6.09	5.99	6.13	6.67		7.63	6.53	6.18
H1 lead leg		strides		16	16	17	17	17	18	18	19	19		157				
FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN)														<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>				
date	20-Sep-20	time	6.59	10.94	15.45	20.22	25.26	30.53	36.14	42.04	48.30	54.70		62.14	8 / 7			
reaction time	0.217	interval		4.35	4.51	4.77	5.04	5.27	5.61	5.90	6.26	6.40	7.44			13.63	15.92	18.56
		velocity	6.83	8.05	7.76	7.34	6.94	6.64	6.24	5.93	5.59	5.47	5.38	6.44		7.70	6.60	5.66
H1 lead leg		strides		16	16	17	17	17	18	18	19	19		157				
Saka, Nozomi (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Japanese National High School Championships (Okinawa, JPN)														<i>Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection</i>				
date	06-Aug-19	time	6.67	11.16	15.75	20.47	25.38	30.53	35.72	41.02	46.60	52.63		59.48	2 / 6			
reaction time		interval		4.49	4.59	4.72	4.91	5.15	5.19	5.30	5.58	6.03	6.85	PB		13.80	15.25	16.91
		velocity	6.75	7.80	7.63	7.42	7.13	6.80	6.74	6.60	6.27	5.80	5.84	6.72		7.61	6.89	6.21
H1 lead leg		strides		16	16	16	16	17	17	17	17	19		151				
Sallins, Melinda (USA) (1973)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Championships (Palo Alto, CA)														<i>USATF Women's Sprint Development (2003)</i>				
date	21-Jun-03	time	6.52	10.74	15.12	19.49	23.94	28.58	33.53	38.54	43.81	49.50		56.24	1 / 5			
reaction time		interval		4.22	4.38	4.37	4.45	4.64	4.95	5.01	5.27	5.69	6.74			12.97	14.04	15.97
		velocity	6.90	8.29	7.99	8.01	7.87	7.54	7.07	6.99	6.64	6.15	5.93	7.11		8.10	7.48	6.57
H1 lead leg		strides																
Salmon, Shiann (JAM) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Memorial van damme (Brussels, BEL)														<i>Omega Timing (2024) - diamond league race analysis</i>				
date	14-Sep-24	time	6.19	10.28	14.44	18.73	23.12	27.66	32.33	37.21	42.23	47.42		53.99	7 / 3			
reaction time	0.197	interval		4.09	4.16	4.29	4.39	4.54	4.67	4.88	5.02	5.19	6.57			12.54	13.60	15.09
		velocity	7.27	8.56	8.41	8.16	7.97	7.71	7.49	7.17	6.97	6.74	6.09	7.41		8.37	7.72	6.96
H1 lead leg	L	strides	22			14		15	15	15	16	16	20	117				
FINAL - 2024 Weltklasse (Züch, SUI)														<i>Omega Timing (2024) - diamond league race analysis</i>				
date	05-Sep-24	time	6.23	10.31	14.54	18.81	23.13	27.62	32.29	37.03	41.98	47.04		52.97	6 / 1			
reaction time	0.176	interval		4.08	4.23	4.27	4.32	4.49	4.67	4.74	4.95	5.06	5.93	PB		12.58	13.48	14.75
		velocity	7.22	8.58	8.27	8.20	8.10	7.80	7.49	7.38	7.07	6.92	6.75	7.55		8.35	7.79	7.12
H1 lead leg	R	strides	21	14	14	14	14	14	15	15	16	16	19.5	172.5				
FINAL - 2024 Golden Gala • Pietro Mennea (Roma, ITA)														<i>Omega Timing (2024) - diamond league race analysis</i>				
date	30-Aug-24	time	6.23	10.23	14.28	18.44	22.80	27.36	32.05	36.92	41.92	47.06		53.20	5 / 2			
reaction time	0.200	interval		4.00	4.05	4.16	4.36	4.56	4.69	4.87	5.00	5.14	6.14			12.21	13.61	15.01
		velocity	7.22	8.75	8.64	8.41	8.03	7.68	7.46	7.19	7.00	6.81	6.51	7.52		8.60	7.71	7.00
H1 lead leg	L	strides	22	14		14		15	15	16	16	16	19.5	147.5				
FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL)														<i>Omega Timing (2024) - diamond league race analysis</i>				
date	25-Aug-24	time	6.31	10.38	14.53	18.87	23.28	27.84	32.51	37.29	42.21	47.25		53.15	8 / 4			
reaction time	0.229	interval		4.07	4.15	4.34	4.41	4.56	4.67	4.78	4.92	5.04	5.90			12.56	13.64	14.74
		velocity	7.13	8.60	8.43	8.06	7.94	7.68	7.49	7.32	7.11	6.94	6.78	7.53		8.36	7.70	7.12
H1 lead leg	L	strides	22	14	14	14	14	15	15	16	16	16	19	175				
FINAL - 2024 Olympic Games (Paris, FRA)														<i>Paris 2024 Olympic Games - Results Book (2024)</i>				
date	08-Aug-24	time	6.23	10.34	14.51	18.70	23.02	27.54	32.20	37.01	42.11	47.22		53.29	2 / 6			
reaction time	0.207	interval		4.11	4.17	4.19	4.32	4.52	4.66	4.81	5.10	5.11	6.07			12.47	13.50	15.02
		velocity	7.22	8.52	8.39	8.35	8.10	7.74	7.51	7.28	6.86	6.85	6.59	7.51		8.42	7.78	6.99
H1 lead leg	L	strides	22	14	14	14	14	15	15	16	16	16	19	175				
Semi-Final 3 - 2024 Olympic Games (Paris, FRA)														<i>Paris 2024 Olympic Games - Results Book (2024)</i>				
date	06-Aug-24	time	6.13	10.16	14.26	18.45	22.80	27.35	32.04	36.82	41.81	46.95		53.13	5 / 3			
reaction time	0.182	interval		4.03	4.10	4.19	4.35	4.55	4.69	4.78	4.99	5.14	6.18			12.32	13.59	14.91
		velocity	7.34	8.68	8.54	8.35	8.05	7.69	7.46	7.32	7.01	6.81	6.47	7.53		8.52	7.73	7.04
H1 lead leg	L	strides	22	14	14	14	14	15	15	16	16	16	20	176				

Heat 3 - 2024 Olympic Games (Paris, FRA) *Paris 2024 Olympc Games - Results Book (2024)*

date	04-Aug-24	time	6.15	10.21	14.38	18.72	23.21	27.81	32.55	37.44	42.54	47.70	53.95	8 / 2				
reaction time	0.186	interval	4.06	4.17	4.34	4.49	4.60	4.74	4.89	5.10	5.16	6.25			12.57	13.83	15.15	
		velocity	7.32	8.62	8.39	8.06	7.80	7.61	7.38	7.16	6.86	6.78	6.40	7.41		8.35	7.59	6.93
H1 lead leg	L	strides	22	15	14	14	14	15	15	16	16	16	20	177				

FINAL - 2024 London Athletics Meet (London, GBR) *Omega Timing (2024) - diamond league race analysis*

date	20-Jul-24	time	6.29	10.43	14.75	19.13	23.61	28.28	33.18	38.12	43.15	48.28	54.50	3 / 7				
reaction time	0.169	interval	4.14	4.32	4.38	4.48	4.67	4.90	4.94	5.03	5.13	6.22			12.84	14.05	15.10	
		velocity	7.15	8.45	8.10	7.99	7.81	7.49	7.14	7.09	6.96	6.82	6.43	7.34		8.18	7.47	6.95
H1 lead leg	L	strides	22	15	15	15	15	16	16		16	16	130					

FINAL - 2024 Meeting International Mohammed VI d'Atlétisme (Marrakech, MAR) (TV Analysis) *Henson (2024) - Athlete First: 2024 year end hurdle report*

date	19-May-24	time	6.43	10.61	14.99	19.46	23.99	28.56	33.24	38.02	43.06	48.23	54.27	7 / 2				
reaction time	0.163	interval	4.18	4.38	4.47	4.53	4.57	4.68	4.78	5.04	5.17	6.04			13.03	13.78	14.99	
		velocity	7.00	8.37	7.99	7.83	7.73	7.66	7.48	7.32	6.94	6.77	6.62	7.37		8.06	7.62	7.00
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	19.7	163.7				

FINAL - 2023 Meeting International Mohammed VI d'Atlétisme (Rabat, MAR) *Omega Timing (2023) - diamond league race analysis*

date	28-May-23	time	6.21	10.35	14.78	19.27	23.88	28.56	33.36	38.25	43.16	48.18	54.42	3 / 3				
reaction time	0.178	interval	4.14	4.43	4.49	4.61	4.68	4.80	4.89	4.91	5.02	6.24			13.06	14.09	14.82	
		velocity	7.25	8.45	7.90	7.80	7.59	7.48	7.29	7.16	7.13	6.97	6.41	7.35		8.04	7.45	7.09
H1 lead leg	R	strides	21	15	15	14	15	15	16	16	16	16	19.7	178.7				

FINAL - 2022 Commonwealth Games (Birmingham, GBR) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	06-Aug-22	time	6.36	10.55	14.70	19.23	23.73	25.8	28.53	33.22	37.90	42.90	48.08	54.47	4 / 2				
reaction time	0.195	interval	4.19	4.15	4.53	4.50	4.80	4.69	4.68	5.00	5.18	6.39			12.87	13.99	14.86		
		velocity	7.08	8.35	8.43	7.73	7.78	7.75	7.29	7.46	7.48	7.00	6.76	6.26	7.34		8.16	7.51	7.07
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	16	16	19.7	178.7					

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

date	20-Jul-22	time	6.20	10.27	14.60	18.93	23.43	25.33	28.03		37.63	42.70	47.83	54.16	3 / 3			
reaction time	0.187	interval	4.07	4.33	4.33	4.50		4.60		9.60	5.07	5.13	6.33			12.73		
		velocity	7.26	8.60	8.08	8.08	7.78	7.90	7.61		7.29	6.90	6.82	6.32	7.39		8.25	
H1 lead leg	L	strides	22	15	15	15	15	15	15		16	16	20	149				

Heat 4 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	19-Jul-22	time	6.30		14.83	19.33	24.03	26.00		33.76	38.67	43.70	48.80	54.91	2 / 2				
reaction time	0.176	interval			8.53	4.50	4.70			9.73	4.91	5.03	5.10	6.11			13.03	14.43	15.04
		velocity	7.14		8.21	7.78	7.45	7.69		7.19	7.13	6.96	6.86	6.55	7.28		8.06	7.28	6.98
H1 lead leg	L	strides	22			15	15				16	16	16	19.7	119.7				

Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	02-Oct-19	time	6.34	10.57	14.95		24.09	28.82	33.73	38.68	43.81	48.98	55.16	7 / 3				
reaction time	0.186	interval	4.23	4.38		9.14	4.73	4.91	4.95	5.13	5.17	6.18	PB				15.25	
		velocity	7.10	8.27	7.99	7.66	7.40	7.13	7.07	6.82	6.77	6.47	7.25				6.89	
H1 lead leg	R	strides	22	15	15		15	16	16	16	17	20.5	136.5					

FINAL - 2018 IAAF World Junior Championships (Tampere, FIN) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	13-Jul-18	time	6.13	10.33	14.73	19.30	23.90	28.70	33.70	38.70	43.86	49.36	56.11	4 / 2				
reaction time	0.167	interval	4.20	4.40	4.57	4.60	4.80	5.00	5.00	5.16	5.50	6.75			13.17	14.40	15.66	
		velocity	7.34	8.33	7.95	7.66	7.61	7.29	7.00	7.00	6.78	6.36	5.93	7.13		7.97	7.29	6.70
H1 lead leg	R	strides	22	15	15	15	15	15	16	16	16	17	21	183				

Sartori, Rebecca (ITA) (1997) *Paris 2024 Olympc Games - Results Book (2024)*

Repechage 2 - 2024 Olympic Games (Paris, FRA)

date	05-Aug-24	time	6.34	10.52	14.87	19.29	23.85	28.56	33.79	38.91	44.10	49.38	55.44	7 / 5				
reaction time	0.208	interval	4.18	4.35	4.42	4.56	4.71	5.23	5.12	5.19	5.28	6.06			12.95	14.50	15.59	
		velocity	7.10	8.37	8.05	7.92	7.68	7.43	6.69	6.84	6.74	6.63	6.60	7.22		8.11	7.24	6.74
H1 lead leg	L	strides	22	15	15	15	15	16	16	16	16	16	19.2	181.2				

Heat 1 - 2024 Olympic Games (Paris, FRA) *Paris 2024 Olympc Games - Results Book (2024)*

date	04-Aug-24	time	6.20	10.21	14.37	18.70	23.25	28.06	33.14	38.41	43.87	49.35	55.81	6 / 6				
reaction time	0.210	interval	4.01	4.16	4.33	4.55	4.81	5.08	5.27	5.46	5.48	6.46			12.50	14.44	16.21	
		velocity	7.26	8.73	8.41	8.08	7.69	7.28	6.89	6.64	6.41	6.39	6.19	7.17		8.40	7.27	6.48
H1 lead leg	L	strides	22	15	15	15	15	16	16	17	17	17	20	185				

Semi-Final 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis) *Henson (2023) - Athlete First: 2023 year end hurdle report*

date	22-Aug-23	time	6.40	10.71	15.01	19.22	23.72		33.56	38.84	44.41		55.98	3 / 8				
reaction time	0.213	interval	4.31	4.30	4.21	4.50			9.84	5.28	5.57	11.57			12.82	14.34		
		velocity	7.03	8.12	8.14	8.31	7.78		7.11	6.63	6.28	6.48	7.15		8.19	7.32		
H1 lead leg	L	strides	22	15	15	15	15			17	17	17	133					

Heat 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis) *Henson (2023) - Athlete First: 2023 year end hurdle report*

date	21-Aug-23	time	6.26	10.36	14.80	19.15	23.50	28.26	33.20	38.23	43.40	48.77	54.82	4 / 5				
reaction time	0.203	interval	4.10	4.44	4.35	4.35	4.76	4.94	5.03	5.17	5.37	6.05	PB		12.89	14.05	15.57	

H1 lead leg	L	velocity	7.19	8.54	7.88	8.05	8.05		7.35	7.09	6.96	6.77	6.52	6.61	7.30		8.15	7.47	6.74
		strides	22	15	15	15	15		16	16	16	16	17	19.7	182.7				
Semi-Final 1 - 2022 European Athletics Championships (Munich, GER)															<i>European Athletics (2022) - european athletics championships race analysis</i>				
date	18-Aug-22	time	6.32	10.58	14.99	19.64	24.27	26.38	29.07	34.22	39.58	45.00	50.64		57.29		7 / 6		
reaction time	0.194	interval		4.26	4.41	4.65	4.63		4.80	5.15	5.36	5.42	5.64	6.65			13.32	14.58	16.42
		velocity	7.12	8.22	7.94	7.53	7.56	7.58	7.29	6.80	6.53	6.46	6.21	6.02	6.98		7.88	7.20	6.39
H1 lead leg	L	strides	22			16	16		16	17	17	17	18	20.2	159.2				
Heat 1 - 2022 European Athletics Championships (Munich, GER)															<i>European Athletics (2022) - european athletics championships race analysis</i>				
date	17-Aug-22	time	6.37	10.55	14.94	19.44	24.18	26.41	29.17	34.23	39.44	44.74	50.23		56.44		5 / 3		
reaction time	0.223	interval		4.18	4.39	4.50	4.74		4.99	5.06	5.21	5.30	5.49	6.21			13.07	14.79	16.00
		velocity	7.06	8.37	7.97	7.78	7.38	7.57	7.01	6.92	6.72	6.60	6.38	6.44	7.09		8.03	7.10	6.56
H1 lead leg	L	strides	22	15	15		16		16	16	16	17	17	20	170				
Semi-Final 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	20-Jul-22	time	6.38	10.60	15.06	19.40	24.00	26.10	28.92	33.93	39.20	44.53	49.86		55.90		2 / 8		
reaction time	0.199	interval		4.22	4.46	4.34	4.60		4.92	5.01	5.27	5.33	5.33	6.04			13.02	14.53	15.93
		velocity	7.05	8.29	7.85	8.06	7.61	7.66	7.11	6.99	6.64	6.57	6.57	6.62	7.16		8.06	7.23	6.59
H1 lead leg	L	strides	22	15	15	15	15		16		17	17	17	19.5	168.5				
Sauka, Satsuki (JPN) (2005)																			
FINAL - 2023 Japanese U20 National Championships (Osaka, JPN)															<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>				
date	04-Jun-23	time	7.06	11.80	16.62	21.47	26.53		31.75	37.10	42.79	48.62	54.64		61.35		2 / 7		
reaction time	0.223	interval		4.74	4.82	4.85	5.06		5.22	5.35	5.69	5.83	6.02	6.71			14.41	15.63	17.54
		velocity	6.37	7.38	7.26	7.22	6.92		6.70	6.54	6.15	6.00	5.81	5.96	6.52		7.29	6.72	5.99
H1 lead leg	R	strides	24	16	16	17	17		17	17	18	18	19	23	202				
Schallau, Karin (FRG) (1941)																			
FINAL - 1971 West German Athletics - 300m Hurdles Test (Bonn, FRG)															<i>Keydel (1971) - 300 ou 400 haies pour les femmes?</i>				
date	15-May-71	time	4.1	7.9	11.6	15.4	19.3		23.6	27.6	31.7	36.1	41.4		44.4		1 / 1		
reaction time		interval		3.80	3.70	3.80	3.90		4.30	4.00	4.10	4.40	5.30	3.00			11.30	12.20	13.80
		velocity																	
H1 lead leg		strides	13	13	13	13	13		13	13	13	13	13		130				
Schirme, Randi (FRG)																			
FINAL - 1971 West German Athletics - 300m Hurdles Test (Bonn, FRG)															<i>Keydel (1971) - 300 ou 400 haies pour les femmes?</i>				
date	15-May-71	time	4.1	7.9	11.8	15.6	19.6		24.1	28.6	33.3	38.1	43.0		46.4		1 / 5		
reaction time		interval		3.80	3.90	3.80	4.00		4.50	4.50	4.70	4.80	4.90	3.40			11.50	13.00	14.40
		velocity																	
H1 lead leg		strides	13	13	13	13	13		15	15	15	15	15		140				
Schürmann, Robine (SUI) (1989)																			
FINAL - 2016 Hürden-und Sprintmeeting (Basel, SUI) (300m Hurdles)															<i>Swiss Athletics (2016) - sprint and hurdle analysis</i>				
date	07-May-16	time	6.74	11.16	15.70	20.42	25.28		30.22	35.14					41.31		1 / 2		
reaction time		interval		4.42	4.54	4.72	4.86		4.94	4.92				6.17			13.68	14.72	
		velocity	6.68	7.92	7.71	7.42	7.20		7.09	7.11				7.29	7.26		7.68	7.13	
H1 lead leg		strides																	
Sekimoto, Moeka (JPN) (2000)																			
FINAL - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN)															<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>				
date	03-May-21	time	6.71	11.08	15.58	20.10	24.76		29.56	34.42	39.44	44.73	50.34		57.33		6 / 1		
reaction time	0.216	interval		4.37	4.50	4.52	4.66		4.80	4.86	5.02	5.29	5.61	6.99			13.39	14.32	15.92
		velocity	6.71	8.01	7.78	7.74	7.51		7.29	7.20	6.97	6.62	6.24	5.72	6.98		7.84	7.33	6.60
H1 lead leg	R	strides	22	15	15	15	15		16	16	17	17	17	22	187				
FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN)															<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>				
date	24-Oct-20	time	6.64	11.03	15.48	19.99	24.62		29.60	34.73	39.92	45.38	51.08		58.09		3 / 1		
reaction time		interval		4.39	4.45	4.51	4.63		4.98	5.13	5.19	5.46	5.70	7.01			13.35	14.74	16.35
		velocity	6.78	7.97	7.87	7.76	7.56		7.03	6.82	6.74	6.41	6.14	5.71	6.89		7.87	7.12	6.42
H1 lead leg		strides		15	15	15	15		16	16	17	17	17	17	143				
FINAL - 2020 Japanese National Championships (Niigata, JPN)															<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>				
date	03-Oct-20	time	6.76	11.24	15.83	20.55	25.41		30.45	35.49	40.69	45.95	51.38		57.89		3 / 6		
reaction time	0.200	interval		4.48	4.59	4.72	4.86		5.04	5.04	5.20	5.26	5.43	6.51			13.79	14.94	15.89
		velocity	6.66	7.81	7.63	7.42	7.20		6.94	6.94	6.73	6.65	6.45	6.14	6.91		7.61	7.03	6.61
H1 lead leg	R	strides	22	15	15	15	15		16	16	17	17	17	21.2	186.2				
FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN)															<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>				
date	23-Aug-20	time	6.62	11.01	15.50	20.14	24.89		29.68	34.65	39.81	45.20	50.80		57.51		7 / 1		
reaction time	0.174	interval		4.39	4.49	4.64	4.75		4.79	4.97	5.16	5.39	5.60	6.71			13.52	14.51	16.15
		velocity	6.80	7.97	7.80	7.54	7.37		7.31	7.04	6.78	6.49	6.25	5.96	6.96		7.77	7.24	6.50
H1 lead leg		strides		15	15	15	15		15	16	16	17	17	141					
FINAL - 2019 National Sports Festival (Hitachinaka, JPN)															<i>Enomoto (2019) - research on athlete performance and technique- 2019 data book</i>				
date	05-Oct-19	time	6.67	10.94	15.40	19.97	24.64		29.53	34.57	39.82	45.15	50.92		57.83		5 / 1		
reaction time	0.204	interval		4.27	4.46	4.57	4.67		4.89	5.04	5.25	5.33	5.77	6.91			13.30	14.60	16.35

H1 lead leg	velocity	6.75	8.20	7.85	7.66	7.49		7.16	6.94	6.67	6.57	6.07	5.79	6.92		7.89	7.19	6.42	
	strides		15	15	15	15		16	16	17	17	17		143					
FINAL - 2019 Japanese National Championships (Fukuoka, JPN)																			
<i>Yamanaka (2019) - research on athlete performance and technique- 2019 data book</i>																			
date	30-Jun-19	time	6.75	11.11	15.55	20.15	24.84	29.70	34.65	39.81	45.18	50.88		57.73	5 / 3				
reaction time	0.182	interval		4.36	4.44	4.60	4.69	4.86	4.95	5.16	5.37	5.70	6.85	PB		13.40	14.50	16.23	
		velocity	6.67	8.03	7.88	7.61	7.46	7.20	7.07	6.78	6.52	6.14	5.84	6.93		7.84	7.24	6.47	
H1 lead leg	R	strides	22	15	15	15	15	16	16	17	17	17	22	187					
A FINAL - 2019 Kinami Memorial (Osaka, JPN)																			
<i>Matsubayashi (2019) - research on athlete performance and technique- 2019 data book</i>																			
date	06-May-19	time	6.72	11.21	15.72	20.32	25.11	30.04	35.04	40.26	45.74	51.53		58.40	6 / 3				
reaction time		interval		4.49	4.51	4.60	4.79	4.93	5.00	5.22	5.48	5.79	6.87	PB		13.60	14.72	16.49	
		velocity	6.70	7.80	7.76	7.61	7.31	7.10	7.00	6.70	6.39	6.04	5.82	6.85		7.72	7.13	6.37	
H1 lead leg	R	strides	22	15	15	15	15	16	16	17	17	17	22	187					
B FINAL - 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN)																			
<i>Kobayashi (2019) - research on athlete performance and technique- 2019 data book</i>																			
date	03-May-19	time	6.89	11.31	15.82	20.42	25.13	30.00	35.22	40.64	46.41	52.64		59.55	/ 2				
reaction time		interval		4.42	4.51	4.60	4.71	4.87	5.22	5.42	5.77	6.23	6.91			13.53	14.80	17.42	
		velocity	6.53	7.92	7.76	7.61	7.43	7.19	6.70	6.46	6.07	5.62	5.79	6.72		7.76	7.09	6.03	
H1 lead leg		strides		15	15	15	15	15	16	16	17	18		142					
FINAL - 2017 Japanese National High School Championships (Yamagata, JPN)																			
<i>Kota (2017) - 70th high school championships: JAF scientific committee- biomechanics data</i>																			
date	31-Jul-17	time	6.86	11.29	15.97	20.89	26.08	31.26	36.74	42.16	47.75	53.32		59.83	2 / 6				
reaction time	0.187	interval		4.43	4.68	4.92	5.19	5.18	5.48	5.42	5.59	5.57	6.51			14.03	15.85	16.58	
		velocity	6.56	7.90	7.48	7.11	6.74	6.76	6.39	6.46	6.26	6.28	6.14	6.69		7.48	6.62	6.33	
H1 lead leg		strides		15	15	15	16	16	16	16	17	17		143					
FINAL - 2016 Japanese National High School Championships (Okayama, JPN)																			
<i>Kota (2016) - 69th high school championships: JAF scientific committee- biomechanics data</i>																			
date	31-Jul-16	time	6.61	10.93	15.49	20.32	25.39	30.43	35.62	40.94	46.58	52.35		59.14	4 / 1				
reaction time	0.158	interval		4.32	4.56	4.83	5.07	5.04	5.19	5.32	5.64	5.77	6.79			13.71	15.30	16.73	
		velocity	6.81	8.10	7.68	7.25	6.90	6.94	6.74	6.58	6.21	6.07	5.89	6.76		7.66	6.86	6.28	
H1 lead leg		strides		15	15	15	16	16	16	16	17	17		143					
Seri, Camille (FRA) (1999)																			
<i>European Athletics (2022) - european athletics championships race analysis</i>																			
Semi-Final 1 - 2022 European Athletics Championships (Munich, GER)																			
date	18-Aug-22	time	6.42	10.67	15.02	19.47	24.07	26.18	28.83	33.93	39.24			dnf	8 / --				
reaction time	0.201	interval		4.25	4.35	4.45	4.60		4.76	5.10	5.31					13.05	14.46		
		velocity	7.01	8.24	8.05	7.87	7.61	7.64	7.35	6.86	6.59					8.05	7.26		
H1 lead leg	R	strides	24			16	16		17	17	18				108				
Heat 1 - 2022 European Athletics Championships (Munich, GER)																			
<i>European Athletics (2022) - european athletics championships race analysis</i>																			
date	17-Aug-22	time	6.39	10.72	15.16	19.71	24.40	26.47	29.13	34.04	39.26	44.53	49.94	56.18	6 / 2				
reaction time	0.181	interval		4.33	4.44	4.55	4.69		4.73	4.91	5.22	5.27	5.41	6.24		13.32	14.33	15.90	
		velocity	7.04	8.08	7.88	7.69	7.46	7.56	7.40	7.13	6.70	6.64	6.47	6.41	7.12		7.88	7.33	6.60
H1 lead leg	R	strides	24	16	16		16		16	17	17	18	18	21	179				
Seymour, Katrina (BAH) (1993)																			
<i>Hirokawa (2019) - research on athlete performance and technique- 2019 data book</i>																			
FINAL - 2019 Seiko Golden Grand Prix (Osaka, JPN)																			
date	19-May-19	time	6.72	11.23	15.80	20.59	25.51	30.56	35.52	40.56	45.85	51.42		58.04	4 / 8				
reaction time	0.163	interval		4.51	4.57	4.79	4.92		5.05	4.96	5.04	5.29	5.57	6.62		13.87	14.93	15.90	
		velocity	6.70	7.76	7.66	7.31	7.11		6.93	7.06	6.94	6.62	6.28	6.04	6.89		7.57	7.03	6.60
H1 lead leg	R	strides	22	15	15	15	15		16	16	16	16	17	20.2	183.2				
Seymour, Kiah (USA) (1994)																			
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																			
Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)																			
date	26-Jun-21	time	6.50	10.67	14.98	19.35	23.92	28.72	33.63	38.57	43.81			55.84	7 / 5				
reaction time	0.204	interval		4.17	4.31	4.37	4.57		4.80	4.91	4.94	5.24				12.85	14.28		
		velocity	6.92	8.39	8.12	8.01	7.66		7.29	7.13	7.09	6.68		7.16		8.17	7.35		
H1 lead leg	R	strides	24	16	16	16	16			17	17	17	18		157				
Shakes-Drayton, Perri (GBR) (1988)																			
<i>Henson (2021) - Athlete First: major championships report</i>																			
FINAL - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis)																			
date	15-Aug-13	time	6.15	10.19	14.34	18.61	23.04	27.69	32.54	37.65	43.00	48.65		56.25	5 / 6				
reaction time	0.188	interval		4.18	4.15	4.27	4.43		4.65	4.85	5.11	5.35	5.65	7.60		12.46	13.93	16.11	
		velocity	7.32	8.66	8.43	8.20	7.90		7.53	7.22	6.85	6.54	6.19	5.26	7.11		8.43	7.54	6.52
H1 lead leg	L	strides	24	16	16	16	16			17	17	18	18	23	181				
FINAL - 2010 European Championships (Barcelona, ESP)																			
<i>Arnold (2010) - 400mH planning and peaking</i>																			
date	30-Jul-10	time	6.46	10.64	14.88	19.26	23.54	28.08	32.88	37.86	42.90	48.14		54.18	7 / 3				
reaction time	0.270	interval		4.18	4.24	4.38	4.28		4.54	4.80	4.98	5.04	5.24	6.04	PB		12.80	13.62	15.26
		velocity	6.97	8.37	8.25	7.99	8.18		7.71	7.29	7.03	6.94	6.68	6.62	7.38		8.20	7.71	6.88
H1 lead leg	L	strides	24	16	16	16	15		15	17	17	17	17		170				
Semi-Final 2 - 2010 European Championships (Barcelona, ESP)																			
<i>Arnold (2010) - 400mH planning and peaking</i>																			
date	28-Jul-10	time	6.50	10.74	15.16	19.54	24.04	28.70	33.54	38.50	43.52	48.82		54.73	3 / 3				
reaction time	0.258	interval		4.24	4.42	4.38	4.50		4.66	4.84	4.96	5.02	5.30	5.91	PB		13.04	14.00	15.28
		velocity	6.92	8.25	7.92	7.99	7.78		7.51	7.23	7.06	6.97	6.60	6.77	7.31		8.05	7.50	6.87

H1 lead leg	R	strides	15	16	16	15	16	16	17	17	17	145							
Heat 1 - 2010 European Championships (Barcelona, ESP)													<i>Arnold (2010) - 400mH planning and peaking</i>						
date	27-Jul-10	time	6.54	10.74	15.04	19.42	23.92	28.54	33.54	38.62	44.00	49.36	55.35	4 / 2					
reaction time	0.189	interval	4.20	4.30	4.38	4.50	4.62	5.00	5.08	5.38	5.36	5.99			12.88	14.12	15.82		
		velocity	6.88	8.33	8.14	7.99	7.78	7.58	7.00	6.89	6.51	6.53	6.68	7.23		8.15	7.44	6.64	
H1 lead leg	R	strides	15	16	16	15	16	16	17	17	17	145							
Sheffield, LaTanya (USA) (1963)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1988 Olympic Games (Seoul, KOR)													<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>						
date	28-Sep-88	time	6.44	10.53	14.73	19.09	23.74	28.55	33.37	38.31	43.44	48.88	55.32	4 / 8					
reaction time	0.202	interval	4.09	4.20	4.36	4.65	4.81	4.82	4.94	5.13	5.44	6.44			12.65	14.28	15.51		
		velocity	6.99	8.56	8.33	8.03	7.53	7.28	7.26	7.09	6.82	6.43	6.21	7.23		8.30	7.35	6.77	
H1 lead leg	R	strides	23	15	15	15	17	17	17	17	17	17	21.2	191.2					
Semi-Final 1 - 1988 Olympic Games (Seoul, KOR)													<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>						
date	26-Sep-88	time	6.42	10.52	14.72	19.11	23.72	28.54	33.39	38.33	43.41	48.56	54.36	3 / 3					
reaction time	0.184	interval	4.10	4.20	4.39	4.61	4.82	4.85	4.94	5.08	5.15	5.80	PB		12.69	14.28	15.17		
		velocity	7.01	8.54	8.33	7.97	7.59	7.26	7.22	7.09	6.89	6.80	6.90	7.36		8.27	7.35	6.92	
H1 lead leg		strides	23	15	15	15	15	16	17	17	17	17	20.8	187.8					
Shibata, Haruka (JPN) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN)													<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>						
date	23-Aug-20	time	6.91	11.54	16.30	21.37	26.59	31.82	37.04	42.43	47.96	53.72	60.15	9 / 6					
reaction time	0.161	interval	4.63	4.76	5.07	5.22	5.23	5.22	5.39	5.53	5.76	6.43			14.46	15.67	16.68		
		velocity	6.51	7.56	7.35	6.90	6.70	6.69	6.70	6.49	6.33	6.08	6.22	6.65		7.26	6.70	6.29	
H1 lead leg		strides	16	16	17	17	17	17	17	17	17	19	153						
FINAL - 2019 Japanese National Championships (Fukuoka, JPN)													<i>Yamanaka (2019) - research on athlete performance and technique- 2019 data book</i>						
date	30-Jun-19	time	6.72	11.19	15.83	20.57	25.43	30.45	35.60	40.86	46.28	51.82	58.18	3 / 4					
reaction time	0.174	interval	4.47	4.64	4.74	4.86	5.02	5.15	5.26	5.42	5.54	6.36			13.85	15.03	16.22		
		velocity	6.70	7.83	7.54	7.38	7.20	6.97	6.80	6.65	6.46	6.32	6.29	6.88		7.58	6.99	6.47	
H1 lead leg	L	strides	24	16	16	16	16	16	17	17	17	17	21.2	193.2					
B FINAL - 2019 Kinami Memorial (Osaka, JPN)													<i>Matsubayashi (2019) - research on athlete performance and technique- 2019 data book</i>						
date	06-May-19	time	6.67	11.09	15.56	20.27	25.21	30.18	35.32	40.54	46.10	51.85	58.24	8 / 2					
reaction time		interval	4.42	4.47	4.71	4.94	4.97	5.14	5.22	5.56	5.75	6.39			13.60	15.05	16.53		
		velocity	6.75	7.92	7.83	7.43	7.09	7.04	6.81	6.70	6.29	6.09	6.26	6.87		7.72	6.98	6.35	
H1 lead leg	L	strides	24	16	16	17	17	17	17	17	18	18	21.2	198.2					
FINAL - 2008 Japanese National High School Championships (Kumagaya, JPN)													<i>Abe (2008) - 61st high school championships: JAF scientific committee- biomechanics data</i>						
date	31-Jul-08	time	7.09	11.83	16.68	21.60	26.63	31.72	36.97	42.24	47.53	52.89	58.83	1 / 2					
reaction time		interval	4.74	4.85	4.92	5.03	5.09	5.25	5.27	5.29	5.36	5.94			14.51	15.37	15.92		
		velocity	6.35	7.38	7.22	7.11	6.96	6.88	6.67	6.64	6.62	6.53	6.73	6.80		7.24	6.83	6.60	
H1 lead leg		strides	17	17	17	17	17	17	17	17	17	17	153						
Shimizu, Hana (JPN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Japanese National High School Championships (Okinawa, JPN)													<i>Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection</i>						
date	06-Aug-19	time	6.80	11.33	15.97	20.79	25.85	31.01	36.14	41.31	46.85	52.55	59.07	6 / 5					
reaction time		interval	4.53	4.64	4.82	5.06	5.16	5.13	5.17	5.54	5.70	6.52	PB		13.99	15.35	16.41		
		velocity	6.62	7.73	7.54	7.26	6.92	6.78	6.82	6.77	6.32	6.14	6.13	6.77		7.51	6.84	6.40	
H1 lead leg		strides	17	17	17	17	17	17	17	17	17	19	19	157					
FINAL - 2018 Japanese National High School Championships (Nagoya, JPN)													<i>Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection</i>						
date	04-Aug-18	time	6.77	11.38	16.12	20.97	26.08	31.21	36.42	41.74	47.43	53.14	59.61	4 / 3					
reaction time		interval	4.61	4.74	4.85	5.11	5.13	5.21	5.32	5.69	5.71	6.47	PB		14.20	15.45	16.72		
		velocity	6.65	7.59	7.38	7.22	6.85	6.82	6.72	6.58	6.15	6.13	6.18	6.71		7.39	6.80	6.28	
H1 lead leg		strides	17	17	17	17	17	17	17	17	17	19	19	157					
Shiomi, Mikoto (JPN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Japanese National High School Championships (Okinawa, JPN)													<i>Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection</i>						
date	06-Aug-19	time	6.93	11.75	16.60	21.62	26.77	32.08	37.50	42.88	48.38	54.04	59.96	1 / 8					
reaction time		interval	4.82	4.85	5.02	5.15	5.31	5.42	5.38	5.50	5.66	5.92			14.69	15.88	16.54		
		velocity	6.49	7.26	7.22	6.97	6.80	6.59	6.46	6.51	6.36	6.18	6.76	6.67		7.15	6.61	6.35	
H1 lead leg		strides	17	17	17	17	17	18	18	18	18	18	158						
Simizu, Serina (JPN) (2005)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Japanese National High School Championships (Sapporo, JPN)													<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>						
date	04-Aug-23	time	6.86	11.34	16.03	20.82	25.69	30.73	35.99	41.32	46.96	53.04	59.74	6 / 3					
reaction time	0.334	interval	4.48	4.69	4.79	4.87	5.04	5.26	5.33	5.64	6.08	6.70			13.96	15.17	17.05		
		velocity	6.56	7.81	7.46	7.31	7.19	6.94	6.65	6.57	6.21	5.76	5.97	6.70		7.52	6.92	6.16	
H1 lead leg		strides	23	17	17	17	17	17	17	17	17	19	22	200					
FINAL - 2023 Japanese U20 National Championships (Osaka, JPN)													<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>						
date	04-Jun-23	time	6.91	11.56	16.30	21.22	26.26	31.43	36.75	42.14	47.71	53.57	59.84	4 / 2					
reaction time	0.176	interval	4.65	4.74	4.92	5.04	5.17	5.32	5.39	5.57	5.86	6.27	PB		14.31	15.53	16.82		
		velocity	6.51	7.53	7.38	7.11	6.94	6.77	6.58	6.49	6.28	5.97	6.38	6.68		7.34	6.76	6.24	

H1 lead leg L strides 24 17 17 17 17 17 17 17 17 17 19 22 201

FINAL - 2022 Japanese National High School Championships (Naruto, JPN) *Kishima (2022) - national high school championships biomechanics data collection*
 date 05-Aug-22 time 6.80 11.32 16.15 21.15 26.43 31.82 37.45 43.07 48.73 54.55 60.92 2 / 8
 reaction time 0.291 interval 4.52 4.83 5.00 5.28 5.39 5.63 5.62 5.66 5.82 6.37 **PB** 14.35 16.30 17.10
 velocity 6.62 7.74 7.25 7.00 6.63 6.49 6.22 6.23 6.18 6.01 6.28 6.57 7.32 6.44 6.14
 H1 lead leg L strides 24 17 17 17 17 17 19 19 19 19 22 207

Skoglund, Ann-Louise (SWE) (1962) **H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10**
FINAL - 1982 European Championships (Athens, GRE) *(1982) - XIII championnats d'Europe d'Atletisma, Athens 1982*
 date 10-Sep-82 time 6.6 10.9 15.3 19.7 24.2 28.7 33.3 38.0 43.2 48.4 54.58 / 1
 reaction time interval 4.30 4.40 4.40 4.50 4.50 4.60 4.70 5.20 5.20 6.18 **CR / PB** 13.10 13.60 15.10
 velocity 6.82 8.14 7.95 7.95 7.78 7.78 7.61 7.45 6.73 6.73 6.47 7.33 8.02 7.72 6.95
 H1 lead leg strides 23 15 15 15 15 15 15 15 17 17 162

Slettum, Elisabeth (NOR) (1986) **H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10**
Heat 3 - 2024 European Athletics Championships (Roma, ITA) *European Athletics (2024) - 2024 european athletics championships - results book*
 date 09-Jun-24 time 6.52 10.78 15.22 19.77 24.59 29.55 34.59 39.89 45.40 50.96 57.16 6 / 8
 reaction time 0.236 interval 4.26 4.44 4.55 4.82 4.96 5.04 5.30 5.51 5.56 6.20 13.25 14.82 16.37
 velocity 6.90 8.22 7.88 7.69 7.26 7.06 6.94 6.60 6.35 6.29 6.45 7.00 7.92 7.09 6.41
 H1 lead leg strides

Semi-Final 3 - 2022 European Athletics Championships (Munich, GER) *European Athletics (2022) - european athletics championships race analysis*
 date 18-Aug-22 time 6.41 10.62 14.92 19.38 24.03 26.11 28.90 33.93 39.27 44.68 50.30 56.61 7 / 6
 reaction time 0.198 interval 4.21 4.30 4.46 4.65 4.87 5.03 5.34 5.41 5.62 6.31 12.97 14.55 16.37
 velocity 7.02 8.31 8.14 7.85 7.53 7.66 7.19 6.96 6.55 6.47 6.23 6.34 7.07 8.10 7.22 6.41
 H1 lead leg L strides 23 15 15 15 15 15 15 15 16 16 20 165

Heat 1 - 2022 European Athletics Championships (Munich, GER) *European Athletics (2022) - european athletics championships race analysis*
 date 17-Aug-22 time 6.42 10.57 14.86 19.29 23.88 25.89 28.60 33.56 38.91 44.51 50.31 56.72 8 / 6
 reaction time 0.215 interval 4.15 4.29 4.43 4.59 4.72 4.96 5.35 5.60 5.80 6.41 12.87 14.27 16.75
 velocity 7.01 8.43 8.16 7.90 7.63 7.72 7.42 7.06 6.54 6.25 6.03 6.24 7.05 8.16 7.36 6.27
 H1 lead leg L strides 23 15 15 15 15 15 15 15 16 17 18 20 169

Smith, Christina (USA) (1985) **H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10**
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA) *USATF Women's Sprint Development (2003)*
 date 22-Jun-03 time 6.42 10.76 15.24 19.90 24.93 30.28 35.84 41.22 46.73 52.27 59.01 9 / 4
 reaction time interval 4.34 4.48 4.66 5.03 5.35 5.56 5.38 5.51 5.54 6.74 **PB** 13.48 15.94 16.43
 velocity 7.01 8.06 7.81 7.51 6.96 6.54 6.29 6.51 6.35 6.32 5.93 6.78 7.79 6.59 6.39
 H1 lead leg strides

Smith, Michelle (ISV) (2006) **H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10**
FINAL - 2024 The Edwin Moses Legends Meet (Atlanta, GA) (TV Analysis) *Henson (2024) - Athlete First: 2024 year end hurdle report*
 date 31-May-24 time 6.63 10.98 15.43 19.82 24.41 29.31 34.21 44.43 49.65 55.96 7 / 2
 reaction time interval 4.35 4.45 4.39 4.59 4.90 4.90 10.22 5.22 6.31 **NR PB** 13.19 14.39 15.44
 velocity 6.79 8.05 7.87 7.97 7.63 7.14 7.14 6.85 6.70 6.34 7.15 7.96 7.30 6.80
 H1 lead leg R strides 23 15 15 15 15 16 16 17 17 17 132

Smith, Shauna (USA) (1983) **H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10**
FINAL - 2003 USATF National Championships (Palo Alto, CA) *USATF Women's Sprint Development (2003)*
 date 21-Jun-03 time 6.82 11.18 15.62 20.24 24.95 29.83 35.04 40.39 45.85 51.40 57.69 2 / 7
 reaction time interval 4.36 4.44 4.62 4.71 4.88 5.21 5.35 5.46 5.55 6.29 13.42 14.80 16.36
 velocity 6.60 8.03 7.88 7.58 7.43 7.17 6.72 6.54 6.41 6.31 6.36 6.93 7.82 7.09 6.42
 H1 lead leg strides

Smith-Walsh, Susan (IRL) (1971) **H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10**
Semi-Final 2 - 1999 IAAF World Championships (Sevilla, ESP) *Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*
 date 23-Aug-99 time 6.12 10.38 14.86 19.35 23.89 28.50 33.24 38.21 43.29 48.51 55.20 1 / 6
 reaction time 0.176 interval 4.26 4.48 4.49 4.54 4.61 4.74 4.97 5.08 5.22 6.69 13.23 13.89 15.27
 velocity 7.35 8.22 7.81 7.80 7.71 7.59 7.38 7.04 6.89 6.70 5.98 7.25 7.94 7.56 6.88
 H1 lead leg R strides 23 15 15 15 15 15 16 16 17 17 185

Smith, Susan (IRL) (1971) *Sanchez (1998) - Budapest '98: análisis de la carreras con villas*
FINAL - 1998 European Championships (Budapest, HUN)
 date 23-Aug-98 time 6.50 23.45 48.91 55.61 4 / 8
 reaction time interval 16.95 25.46 6.70
 velocity 6.92 8.26 6.87 5.97 7.19
 H1 lead leg R strides 23 15 15 15 15 15 16 16 17 17 21.5 185.5

FINAL - 1997 IAAF World Championships (Athens, GRE) *Hommel (1999) - biomechanical research project, athens 1997: final report*
 date 08-Aug-97 time 6.43 10.58 14.78 19.06 23.88 28.06 32.84 37.92 43.18 48.74 55.25 7 / 7
 reaction time 0.135 interval 4.15 4.20 4.28 4.82 4.18 4.78 5.08 5.26 5.56 6.51 12.63 13.78 15.90
 velocity 7.00 8.43 8.33 8.18 7.26 8.37 7.32 6.89 6.65 6.29 6.14 7.24 8.31 7.62 6.60
 H1 lead leg strides

Smolińska, Izabela (POL) (1999) **H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10**
Semi-Final 2 - 2024 European Athletics Championships (Roma, ITA) *European Athletics (2024) - 2024 european athletics championships - results book*
 date 10-Jun-24 time 6.46 10.65 15.02 19.50 24.06 28.87 33.87 39.09 44.62 50.25 56.78 3 / 8

reaction time	0.299	interval	4.19	4.37	4.48	4.56	4.81	5.00	5.22	5.53	5.63	6.53			13.04	14.37	16.38	
		velocity	6.97	8.35	8.01	7.81	7.68	7.28	7.00	6.70	6.33	6.22	6.13	7.04	8.05	7.31	6.41	
H1 lead leg	L	strides	23	16	16	16	17	17				19	21.7	145.7				
Heat 2 - 2024 European Athletics Championships (Roma, ITA)														<i>European Athletics (2024) - 2024 european athletics championships - results book</i>				
date	09-Jun-24	time	10.82	15.23	19.74	24.39	29.21	34.17	39.29	44.65	50.11	56.24	9 / 5					
reaction time	0.292	interval		4.41	4.51	4.65	4.82	4.96	5.12	5.36	5.46	6.13	PB		14.43	15.94		
		velocity	7.39	7.94	7.76	7.53	7.26	7.06	6.84	6.53	6.41	6.53	7.11		7.28	6.59		
H1 lead leg		strides																
Song Yinglan (CHN) (1975)																		
		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2001 Chinese National Games (Guangzhou, CHN)														<i>Lu (2002) - technical analysis of women's 400m hurdles champion and runner-up at the 9th national games</i>				
date	22-Nov-01	time	6.37	10.57	14.81	19.05	23.41	27.97	32.73	37.65	42.73	47.85	53.96	1 / 1				
reaction time		interval	4.20	4.24	4.24	4.36	4.56	4.76	4.92	5.08	5.12	6.11	=AR PB		12.68	13.68	15.12	
		velocity	7.06	8.33	8.25	8.03	7.68	7.35	7.11	6.89	6.84	6.55	7.41		8.28	7.68	6.94	
H1 lead leg		strides																
Song Zhixin (CHN) (2005)																		
		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2021 East China District Meeting (Zhaoqing, CHN)														<i>CAA Hurdle Development (2021)</i>				
date	25-Apr-21	time	7.50	12.46	17.48	22.69	28.10	33.77	39.79					66.25	8 / 6			
reaction time	0.312	interval	4.96	5.02	5.21	5.41	5.67	6.02								15.19	17.10	
		velocity	6.00	7.06	6.97	6.72	6.47	6.17	5.81					6.04		6.91	6.14	
H1 lead leg	L	strides	24	17	17	17	17	17	18				127					
Sorensen, Kate (USA) (1999)																		
		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2024 USA Olympic Trials (Eugene, OR)														<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>				
date	27-Jun-24	time	6.69	11.01	15.49	20.16	25.02	27.26	30.05	35.26	40.61	46.18	51.96	59.04	5 / 6			
reaction time		interval	4.32	4.48	4.67	4.86	5.03	5.21	5.35	5.57	5.78	7.08				13.47	15.10	16.70
		velocity	6.73	8.10	7.81	7.49	7.20	7.34	6.96	6.72	6.54	6.28	6.06	5.65	6.78	7.80	6.95	6.29
H1 lead leg	R	strides	22	15	15	15	16	16	17	17	17	18	168					
Spence, Christine (USA) (1981)																		
		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 USA Olympic Trials (Eugene, OR)														<i>USATF Hurdle Development (2008)</i>				
date	29-Jun-08	time	6.51	10.71	15.08	19.45	23.92	28.51	33.42	38.42	43.82	49.27	55.74	3 / 5				
reaction time		interval	4.20	4.37	4.37	4.47	4.59	4.91	5.00	5.40	5.45	6.47				12.94	13.97	15.85
		velocity	6.91	8.33	8.01	8.01	7.83	7.63	7.13	7.00	6.48	6.42	6.18	7.18		8.11	7.52	6.62
H1 lead leg	L	strides	23	15	15	15	15	16	16	16	17	17	165					
Spencer, Ashley (USA) (1993)																		
		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2024 USA Olympic Trials (Eugene, OR)														<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>				
date	29-Jun-24	time	6.53	10.69	14.91	19.36	24.10	26.17	28.88	33.91	39.21	44.73	50.48	57.37	1 / 7			
reaction time		interval	4.16	4.22	4.45	4.74	4.78	5.03	5.30	5.52	5.75	6.89				12.83	14.55	16.57
		velocity	6.89	8.41	8.29	7.87	7.38	7.64	7.32	6.96	6.60	6.34	6.09	5.81	6.97	8.18	7.22	6.34
H1 lead leg	L	strides	23	15	15	15	15	15	16	16		17	20	167				
Heat 5 - 2024 USA Olympic Trials (Eugene, OR)														<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>				
date	27-Jun-24	time	6.54	10.80	15.09	19.77	24.47	26.57	29.22	34.40	39.73	45.28	50.61	57.04	7 / 6			
reaction time		interval	4.26	4.29	4.68	4.70	4.75	5.18	5.33	5.55	5.33	6.43				13.23	14.63	16.21
		velocity	6.88	8.22	8.16	7.48	7.45	7.53	7.37	6.76	6.57	6.31	6.57	6.22	7.01	7.94	7.18	6.48
H1 lead leg		strides																
FINAL - 2022 USATF National Championships (Eugene, OR) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	25-Jun-22	time	6.67											dnf	3 / --			
reaction time		interval																
		velocity	6.75															
H1 lead leg	R	strides	23											23				
Semi-Final 1 - 2022 USATF National Championships (Eugene, OR)														<i>USATF (2022) - Results powered by Karmarush</i>				
date	24-Jun-22	time	6.28	10.46	14.81	19.44	24.15	26.23	28.92	33.77	38.78	43.87	49.03	55.19	55.19	4 / 3		
reaction time		interval	4.18	4.35	4.63	4.71	4.77	4.85	5.01	5.09	5.16	6.16				13.16	14.33	15.26
		velocity	7.17	8.37	8.05	7.56	7.43	7.62	7.34	7.22	6.99	6.88	6.78	6.49	7.25	7.98	7.33	6.88
H1 lead leg	L	strides	22	15	15	15	15			15	15	15		127				
Heat 1 - 2022 USATF National Championships (Eugene, OR)														<i>USATF (2022) - Results powered by Karmarush</i>				
date	23-Jun-22	time	6.57	10.87	15.21	19.75	24.39	26.30	29.13	33.96	39.04	44.21	49.51	55.79	4 / 2			
reaction time		interval	4.30	4.34	4.54	4.64	4.74	4.83	5.08	5.17	5.30	6.28				13.18	14.21	15.55
		velocity	6.85	8.14	8.06	7.71	7.54	7.60	7.38	7.25	6.89	6.77	6.60	6.37	7.17	7.97	7.39	6.75
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	18.2	175.2				
FINAL - 2021 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	06-Jul-21	time	6.44	10.61	14.90	19.20	23.76	28.63		39.07	44.64	50.30	56.91	3 / 8				
reaction time	0.204	interval	4.17	4.29	4.30	4.56	4.87		10.44	5.57	5.66	6.61			12.76			
		velocity	6.99	8.39	8.16	8.14	7.68	7.19	6.70	6.28	6.18	6.05	7.03		8.23			
H1 lead leg	L	strides	15	15	14	14	15		16	16		105						
FINAL - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)														<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	27-Jun-21	time	6.37	10.61	14.88	19.38	24.25	28.99	33.93		44.71		60.19	3 / 7				

reaction time	0.222	interval	4.24	4.27	4.50	4.87	4.74	4.94	10.78			13.64	9.68					
		velocity	7.06	8.25	8.20	7.78	7.19	7.38	7.09	6.49	6.65	7.70	10.85					
H1 lead leg	L	strides	15	15	15	15		15			75							
Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)											<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>							
date	26-Jun-21	time	6.40	10.67	15.11	19.72	24.42	29.18	34.03	38.87	43.84	49.01	55.25	7 / 4				
reaction time	0.208	interval	4.27	4.44	4.61	4.70	4.76	4.85	4.84	4.97	5.17	6.24	13.32	14.31	14.98			
		velocity	7.03	8.20	7.88	7.59	7.45	7.35	7.22	7.23	7.04	6.77	6.41	7.24	7.88	7.34	7.01	
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	142					
Heat 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)											<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>							
date	25-Jun-21	time	6.36	10.70	15.16	19.63	24.26	29.03	33.93	38.93	44.16	49.60	55.92	8 / 2				
reaction time	0.182	interval	4.34	4.46	4.47	4.63	4.77	4.90	5.00	5.23	5.44	6.32	13.27	14.30	15.67			
		velocity	7.08	8.06	7.85	7.83	7.56	7.34	7.14	7.00	6.69	6.43	6.33	7.15	7.91	7.34	6.70	
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	18	175				
FINAL - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)											<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>							
date	04-Oct-19	time	6.44	10.71	14.98	19.35	23.82		33.03	37.87	42.97	48.08	54.45	2 / 6				
reaction time	0.163	interval	4.27	4.27	4.37	4.47		4.92	4.84	5.10	5.11	6.37	12.91	13.68	15.05			
		velocity	6.99	8.20	8.20	8.01	7.83	7.60	7.23	6.86	6.85	6.28	7.35	8.13	7.68	6.98		
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	16	19	117					
Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)											<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>							
date	02-Oct-19	time	6.24	10.40	14.52	18.88	23.32	27.92	32.64	37.76	42.96	48.28	54.42	8 / 3				
reaction time	0.171	interval	4.16	4.12	4.36	4.44	4.60	4.72	5.12	5.20	5.32	6.14	12.64	13.76	15.64			
		velocity	7.21	8.41	8.50	8.03	7.88	7.61	7.42	6.84	6.73	6.58	6.51	7.35	8.31	7.63	6.71	
H1 lead leg	L	strides	22	15	15	15	15	15	15	16	16	16	19.2	179.2				
FINAL - 2019 The Match - Europe v USA (Minsk, BLR) (TV Analysis)											<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>							
date	10-Sep-19	time	6.47	10.71	15.05	19.48	23.99	28.66	33.43	38.50	43.61	48.88	dnf	5 / --				
reaction time		interval	4.24	4.34	4.43	4.51	4.67	4.77	5.07	5.11	5.27		13.01	13.95	15.45			
		velocity	6.96	8.25	8.06	7.90	7.76	7.49	7.34	6.90	6.85	6.64		8.07	7.53	6.80		
H1 lead leg	L	strides	15	15	15	15	15	15	15	16	16	16	123					
FINAL - 2019 Weltklasse (Zürich, SUI) (TV Analysis)											<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>							
date	29-Aug-19	time	6.44	10.68	15.00	19.52	24.16	26.2	28.96	33.92	39.04	44.48	56.90	5 / 8				
reaction time	0.132	interval	4.24	4.32	4.52	4.64	4.80	4.80	4.96	5.12	5.44		13.08	14.40				
		velocity	6.99	8.25	8.10	7.74	7.54	7.63	7.29	7.06	6.84	6.43	7.03	8.03	7.29			
H1 lead leg	L	strides	22	15	15	15	15	15	15	16	16	16	144					
FINAL - 2019 USATF National Championships (Des Moines, IA) (TV Analysis)											<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>							
date	28-Jul-19	time	6.57	10.74	14.98	19.32	23.76		33.13	37.60	42.44	47.34	53.11	3 / 3				
reaction time	0.202	interval	4.17	4.24	4.34	4.44		9.37	4.47	4.84	4.90	5.77	=PB	12.75	13.81	14.21		
		velocity	6.85	8.39	8.25	8.06	7.88	7.47	7.83	7.23	7.14	6.93	7.53	8.24	7.60	7.39		
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	18.2	145.2					
FINAL - 2019 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)											<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>							
date	12-Jul-19	time	6.42	10.68	15.06	19.52	24.06	26.1	33.32	38.16	43.34	48.50	54.46	3 / 2				
reaction time	0.152	interval	4.26	4.38	4.46	4.54		9.26	4.84	5.18	5.16	5.96	13.10	13.80	15.18			
		velocity	7.01	8.22	7.99	7.85	7.71	7.66	7.56	7.23	6.76	6.78	6.71	7.34	8.02	7.61	6.92	
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	18.5	147.5					
FINAL - 2019 Athletissima (Lausanne, SUI) (TV Analysis)											<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>							
date	05-Jul-19	time	6.44	10.62	14.90		23.94	25.9	28.60	33.22	38.00	42.96	48.24	54.11	3 / 3			
reaction time	0.146	interval	4.18	4.28		9.04	4.66	4.62	4.78	4.96	5.28	5.87		15.02				
		velocity	6.99	8.37	8.18	7.74	7.72	7.51	7.58	7.32	7.06	6.63	6.81	7.39	6.99			
H1 lead leg	L	strides	22	14	14		15	15	15	15	15	16	19	145				
FINAL - 2019 Doha Diamond League (Doha, QAT) (TV Analysis)											<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>							
date	03-May-19	time	6.47	10.70	15.06	19.55	24.20	26.1	28.81	33.56	38.40	43.42	48.64	54.72	2 / 2			
reaction time	0.156	interval	4.23	4.36	4.49	4.65		4.61	4.75	4.84	5.02	5.22	6.08	13.08	14.01	15.08		
		velocity	6.96	8.27	8.03	7.80	7.53	7.66	7.59	7.37	7.23	6.97	6.70	6.58	7.31	8.03	7.49	6.96
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	19	176				
FINAL - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)											<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>							
date	21-Jul-18	time	6.60	10.88	15.24	19.76	24.40	29.20	34.04	39.20	44.64	50.24	57.00	3 / 9				
reaction time	0.164	interval	4.28	4.36	4.52	4.64	4.80	4.84	5.16	5.44	5.60	6.76	13.16	14.28	16.20			
		velocity	6.82	8.18	8.03	7.74	7.54	7.29	7.23	6.78	6.43	6.25	5.92	7.02	7.98	7.35	6.48	
H1 lead leg	L	strides	22	15	15	15	15	15	15	16	16	16	19.5	179.5				
FINAL - 2018 Athletissima (Lausanne, SUI) (TV Analysis)											<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>							
date	05-Jul-18	time	6.40	10.72		19.64	24.16	28.80	33.64	38.52	43.56	48.76	54.74	8 / 5				
reaction time	0.153	interval	4.32		8.92	4.52	4.64	4.84	4.88	5.04	5.20	5.98	13.24	14.00	15.12			
		velocity	7.03	8.10	7.85	7.74	7.54	7.54	7.23	7.17	6.94	6.73	6.69	7.31	7.93	7.50	6.94	
H1 lead leg	L	strides	22	15		15	15	15	15	15	15	15	127					
FINAL - 2018 Prefontaine Classic (Eugene, OR) (TV Analysis)											<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>							

date	26-May-18	time	6.56	10.84	15.12	19.56	24.16		28.80	33.56	38.56	43.96	49.36		55.58	3 / 7			
reaction time	0.183	interval		4.28	4.28	4.44	4.60		4.64	4.76	5.00	5.40	5.40	6.22			13.00	14.00	15.80
		velocity	6.86	8.18	8.18	7.88	7.61		7.54	7.35	7.00	6.48	6.48	6.43	7.20		8.08	7.50	6.65
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	19	178				
FINAL - 2017 Memorial van Damme (Brussels, BEL) (TV Analysis)																<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>			
date	01-Sep-17	time	6.32	10.60	14.92	19.40	23.96	26.2	28.60	33.32	38.24	43.28	48.68		54.92	5 / 3			
reaction time	0.167	interval		4.28	4.32	4.48	4.56		4.64	4.72	4.92	5.04	5.40	6.24			13.08	13.92	15.36
		velocity	7.12	8.18	8.10	7.81	7.68	7.63	7.54	7.42	7.11	6.94	6.48	6.41	7.28		8.03	7.54	6.84
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	16	18.7	176.7				
FINAL - 2017 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)																<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>			
date	21-Jul-17	time	6.36	10.56		19.36	23.88		33.20	38.20	43.60	49.44		55.92	5 / 6				
reaction time	0.180	interval		4.20		4.80	4.52		4.92	5.00	5.40	5.84	6.48				13.00	13.84	16.24
		velocity	7.08	8.33		7.95	7.74		7.51	7.00	6.48	5.99	6.17	7.15			8.08	7.59	6.47
H1 lead leg	L	strides	22	15		15	15		15	15	16	17		100					
FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis)																<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>			
date	06-Jul-17	time	6.48	10.76	15.20	19.68	24.32		28.96	33.60	38.28	43.08	48.28		53.90	6 / 1			
reaction time	0.154	interval		4.28	4.44	4.48	4.64		4.64	4.64	4.68	4.80	5.20	5.62			13.20	13.92	14.68
		velocity	6.94	8.18	7.88	7.81	7.54		7.54	7.54	7.48	7.29	6.73	7.12	7.42		7.95	7.54	7.15
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	16	18.2	176.2				
FINAL - 2017 Prefontaine Classic (Eugene, OR) (TV Analysis)																<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>			
date	27-May-17	time	6.50	10.76	15.13	19.67	24.23		28.76	33.36	38.03	42.83	47.83		53.38	6 / 1			
reaction time	0.240	interval		4.26	4.37	4.54	4.56		4.53	4.60	4.67	4.80	5.00	5.55	PB		13.17	13.69	14.47
		velocity	6.92	8.22	8.01	7.71	7.68		7.73	7.61	7.49	7.29	7.00	7.21	7.49		7.97	7.67	7.26
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	18.2	175.2				
FINAL - 2016 Athletissima (Lausanne, SUI) (TV Analysis)																<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>			
date	25-Aug-16	time	6.56	10.84	15.24	19.76	24.40		29.04	33.88	38.88	44.28	49.80		55.86	2 / 6			
reaction time	0.159	interval		4.28	4.40	4.52	4.64		4.64	4.84	5.00	5.40	5.52	6.06			13.20	14.12	15.92
		velocity	6.86	8.18	7.95	7.74	7.54		7.54	7.23	7.00	6.48	6.34	6.60	7.16		7.95	7.44	6.60
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	18.2	177.2				
FINAL - 2016 Olympic Games (Rio de Janeiro, BRA) (TV Analysis)																<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>			
date	18-Aug-16	time	6.52	10.84	15.24	19.60	24.12		28.72	33.40	38.16	42.96	47.92		53.72	5 / 3			
reaction time	0.172	interval		4.32	4.40	4.36	4.52		4.60	4.68	4.76	4.80	4.96	5.80	PB		13.08	13.80	14.52
		velocity	6.90	8.10	7.95	8.03	7.74		7.61	7.48	7.35	7.29	7.06	6.90	7.45		8.03	7.61	7.23
H1 lead leg	L	strides	22	15	15	14	15		15	15	15	15	15	18.5	174.5				
FINAL - 2016 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)																<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>			
date	15-Jul-16	time	6.47	10.77	15.07	19.73	24.43		29.10	33.93	38.90	44.07	49.93		56.46	4 / 8			
reaction time	0.167	interval		4.30	4.30	4.66	4.70		4.67	4.83	4.97	5.17	5.86	6.53			13.26	14.20	16.00
		velocity	6.96	8.14	8.14	7.51	7.45		7.49	7.25	7.04	6.77	5.97	6.13	7.08		7.92	7.39	6.56
H1 lead leg	L	strides	22	15	14	15	15		15	15	15	15	17	18.7	176.7				
FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)																<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>			
date	10-Jul-16	time	6.50	10.81	15.05	19.58	24.02		28.63	33.27	38.00	42.88	48.15		54.02	8 / 2			
reaction time	0.228	interval		4.31	4.24	4.53	4.44		4.61	4.64	4.73	4.88	5.27	5.87	PB		13.08	13.69	14.88
		velocity	6.92	8.12	8.25	7.73	7.88		7.59	7.54	7.40	7.17	6.64	6.81	7.40		8.03	7.67	7.06
H1 lead leg	L	strides	22	15	14	15	14		15	15	15	15	16	18.5	174.5				
Spencer, Kaliese (JAM) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Memorial van Damme (Brussels, BEL) (TV Analysis)																<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>			
date	09-Sep-16	time	6.44	10.68	15.04	19.56	24.20		28.88	33.68	38.64	43.76	49.04		55.05	6 / 3			
reaction time	0.182	interval		4.24	4.36	4.52	4.64		4.68	4.80	4.96	5.12	5.28	6.01			13.12	14.12	15.36
		velocity	6.99	8.25	8.03	7.74	7.54		7.48	7.29	7.06	6.84	6.63	6.66	7.27		8.00	7.44	6.84
H1 lead leg	L	strides	22	14	14	15	15		15	15	15	16	16	18.7	175.7				
FINAL - 2016 Birmingham Diamond League (Birmingham, GBR) (TV Analysis)																<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>			
date	05-Jun-16	time	6.57	10.83	15.37	19.90	24.60		29.43	34.23	39.40	44.63	50.00		55.96	2 / 7			
reaction time	0.157	interval		4.26	4.54	4.53	4.70		4.83	4.80	5.17	5.23	5.37	5.96			13.33	14.33	15.77
		velocity	6.85	8.22	7.71	7.73	7.45		7.25	7.29	6.77	6.69	6.52	6.71	7.15		7.88	7.33	6.66
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	16	160					
FINAL - 2016 Golden Gala Pietro Mennea (Roma, ITA) (TV Analysis)																<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>			
date	02-Jun-16	time	6.40	10.60		19.48	24.00		33.48	38.56	43.80	49.20		55.51	3 / 6				
reaction time	0.158	interval		4.20		8.88	4.52		9.48	5.08	5.24	5.40	6.31				13.08	14.00	15.72
		velocity	7.03	8.33		7.88	7.74		7.38	6.89	6.68	6.48	6.34	7.21			8.03	7.50	6.68
H1 lead leg	L	strides	22	14		15	15		16	16	16	16	19	102					
FINAL - 2016 Doha Diamond League (Doha, QAT) (TV Analysis)																<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>			
date	06-May-16	time	6.44	10.72	15.16	19.64	24.24		28.96	33.72	38.56	43.72	48.96		55.02	4 / 3			
reaction time	0.144	interval		4.28	4.44	4.48	4.60		4.72	4.76	4.84	5.16	5.24	6.06			13.20	14.08	15.24
		velocity	6.99	8.18	7.88	7.81	7.61		7.42	7.35	7.23	6.78	6.68	6.60	7.27		7.95	7.46	6.89
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	18.7	177.7				

H1 lead leg	R	velocity	7.26	8.54	8.22		7.78	7.81	7.45	7.32		6.84	6.23	6.28	7.24		6.62		
		strides		15	14				15	15	15		16		90				
FINAL - 2021 Bislett Games (Oslo, NOR) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	01-Jul-21	time	6.40	10.64	14.90	19.32	23.84		28.52	33.40	38.48	43.72	49.26		55.46	6 / 6			
reaction time	0.152	interval		4.24	4.26	4.42	4.52		4.68	4.88	5.08	5.24	5.54	6.20			12.92	14.08	15.86
		velocity	7.03	8.25	8.22	7.92	7.74		7.48	7.17	6.89	6.68	6.32	6.45	7.21		8.13	7.46	6.62
H1 lead leg	R	strides	22	15	14	14	15		15	15	15	16	16	19	176				
FINAL - 2020 Galà dei Castelli (Bellinzona, SUI) (TV Analysis)															<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>				
date	15-Sep-20	time	6.48	10.80	15.16	19.56	24.08		28.80	33.60	38.68	43.72	49.00		54.98	5 / 2			
reaction time		interval		4.32	4.36	4.40	4.52		4.72	4.80	5.08	5.04	5.28	5.98			13.08	14.04	15.40
		velocity	6.94	8.10	8.03	7.95	7.74		7.42	7.29	6.89	6.94	6.63	6.69	7.28		8.03	7.48	6.82
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	15	15	18.5	170.5				
FINAL - 2020 Bauhaus Galan (Stockholm, SWE) (TV Analysis)															<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>				
date	23-Aug-20	time	6.50	10.87	15.27	19.77	24.43	26.3	29.20	34.20	39.27	44.73	50.23		56.40	6 / 6			
reaction time	0.151	interval		4.37	4.40	4.50	4.66		4.77	5.00	5.07	5.46	5.50	6.17			13.27	14.43	16.03
		velocity	6.92	8.01	7.95	7.78	7.51	7.60	7.34	7.00	6.90	6.41	6.36	6.48	7.09		7.91	7.28	6.55
H1 lead leg	R	strides	20	14	14	14	14		15	15	15	16	16	19	172				
FINAL - 2020 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)															<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>				
date	19-Aug-20	time	6.56	10.96	15.44	19.96	24.64		29.52	34.60	39.84	45.24	50.72		56.65	6 / 4			
reaction time	0.207	interval		4.40	4.48	4.52	4.68		4.88	5.08	5.24	5.40	5.48	5.93			13.40	14.64	16.12
		velocity	6.86	7.95	7.81	7.74	7.48		7.17	6.89	6.68	6.48	6.39	6.75	7.06		7.84	7.17	6.51
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	16	16	154					
FINAL - 2020 Inspiration Games (Zürich, SUI) (TV Analysis) (300m Hurdles)															<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>				
date	09-Jul-20	time	6.36	10.56	14.80	19.23	23.80		28.53	33.33					39.25	5 / 2			
reaction time		interval		4.20	4.24	4.43	4.57		4.73	4.80				5.92	<i>(Zürich, SUI)</i>		13.24	14.10	
		velocity	7.86	8.33	8.25	7.90	7.66		7.40	7.29				6.76	7.64		7.93	7.45	
H1 lead leg	R	strides	21	14	14	14	14		15	15				20	127				
FINAL - 2020 Impossible Games (Oslo, NOR) (TV Analysis) (300m Hurdles)															<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>				
date	11-Jun-20	time	6.94	11.04	15.28	19.85	24.49		29.30	34.27					39.86	6 / 3			
reaction time	0.151	interval		4.10	4.24	4.57	4.64		4.81	4.97				5.59			13.45	9.78	
		velocity	7.20	8.54	8.25	7.66	7.54		7.28	7.04				7.16	7.53		7.81	10.74	
H1 lead leg	R	strides	23	13	13	14	14		15	15				18.2	125.2				
FINAL - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	04-Oct-19	time	6.28	10.47	14.71	19.00	23.49		28.11	32.93	37.93	42.94	48.08		54.06	9 / 4			
reaction time	0.199	interval		4.19	4.24	4.29	4.49		4.62	4.82	5.00	5.01	5.14	5.98	NR PB		12.72	13.93	15.15
		velocity	7.17	8.35	8.25	8.16	7.80		7.58	7.26	7.00	6.99	6.81	6.69	7.40		8.25	7.54	6.93
H1 lead leg	R	strides	23	14	14	14	14		15	15	15	15	15	18.5	172.5				
Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	02-Oct-19	time	6.37	10.47	14.75		23.55		28.25	33.10	38.10	43.21	48.45		54.52	6 / 2			
reaction time	0.191	interval		4.10	4.28		8.80		4.70	4.85	5.00	5.11	5.24	6.07					15.35
		velocity	7.06	8.54	8.18		7.95		7.45	7.22	7.00	6.85	6.68	6.59	7.34				6.84
H1 lead leg	R	strides	23	14	14	14	15		15	15	15	15	15	18.5	173.5				
Heat 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)															<i>Henson (2021) - Athlete First: 2019 year end hurdle report</i>				
date	01-Oct-19	time	6.36	10.52	14.76	19.16	23.64		28.36	33.24	38.28	43.40	48.68		54.98	4 / 2			
reaction time	0.182	interval		4.16	4.24	4.40	4.48		4.72	4.88	5.04	5.12	5.28	6.30			12.80	14.08	15.44
		velocity	7.08	8.41	8.25	7.95	7.81		7.42	7.17	6.94	6.84	6.63	6.35	7.28		8.20	7.46	6.80
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	15	15	19	157				
FINAL - 2019 The Match - Europe v USA (Minsk, BLR) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	10-Sep-19	time	6.47	10.71		19.41	23.92		28.69		38.77	44.07	49.45		55.46	4 / 2			
reaction time		interval		4.24		8.70	4.51		4.77		10.08	5.30	5.38	6.01			12.94		
		velocity	6.96	8.25		8.05	7.76		7.34		6.94	6.60	6.51	6.66	7.21		8.11		
H1 lead leg	R	strides		14	14		14		15			16	16	18.5	107.5				
FINAL - 2019 Weltklasse (Zürich, SUI) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	29-Aug-19	time	6.32	10.48		19.04	23.48	25.4	28.16	33.00	38.00	43.12	48.60		55.14	7 / 5			
reaction time	0.140	interval		4.16		8.56	4.44		4.68	4.84	5.00	5.12	5.48	6.54			12.72	13.96	15.60
		velocity	7.12	8.41		8.18	7.88	7.87	7.48	7.23	7.00	6.84	6.39	6.12	7.25		8.25	7.52	6.73
H1 lead leg	R	strides	21	14		14	14		15	15		15	16	20	130				
FINAL - 2019 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	12-Jul-19	time	6.44	10.72	15.08	19.48	24.04	26.0		33.76	38.88	44.24	49.60		55.60	2 / 6			
reaction time	0.143	interval		4.28	4.36	4.40	4.56		9.72	5.12	5.36	5.36	6.00				13.04	14.28	15.84
		velocity	6.99	8.18	8.03	7.95	7.68	7.69		7.20	6.84	6.53	6.53	6.67	7.19		8.05	7.35	6.63
H1 lead leg	R	strides	21	14	14	14	14				15	16	16	18.7	142.7				
FINAL - 2019 Athletissima (Lausanne, SUI) (TV Analysis)															<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	05-Jul-19	time	6.44	10.64	14.96	19.44	24.00	26.0	28.80	33.68	38.68	43.96	49.32		55.24	7 / 5			

reaction time	0.125	interval	4.20	4.32	4.48	4.56		4.80	4.88	5.00	5.28	5.36	5.92		13.00	14.24	15.64	
		velocity	6.99	8.33	8.10	7.81	7.68	7.69	7.29	7.17	7.00	6.63	6.53	6.76	7.24	8.08	7.37	6.71
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	16	16		154			
FINAL - 2019 Bislett Games (Oslo, NOR) (TV Analysis)														<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	13-Jun-19	time	6.40	10.64	15.04	19.44	24.08	26.1	28.92	33.96	39.08	44.48	50.16		56.46	7 / 7		
reaction time	0.179	interval		4.24	4.40	4.40	4.64		4.84	5.04	5.12	5.40	5.68	6.30		13.04	14.52	16.20
		velocity	7.03	8.25	7.95	7.95	7.54	7.66	7.23	6.94	6.84	6.48	6.16	6.35	7.08	8.05	7.23	6.48
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	16	16	19.2	173.2			
FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)														<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>				
date	06-Jun-19	time	6.48	10.80	15.20	19.76	24.44		29.32	34.32	39.34	44.72	50.24		56.36	6 / 9		
reaction time	0.143	interval		4.32	4.40	4.56	4.68		4.88	5.00	5.02	5.38	5.52	6.12		13.28	14.56	15.92
		velocity	6.94	8.10	7.95	7.68	7.48		7.17	7.00	6.97	6.51	6.34	6.54	7.10	7.91	7.21	6.60
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	16	16	19	173			
FINAL - 2018 Weltklasse (Zürich, SUI) (TV Analysis)														<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>				
date	30-Aug-18	time	6.52	10.84	15.20	19.72	24.20	26.2	28.96	33.84	38.84	44.00	49.44		55.36	4 / 6		
reaction time	0.174	interval		4.32	4.36	4.52	4.48		4.76	4.88	5.00	5.16	5.44	5.92		13.20	14.12	15.60
		velocity	6.90	8.10	8.03	7.74	7.81	7.63	7.35	7.17	7.00	6.78	6.43	6.76	7.23	7.95	7.44	6.73
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	17	18.5	157.5				
FINAL - 2018 Müller Grand Prix (Birmingham, GBR) (TV Analysis)														<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>				
date	18-Aug-18	time	6.44	10.77	15.25	19.78	24.35		29.13	34.06	39.00	44.04	49.18		54.86	4 / 1		
reaction time	0.116	interval		4.33	4.48	4.53	4.57		4.78	4.93	4.94	5.04	5.14	5.68		13.34	14.28	15.12
		velocity	6.99	8.08	7.81	7.73	7.66		7.32	7.10	7.09	6.94	6.81	7.04	7.29	7.87	7.35	6.94
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	15	15	18.2	170.2			
FINAL - 2018 Athletissima (Lausanne, SUI) (TV Analysis)														<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>				
date	05-Jul-18	time	6.40	10.72		19.48	24.00		28.72	33.60	38.56	43.60	48.80		54.79	6 / 6		
reaction time	0.126	interval		4.32		8.76	4.52		4.72	4.88	4.96	5.04	5.20	5.99		13.08	14.12	15.20
		velocity	7.03	8.10		7.99	7.74		7.42	7.17	7.06	6.94	6.73	6.68	7.30	8.03	7.44	6.91
H1 lead leg	R	strides	21	14		14	14		15	15	15	15	15	18.5	142.5			
FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis)														<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>				
date	07-Jun-18	time	6.36	10.64	15.00		24.16		28.88	33.76	38.80	43.96	49.24		55.07	3 / 4		
reaction time	0.138	interval		4.28	4.36		9.16		4.72	4.88	5.04	5.16	5.28	5.83				15.48
		velocity	7.08	8.18	8.03		7.64		7.42	7.17	6.94	6.78	6.63	6.86	7.26			6.78
H1 lead leg	R	strides	21	14	14		14		15	15	15	16	16	18.5	144.5			
FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)														<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>				
date	31-May-18	time	6.40	10.68	15.00	19.44	24.08		28.80	33.72	39.04	44.48	50.08		56.36	6 / 8		
reaction time	0.147	interval		4.28	4.32	4.44	4.64		4.72	4.92	5.32	5.44	5.60	6.28		13.04	14.28	16.36
		velocity	7.03	8.18	8.10	7.88	7.54		7.42	7.11	6.58	6.43	6.25	6.37	7.10	8.05	7.35	6.42
H1 lead leg	R	strides	21	14	14	14	14		15	15	17	17	17	19	177			
FINAL - 2017 Memorial van Damme (Brussels, BEL) (TV Analysis)														<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>				
date	01-Sep-17	time	6.40	10.76	15.16	19.60	24.20	26.4	28.92	33.84	38.92	44.24	49.80		55.98	8 / 7		
reaction time	0.165	interval		4.36	4.40	4.44	4.60		4.72	4.92	5.08	5.32	5.56	6.18		13.20	14.24	15.96
		velocity	7.03	8.03	7.95	7.88	7.61	7.58	7.42	7.11	6.89	6.58	6.29	6.47	7.15	7.95	7.37	6.58
H1 lead leg	R	strides	21	14	14	14	14		14	14	15	15	17	152				
FINAL - 2017 Weltklasse (Zürich, SUI) (TV Analysis)														<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>				
date	24-Aug-17	time	6.36	10.56	14.92	19.36	23.88		28.64	33.60	38.68	43.84	48.96		54.66	6 / 3		
reaction time	0.124	interval		4.20	4.36	4.44	4.52		4.76	4.96	5.08	5.16	5.12	5.70		13.00	14.24	15.36
		velocity	7.08	8.33	8.03	7.88	7.74		7.35	7.06	6.89	6.78	6.84	7.02	7.32	8.08	7.37	6.84
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	15	15	18.2	170.2			
FINAL - 2017 IAAF World Championships (London, GBR) (TV Analysis)														<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>				
date	10-Aug-17	time	6.24	10.40	14.68	19.12	23.68		28.32	33.12	38.12	43.24	48.52		54.59	5 / 5		
reaction time	0.183	interval		4.16	4.28	4.44	4.56		4.64	4.80	5.00	5.12	5.28	6.07		12.88	14.00	15.40
		velocity	7.21	8.41	8.18	7.88	7.68		7.54	7.29	7.00	6.84	6.63	6.59	7.33	8.15	7.50	6.82
H1 lead leg	R	strides	21	14	14	15	15		15	15	15	15	15	18.7	172.7			
FINAL - 2017 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis)														<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>				
date	16-Jul-17	time	6.44	10.72	15.20	19.68	24.40		29.28	34.20	39.24	44.40	49.56		55.22	4 / 4		
reaction time	0.130	interval		4.28	4.48	4.48	4.72		4.88	4.92	5.04	5.16	5.16	5.66		13.24	14.52	15.36
		velocity	6.99	8.18	7.81	7.81	7.42		7.17	7.11	6.94	6.78	6.78	7.07	7.24	7.93	7.23	6.84
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	15	15	18.2	170.2			
FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis)														<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>				
date	06-Jul-17	time	6.44	10.72	15.00	19.44	23.96		28.64	33.44	38.44	43.52	48.68		54.29	7 / 2		
reaction time	0.121	interval		4.28	4.28	4.44	4.52		4.68	4.80	5.00	5.08	5.16	5.61	PB	13.00	14.00	15.24
		velocity	6.99	8.18	8.18	7.88	7.74		7.48	7.29	7.00	6.89	6.78	7.13	7.37	8.08	7.50	6.89
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	15	15	18	170			
FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis)														<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>				

date	01-Sep-16	time	6.60	10.96	15.40	19.88	24.56		29.32	34.24	39.32	44.64		55.71	7 / 6			
reaction time	0.127	interval		4.36	4.44	4.48	4.68		4.76	4.92	5.08	5.32				13.28	14.36	
		velocity	6.82	8.03	7.88	7.81	7.48		7.35	7.11	6.89	6.58		7.18		7.91	7.31	
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16		143				

FINAL - 2016 Athletissima (Laussane, SUI) (TV Analysis)*Henson (2020) - Athlete First: 2016 year end hurdle report*

date	25-Aug-16	time	6.56	10.92	15.32	19.84	24.52		29.32	34.28	39.36	44.68	50.20	56.05	7 / 8			
reaction time	0.136	interval		4.36	4.40	4.52	4.68		4.80	4.96	5.08	5.32	5.52	5.85		13.28	14.44	15.92
		velocity	6.86	8.03	7.95	7.74	7.48		7.29	7.06	6.89	6.58	6.34	6.84	7.14		7.91	7.27
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	18	177			

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

date	15-Jul-16	time	6.47	10.83		19.57	24.13		28.87		38.77	43.97	49.43	55.42	8 / 5			
reaction time	0.133	interval		4.36		4.74	4.56		4.74		9.90	5.20	5.46	5.99		13.10		
		velocity	6.96	8.03		8.01	7.68		7.38		7.07	6.73	6.41	6.68	7.22		8.02	
H1 lead leg	R	strides	21	15		15	15		15		15	17	18.5	116.5				

FINAL - 2016 Hürden-und Sprintmeeting (Basel, SUI) (300m Hurdles)*Swiss Athletics (2016) - sprint and hurdle analysis*

date	07-May-16	time	6.66	10.96	15.40	20.00	24.76		29.52	34.32				40.23	1 / 1			
reaction time		interval		4.30	4.44	4.60	4.76		4.76	4.80			5.91			13.34	14.32	
		velocity	6.76	8.14	7.88	7.61	7.35		7.35	7.29			7.61	7.46		7.87	7.33	
H1 lead leg		strides																

Stambolova, Vania (BUL) (1983)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 2011 IAAF World Championships (Daegu, KOR)***Behm (2011) - Le quatrache: Démus enfin!*

date	01-Sep-11	time	6.5	10.7	15.0	19.3	23.6		28.2	33.0	37.7	42.8	48.0	54.23	6 / 6			
reaction time	0.260	interval		4.20	4.30	4.30	4.30		4.60	4.80	4.70	5.10	5.20	6.23		12.80	13.70	15.00
		velocity	6.92	8.33	8.14	8.14	8.14		7.61	7.29	7.45	6.86	6.73	6.42	7.38		8.20	7.66
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	17	17	162				

FINAL - 2010 European Championships (Barcelona, ESP)*Behm (2010) - les haies bases*

date	30-Jul-10	time	6.8	11.1	15.4	19.8	24.2		28.7	33.3	38.1	43.0	48.0	53.82	5 / 2				
reaction time	0.283	interval		4.30	4.30	4.40	4.40		4.50	4.60	4.80	4.90	5.00	5.82	NR		13.00	13.50	14.70
		velocity	6.62	8.14	8.14	7.95	7.95		7.78	7.61	7.29	7.14	7.00	6.87			8.08	7.78	7.14
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	16	161					

Stepanova, Marina (URS) (1950)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 1986 IX USSR Spartakiade (Tashkent, URS)***Stepanova (1997) - my experiences in the 400m hurdles*

date	17-Sep-86	time	6.55	10.65	14.80	19.05	23.38		27.81	32.49	37.34	42.15	47.19	52.94	1 / 1				
reaction time		interval		4.10	4.15	4.25	4.33		4.43	4.68	4.85	4.81	5.04	5.75	WR		12.50	13.44	14.70
		velocity	6.87	8.54	8.43	8.24	8.08		7.90	7.48	7.22	7.28	6.94	6.96	7.56		8.40	7.81	7.14
H1 lead leg		strides	22	15	15	15	15		15	15	17	17	17	163					

FINAL - 1986 European Championships (Stuttgart, FRG)*Breizer (1990) - the preparation of women for the 400m hurdles*

date	30-Aug-86	time	6.64	10.78	15.01	19.38	23.84		28.39	33.06	37.88	42.75	47.73	53.32	1 / 1				
reaction time		interval		4.14	4.23	4.37	4.46		4.55	4.67	4.82	4.87	4.98	5.59	WR		12.74	13.68	14.67
		velocity	6.78	8.45	8.27	8.01	7.85		7.69	7.49	7.26	7.19	7.03	7.16	7.50		8.24	7.68	7.16
H1 lead leg		strides	23	15	15	15	15		15	15	17	17	17	21	185				

FINAL - 1984 Women's Friendship Games (Prague, TCH)*Stepanova (1997) - my experiences in the 400m hurdles*

date	17-Aug-84	time	6.65	10.81	15.09	19.45	23.93		28.49	33.13		42.97	48.01	53.67	1 / 1				
reaction time		interval		4.16	4.28	4.36	4.48		4.56	4.64		9.84	5.04	5.66	PB		12.80	13.68	14.88
		velocity	6.77	8.41	8.18	8.03	7.81		7.68	7.54		7.11	6.94	7.07	7.45		8.20	7.68	7.06
H1 lead leg		strides	22	15	15	15	15		15	15	17	17	17	163					

FINAL - 1979 VII USSR Spartakiade (Moscow, URS)*Stepanova (1996) - my school*

date	27-Jul-79	time	6.92	11.33	15.91	20.51	25.18		29.91	34.69	39.55	44.46	49.38	54.78	4 / 1				
reaction time		interval		4.41	4.58	4.60	4.67		4.73	4.78	4.86	4.91	4.92	5.40	WR		13.59	14.18	14.69
		velocity	6.50	7.94	7.64	7.61	7.49		7.40	7.32	7.20	7.13	7.11	7.41	7.30		7.73	7.40	7.15
H1 lead leg	L	strides	23	17	17	17	17		17	17	17	17	17	21	197				

Stepter, Jaide (USA) (1994)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)***Henson (2020) - Athlete First: 2017 year end hurdle report*

date	08-Jun-17	time	6.40	10.52	14.72	19.04	23.48		28.04	32.92	38.28	43.72	49.24	55.62	9 / 5			
reaction time	0.134	interval		4.12	4.20	4.32	4.44		4.56	4.88	5.36	5.44	5.52	6.38		12.64	13.88	16.32
		velocity	7.03	8.50	8.33	8.10	7.88		7.68	7.17	6.53	6.43	6.34	6.27	7.19		8.31	7.56
H1 lead leg	L	strides	23	15	15	15	15		15	15	17	17	17	20.2	184.2			

FINAL - 2016 Memorial van Damme (Brussels, BEL) (TV Analysis)*Henson (2021) - Athlete First: 2016 year end hurdle report*

date	09-Sep-16	time	6.48	10.72	14.96	19.32	23.84		28.52	33.52	38.56	43.84	49.44	55.88	9 / 7			
reaction time	0.235	interval		4.24	4.24	4.36	4.52		4.68	5.00	5.04	5.28	5.60	6.44		12.84	14.20	15.92
		velocity	6.94	8.25	8.25	8.03	7.74		7.48	7.00	6.94	6.63	6.25	6.21	7.16		8.18	7.39
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	16	17	20	182			

FINAL - 2016 London Anniversary Games (London, GBR) (TV Analysis)*Henson (2021) - Athlete First: 2016 year end hurdle report*

date	22-Jul-16	time	6.26	10.43	14.63	18.93	23.43		28.16	33.03	38.03	43.30	48.70	54.96	3 / 5			
reaction time	0.146	interval		4.17	4.20	4.30	4.50		4.73	4.87	5.00	5.27	5.40	6.26		12.67	14.10	15.67

H1 lead leg	L	velocity	7.19	8.39	8.33	8.14	7.78		7.40	7.19	7.00	6.64	6.48	6.39	7.28		8.29	7.45	6.70
		strides	22	15	15	15	15		16	16	17	17	17	19.7	184.7				
FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)															<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>				
date	10-Jul-16	time	6.64	10.88	15.21	19.55	23.99		28.66	33.43	38.40	43.54	48.81		54.95		2 / 7		
reaction time	0.340	interval		4.24	4.33	4.34	4.44		4.67	4.77	4.97	5.14	5.27	6.14	PB		12.91	13.88	15.38
		velocity	6.78	8.25	8.08	8.06	7.88		7.49	7.34	7.04	6.81	6.64	6.51	7.28		8.13	7.56	6.83
H1 lead leg	L	strides	22	15	15	15	15		16	16	17	17	17	19.7	184.7				
Stubler, Bianca (USA) (1999)															<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>				
Semi-Final 1 - 2024 USA Olympic Trials (Eugene, OR)															<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>				
date	29-Jun-24	time	6.56	10.72	15.01	19.48	24.16	26.27	28.94	33.86	38.98	44.52	50.02		56.42		2 / 4		
reaction time		interval		4.16	4.29	4.47	4.68		4.78	4.92	5.12	5.54	5.50	6.40			12.92	14.38	16.16
		velocity	6.86	8.41	8.16	7.83	7.48	7.61	7.32	7.11	6.84	6.32	6.36	6.25	7.09		8.13	7.30	6.50
H1 lead leg	R	strides	23	15	15	15	16		16	16	16	17	17	21.5	187.5				
Heat 5 - 2024 USA Olympic Trials (Eugene, OR)															<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>				
date	27-Jun-24	time	6.37	10.54	14.68	19.04	23.63	25.81	28.54	33.51	38.89	44.43	50.12		56.99		9 / 4		
reaction time		interval		4.17	4.14	4.36	4.59		4.91	4.97	5.38	5.54	5.69	6.87			12.67	14.47	16.61
		velocity	7.06	8.39	8.45	8.03	7.63	7.75	7.13	7.04	6.51	6.32	6.15	5.82	7.02		8.29	7.26	6.32
H1 lead leg		strides																	
Semi-Final 2 - 2022 USATF National Championships (Eugene, OR) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	24-Jun-22	time	6.93	11.20	15.63	20.23	25.00	26.96	29.93	34.96	40.23	45.60	51.03		57.15		2 / 5		
reaction time		interval		4.27	4.43	4.60	4.77		4.93	5.03	5.27	5.37	5.43	6.12			13.30	14.73	16.07
		velocity	6.49	8.20	7.90	7.61	7.34	7.42	7.10	6.96	6.64	6.52	6.45	6.54	7.00		7.89	7.13	6.53
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	17	17	20	176				
Suezaki, Nanami (JPN)															<i>Takashima (2023) - national high school sports festival - biomechanics data</i>				
FINAL - 2023 Japanese National High School Championships (Sapporo, JPN)															<i>Takashima (2023) - national high school sports festival - biomechanics data</i>				
date	04-Aug-23	time	6.81	11.29	15.95	20.72	25.66		30.80	36.34	42.18	48.18	54.42		61.38		2 / 8		
reaction time	0.209	interval		4.48	4.66	4.77	4.94		5.14	5.54	5.84	6.00	6.24	6.96			13.91	15.62	18.08
		velocity	6.61	7.81	7.51	7.34	7.09		6.81	6.32	5.99	5.83	5.61	5.75	6.52		7.55	6.72	5.81
H1 lead leg		strides	22	16	16	16	16		16	17	18	18	18	22	195				
Sugiyama, Manaho (JPN) (1992)															<i>Matsuo (2010) - 63rd high school championships: JAF scientific committee- biomechanics data</i>				
FINAL - 2010 Japanese National High School Championships (Okinawa, JPN)															<i>Matsuo (2010) - 63rd high school championships: JAF scientific committee- biomechanics data</i>				
date	31-Jul-10	time	6.91	11.63	16.48	21.35	26.37		31.41	36.58	41.89	47.63	53.94		61.21		1 / 3		
reaction time		interval		4.72	4.85	4.87	5.02		5.04	5.17	5.31	5.74	6.31	7.27			14.44	15.23	17.36
		velocity	6.51	7.42	7.22	7.19	6.97		6.94	6.77	6.59	6.10	5.55	5.50	6.53		7.27	6.89	6.05
H1 lead leg		strides		17	17	17	17		17	17	17	18	20	157					
Sun Xiu (CHN)															<i>Shandong Athletics Sport Science (2022)</i>				
U18 FINAL - 2022 Shandong Provincial Games (Rizhao, CHN)															<i>Shandong Athletics Sport Science (2022)</i>				
date	03-Sep-22	time	8.06	13.47	19.07	24.90	31.00		37.21	43.70	50.54				72.17		9 / 7		
reaction time	0.338	interval		5.41	5.60	5.83	6.10		6.21	6.49	6.84				5.54		16.84	18.80	
		velocity	5.58	6.47	6.25	6.00	5.74		5.64	5.39	5.12				6.24		6.24	5.59	
H1 lead leg	R	strides	26	18	18	19	19		19	20	21				160				
Sund, Maja (SWE) (2001)															<i>Omega Timing (2023) - diamond league race analysis</i>				
National FINAL - 2023 Bauhaus Galan (Stockholm, SWE)															<i>Omega Timing (2023) - diamond league race analysis</i>				
date	02-Jul-23	time	7.12	11.99	17.00	22.12	27.33		32.79	38.49	44.26	50.42	56.44		63.29		1 / 8		
reaction time	0.171	interval		4.87	5.01	5.12	5.21		5.46	5.70	5.77	6.16	6.02	6.85			15.00	16.37	17.95
		velocity	6.32	7.19	6.99	6.84	6.72		6.41	6.14	6.07	5.68	5.81	5.84	6.32		7.00	6.41	5.85
H1 lead leg		strides																	
Sutherland, Liz (GBR) (1947)															<i>McFarlane (1980) - understanding the 400m hurdles</i>				
Heat 3 - 1978 European Championships (Prague, TCH)															<i>McFarlane (1980) - understanding the 400m hurdles</i>				
date	01-Sep-78	time	6.9	11.5	16.1	20.9	25.7	27.7	30.5	35.5	40.6	45.7	51.6		57.60		1 / 1		
reaction time		interval		4.60	4.60	4.80	4.80		4.80	5.00	5.10	5.10	5.90	6.00			14.00	14.60	16.10
		velocity	6.52	7.61	7.61	7.29	7.29	7.22	7.29	7.00	6.86	6.86	5.93	6.67	6.94		7.50	7.19	6.52
H1 lead leg		strides		15	15	15	15		15	16	17	17	17	142					
Sutherland, Savannah (CAN) (2003)															<i>Paris 2024 Olympic Games - Results Book (2024)</i>				
FINAL - 2024 Olympic Games (Paris, FRA)															<i>Paris 2024 Olympic Games - Results Book (2024)</i>				
date	08-Aug-24	time	6.32	10.38	14.52	18.70	23.01		27.45	32.13	37.04	42.24	47.53		53.88		3 / 7		
reaction time	0.157	interval		4.06	4.14	4.18	4.31		4.44	4.68	4.91	5.20	5.29	6.35			12.38	13.43	15.40
		velocity	7.12	8.62	8.45	8.37	8.12		7.88	7.48	7.13	6.73	6.62	6.30	7.42		8.48	7.82	6.82
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	16	161					
Semi-Final 3 - 2024 Olympic Games (Paris, FRA)															<i>Paris 2024 Olympic Games - Results Book (2024)</i>				
date	06-Aug-24	time	6.26	10.35	14.50	18.76	23.10		27.57	32.21	37.01	42.13	47.56		53.80		4 / 4		
reaction time	0.145	interval		4.09	4.15	4.26	4.34		4.47	4.64	4.80	5.12	5.43	6.24			12.50	13.45	15.35
		velocity	7.19	8.56	8.43	8.22	8.06		7.83	7.54	7.29	6.84	6.45	6.41	7.43		8.40	7.81	6.84
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	20	180				
Heat 2 - 2024 Olympic Games (Paris, FRA)															<i>Paris 2024 Olympic Games - Results Book (2024)</i>				

date	04-Aug-24	time	6.42	10.59	14.74	18.97	23.46	28.00	32.88	38.07	43.24	48.69	54.80	3 / 3				
reaction time	0.179	interval		4.17	4.15	4.23	4.49	4.54	4.88	5.19	5.17	5.45	6.11		12.55	13.91	15.81	
		velocity	7.01	8.39	8.43	8.27	7.80	7.71	7.17	6.74	6.77	6.42	6.55	7.30	8.37	7.55	6.64	
H1 lead leg	R	strides	23	15	15	15	15	15	16	16	16	17	20	183				

FINAL - 2024 NCAA Championships (Eugene, OR) (TV Analysis)*Henson (2024) - Athlete First: 2024 year end hurdle report*

date	08-Jun-24	time	6.46	10.51	14.64	18.85	23.19	27.69	32.32	37.28	42.33	47.55	53.26	7 / 2				
reaction time		interval		4.05	4.13	4.21	4.34	4.50	4.63	4.96	5.05	5.22	5.71	NR PB	12.39	13.47	15.23	
		velocity	6.97	8.64	8.47	8.31	8.06	7.78	7.56	7.06	6.93	6.70	7.01	7.51	8.47	7.80	6.89	
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	16	20	181				

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

date	22-Aug-23	time	6.57	10.77	15.08	19.42	23.86			38.20	43.41	48.88	54.99	2 / 6				
reaction time	0.214	interval		4.20	4.31	4.34	4.44			14.34	5.21	5.47	6.11		12.85			
		velocity	6.85	8.33	8.12	8.06	7.88			7.32	6.72	6.40	6.55	7.27	8.17			
H1 lead leg	R	strides	23	15	15	15	15			16	17	20	136					

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

date	21-Aug-23	time	6.80	11.26	15.63	19.93	24.43	29.23	34.20	39.23	44.57	50.00	55.85	5 / 4				
reaction time	0.227	interval		4.46	4.37	4.30	4.50	4.80	4.97	5.03	5.34	5.43	5.85		13.13	14.27	15.80	
		velocity	6.62	7.85	8.01	8.14	7.78	7.29	7.04	6.96	6.55	6.45	6.84	7.16	8.00	7.36	6.65	
H1 lead leg	R	strides	23	15	15	15	15	16	16	16	17	17	20	185				

FINAL - 2023 NCAA Championships (Austin, TX) (TV Analysis)*Henson (2023) - Athlete First: 2023 year end hurdle report*

date	10-Jun-23	time	6.54	10.77	15.11	19.48	23.95	28.63	33.43	38.40	43.54	48.65	54.45	7 / 1				
reaction time		interval		4.23	4.34	4.37	4.47	4.68	4.80	4.97	5.14	5.11	5.80	PB	12.94	13.95	15.22	
		velocity	6.88	8.27	8.06	8.01	7.83	7.48	7.29	7.04	6.81	6.85	6.90	7.35	8.11	7.53	6.90	
H1 lead leg	R	strides	23	15	15	15	15	15	16	16	16	16	20	182				

Svantesson, Ebba (SWE) (1997)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****National FINAL - 2023 Bauhaus Galan (Stockholm, SWE)***Omega Timing (2023) - diamond league race analysis*

date	02-Jul-23	time	6.70	11.32	16.01	20.76	25.75	31.01	36.48	42.17	48.06	54.20	61.38	2 / 6				
reaction time	0.176	interval		4.62	4.69	4.75	4.99	5.26	5.47	5.69	5.89	6.14	7.18		14.06	15.72	17.72	
		velocity	6.72	7.58	7.46	7.37	7.01	6.65	6.40	6.15	5.94	5.70	5.57	6.52	7.47	6.68	5.93	
H1 lead leg		strides																

Sykora, Maria (AUT) (1946)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 1973 British International Games (Edinburgh, GBR)***Ewen (1976) - 400m haies feminin*

date	16-Jun-73	time	6.6	11.0	15.4	20.4	25.5	30.8	36.3	41.5	46.7	52.5	(58.53)	58.5	1 / 1				
reaction time		interval		4.40	4.40	5.00	5.10	5.30	5.50	5.20	5.20	5.80	6.00	WR	13.80	15.90	16.20		
		velocity	6.82	7.95	7.95	7.00	6.86	6.60	6.36	6.73	6.73	6.03	6.67	6.84	7.61	6.60	6.48		
H1 lead leg		strides																	

Szekeres, Judit (HUN) (1966)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****Semi-Final 2 - 1999 IAAF World Championships (Sevilla, ESP)***Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*

date	23-Aug-99	time	6.25	10.57	15.01	19.56	24.23	28.87	33.70	38.64	43.75	48.87	54.86	7 / 5				
reaction time	0.182	interval		4.32	4.44	4.55	4.67	4.64	4.83	4.94	5.11	5.12	5.99		13.31	14.14	15.17	
		velocity	7.20	8.10	7.88	7.69	7.49	7.54	7.25	7.09	6.85	6.84	6.68	7.29	7.89	7.43	6.92	
H1 lead leg	L	strides	23	16	16	16	16	16	16	17	17	17	20.5	190.5				

Tabashi, Yukino (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****C FINAL - 2023 Michitaka Kinami Memorial (Osaka, JPN)***Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season*

date	06-May-23	time	6.82	11.34	15.85	20.59	25.49	30.51	35.80	41.26	47.00	52.89	59.39	8 / 1				
reaction time	0.151	interval		4.52	4.51	4.74	4.90	5.02	5.29	5.46	5.74	5.89	6.50	PB	13.77	15.21	17.09	
		velocity	6.60	7.74	7.76	7.38	7.14	6.97	6.62	6.41	6.10	5.94	6.15	6.74	7.63	6.90	6.14	
H1 lead leg		strides		17	17	17	17	17	18	18	19	20	160					

Tago, Miyabi (JPN) (1988)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****A FINAL - 2012 Shizuoka International Athletics Meeting (Fukuroi, JPN)***Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions*

date	03-May-12	time	6.77	11.21	15.71	20.26	24.91	29.71	34.82	39.96	45.18	50.49	56.57	1 / 3				
reaction time		interval		4.44	4.50	4.55	4.65	4.80	5.11	5.14	5.22	5.31	6.08		13.49	14.56	15.67	
		velocity	6.65	7.88	7.78	7.69	7.53	7.29	6.85	6.81	6.70	6.59	6.58	7.07	7.78	7.21	6.70	
H1 lead leg		strides		15	15	15	15	15	16	16	16	16	139					

FINAL - 2011 Japanese National Championships (Kumagaya, JPN)*Yasunori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*

date	12-Jun-11	time	6.79	11.16	15.55	20.00	24.55	29.22	34.14	39.15	44.42	50.26	56.90	1 / 2				
reaction time		interval		4.37	4.39	4.45	4.55	4.67	4.92	5.01	5.27	5.84	6.64		13.21	14.14	16.12	
		velocity	6.63	8.01	7.97	7.87	7.69	7.49	7.11	6.99	6.64	6.59	6.02	7.03	7.95	7.43	6.51	
H1 lead leg		strides		15	15	15	15	15	16	16	16	18	141					

FINAL - 2010 Japanese National Championships (Marugume, JPN)*Yasunori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*

date	06-Jun-10	time	6.84	11.19	15.68	20.20	24.79	29.66	34.63	39.74	44.86	50.17	56.31	1 / 2				
reaction time	0.184	interval		4.35	4.49	4.52	4.59	4.87	4.97	5.11	5.12	5.31	6.14		13.36	14.43	15.54	
		velocity	6.58	8.05	7.80	7.74	7.63	7.19	7.04	6.85	6.84	6.59	6.51	7.10	7.86	7.28	6.76	
H1 lead leg		strides		15	15	15	15	16	16	16	16	16	140					

FINAL - 2010 Osaka Grand Prix (Osaka, JPN)*Yasunori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*

date	08-May-10	time	6.76	11.08	15.50	19.97	24.56		29.38	34.32	39.38	44.55	49.86		55.99	/ 3			
reaction time		interval		4.32	4.42	4.47	4.59		4.82	4.94	5.06	5.17	5.31	6.13	PB		13.21	14.35	15.54
		velocity	6.66	8.10	7.92	7.83	7.63		7.26	7.09	6.92	6.77	6.59	6.53	7.14		7.95	7.32	6.76
H1 lead leg		strides		15	15	15	15		16	16	16	16	17		141				
Takagi, Rina (JPN) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Japanese National High School Championships (Yamagata, JPN)			<i>Kota (2017) - 70th high school championships: JAF scientific committee- biomechanics data</i>																
date	31-Jul-17	time	6.82	11.18	15.73	20.55	25.49		30.71	36.09	41.46	46.98	52.70		59.20	6 / 1			
reaction time	0.213	interval		4.36	4.55	4.82	4.94		5.22	5.38	5.37	5.52	5.72	6.50			13.73	15.54	16.61
		velocity	6.60	8.03	7.69	7.26	7.09		6.70	6.51	6.52	6.34	6.12	6.15	6.76		7.65	6.76	6.32
H1 lead leg		strides		16	16	16	16		17	17	17	17	18		150				
Takahara, Nanami (JPN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Shimane High School Championships (Izumo, JPN)			<i>Shimizu (2018) - shimane high school championships 2018 - biomechanics data analysis</i>																
date	26-May-18	time	7.55	12.73	18.15	23.63	29.17		34.90	40.58	46.77	53.05	59.52		66.62	4 / 2			
reaction time		interval		5.18	5.42	5.48	5.54		5.73	5.68	6.19	6.28	6.47	7.10			16.08	16.95	18.94
		velocity	5.96	6.76	6.46	6.39	6.32		6.11	6.16	5.65	5.57	5.41	5.63	6.00		6.53	6.19	5.54
H1 lead leg		strides		25	17	19	19		19	19	21	21	21	24	224				
Takano, Nanami (JPN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
C FINAL - 2023 Shizuoka International Meeting (Fukuroi, JPN)			<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																
date	03-May-23	time	6.83	11.40	16.04	20.82	25.63		30.61	35.78	41.20	46.75	52.46		58.89	5 / 1			
reaction time	0.224	interval		4.57	4.64	4.78	4.81		4.98	5.17	5.42	5.55	5.71	6.43			13.99	14.96	16.68
		velocity	6.59	7.66	7.54	7.32	7.28		7.03	6.77	6.46	6.31	6.13	6.22	6.79		7.51	7.02	6.29
H1 lead leg	R	strides		24	16	17	17		18	18	19	19	19	23	207				
Takeishi, Konomi (JPN) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Japanese National Championships (Fukuoka, JPN)			<i>Yamanaka (2019) - research on athlete performance and technique- 2019 data book</i>																
date	30-Jun-19	time	6.66	11.14	15.88	20.82	25.81		30.90	36.30	41.86	47.28	52.69		58.76	8 / 6			
reaction time	0.148	interval		4.48	4.74	4.94	4.99		5.09	5.40	5.56	5.42	5.41	6.07			14.16	15.48	16.39
		velocity	6.76	7.81	7.38	7.09	7.01		6.88	6.48	6.29	6.46	6.47	6.59	6.81		7.42	6.78	6.41
H1 lead leg	R	strides		23	15	15	16		16	17	18	17	17	170					
Takino, Miku (JPN) (2005)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A FINAL - 2023 Shizuoka International Meeting (Fukuroi, JPN)			<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																
date	03-May-23	time	6.77	11.15	15.83	20.59	25.59		30.64	35.91	41.22	46.65	52.15		58.31	7 / 2			
reaction time	0.203	interval		4.38	4.68	4.76	5.00		5.05	5.27	5.31	5.43	5.50	6.16	PB		13.82	15.32	16.24
		velocity	6.65	7.99	7.48	7.35	7.00		6.93	6.64	6.59	6.45	6.36	6.49	6.86		7.60	6.85	6.47
H1 lead leg	R	strides		23	15	16	16		16	17	17	17	17	20	190				
FINAL - 2022 Japanese National High School Championships (Naruto, JPN)			<i>Kishima (2022) - national high school championships biomechanics data collection</i>																
date	05-Aug-22	time	6.87	11.48	16.13	21.02	26.02		31.25	36.53	41.77	47.12	52.45		58.54	6 / 1			
reaction time	0.188	interval		4.61	4.65	4.89	5.00		5.23	5.28	5.24	5.35	5.33	6.09	PB		14.15	15.51	15.92
		velocity	6.55	7.59	7.53	7.16	7.00		6.69	6.63	6.68	6.54	6.57	6.57	6.83		7.42	6.77	6.60
H1 lead leg	R	strides		23	16	16	16		17	17	17	17	17	20.7	192.7				
Takino, Mirai (JPN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Japanese National High School Championships (Sapporo, JPN)			<i>Takashima (2023) - national high school sports festival - biomechanics data</i>																
date	04-Aug-23	time	6.77	11.13	15.67	20.42	25.21		30.28	35.55	40.81	46.15	51.62		57.45	4 / 1			
reaction time	0.236	interval		4.36	4.54	4.75	4.79		5.07	5.27	5.26	5.34	5.47	5.83			13.65	15.13	16.07
		velocity	6.65	8.03	7.71	7.37	7.31		6.90	6.64	6.65	6.55	6.40	6.86	6.96		7.69	6.94	6.53
H1 lead leg		strides		22	15	15	16		17	17	17	17	17	21	190				
Takisawa, Aya (JPN) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 Japanese National High School Championships (Kitakami, JPN)			<i>Abe (2011) - 64th high school championships: JAF scientific committee - biomechanics</i>																
date	05-Aug-11	time	6.82	11.32	15.99	20.75	25.66		30.64	35.91	41.54	47.56	53.59		60.01	3 / 1			
reaction time		interval		4.50	4.67	4.76	4.91		4.98	5.27	5.63	6.02	6.03	6.42			13.93	15.16	17.68
		velocity	6.60	7.78	7.49	7.35	7.13		7.03	6.64	6.22	5.81	5.80	6.23	6.67		7.54	6.93	5.94
H1 lead leg		strides																	
Talbot, Melissa (USA) (1984)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)			<i>USATF Women's Sprint Development (2003)</i>																
date	22-Jun-03	time	6.67	11.09	15.67	20.27	25.14		30.30	35.87	41.27	46.76	52.42		58.69	5 / 3			
reaction time		interval		4.42	4.58	4.60	4.87		5.16	5.57	5.40	5.49	5.66	6.27	PB		13.60	15.60	16.55
		velocity	6.75	7.92	7.64	7.61	7.19		6.78	6.28	6.48	6.38	6.18	6.38	6.82		7.72	6.73	6.34
H1 lead leg		strides																	
Tanaka, Miu (JPN) (2006)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Japanese National High School Championships (Fukuoka, JPN)			<i>Takashima (2024) - national high school sports festival - biomechanics data</i>																
date	30-Jul-24	time	6.71	11.18	15.93	20.65	25.51		30.61	36.04	41.41	46.78	52.35		58.75	5 / 2			
reaction time	0.185	interval		4.47	4.75	4.72	4.86		5.10	5.43	5.37	5.37	5.57	6.40	PB		13.94	15.39	16.31
		velocity	6.71	7.83	7.37	7.42	7.20		6.86	6.45	6.52	6.52	6.28	6.25	6.81		7.53	6.82	6.44
H1 lead leg		strides		23	16	16	16		16	16	17	17	17	22	192				
Taneru, Asuruhan Marino (JPN) (200)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese High School National Championships (Fukui, JPN)			<i>Shibayama (2021) - national high school and U20 national championships</i>																
date	30-Jul-21	time	6.69	11.21	15.98	20.75	25.59		30.86	36.09	41.36	46.68	52.04		57.98	4 / 1			

reaction time	0.151	interval	4.52	4.77	4.77	4.84		5.27	5.23	5.27	5.32	5.36	5.94	PB	14.06	15.34	15.95	
		velocity	6.73	7.74	7.34	7.34	7.23		6.64	6.69	6.64	6.58	6.53	6.73	6.90	7.47	6.84	6.58
H1 lead leg		strides	16	16	16	16		17	17	18	18	18		152				
FINAL - 2021 Japanese U20 National Championships (Osaka, JPN)																		
<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																		
date	27-Jun-21	time	6.71	11.21	15.87	20.77	25.79		30.95	36.32	41.79	47.31	52.94		59.07	7 / 2		
reaction time	0.152	interval	4.50	4.66	4.90	5.02		5.16	5.37	5.47	5.52	5.63	6.13	PB	14.06	15.55	16.62	
		velocity	6.71	7.78	7.51	7.14	6.97		6.78	6.52	6.40	6.34	6.22	6.53	6.77	7.47	6.75	6.32
H1 lead leg	L	strides	24	16	16	17	17		17	18	18	18	19	22	202			
Tang Chan (CHN) (2003)																		
Heat 3 - 2021 East China District Meeting (Zhaoqing, CHN)																		
<i>CAA Hurdle Development (2021)</i>																		
date	25-Apr-21	time	7.28	12.16	17.28	22.53	28.00		33.60	39.61	46.00	52.42	58.80		65.39	7 / 5		
reaction time	0.331	interval	4.88	5.12	5.25	5.47		5.60	6.01	6.39	6.42	6.38	6.59			15.25	17.08	19.19
		velocity	6.18	7.17	6.84	6.67	6.40		6.25	5.82	5.48	5.45	5.49	6.07	6.12	6.89	6.15	5.47
H1 lead leg	L	strides	24	17	17	17	17		17	17	19		19	21	185			
Tang Ziyang (CHN) (1999)																		
Heat 3 - 2021 East China District Meeting (Zhaoqing, CHN)																		
<i>CAA Hurdle Development (2021)</i>																		
date	25-Apr-21	time	7.26	12.26	17.30	22.39	27.63		33.00	38.54	44.22	50.02	56.30		63.44	8 / 4		
reaction time	0.257	interval	5.00	5.04	5.09	5.24		5.37	5.54	5.68	5.80	6.28	7.14			15.13	16.15	17.76
		velocity	6.20	7.00	6.94	6.88	6.68		6.52	6.32	6.16	6.03	5.57	5.60	6.31	6.94	6.50	5.91
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	17	19	22	201			
Tao Xue (CHN) (1999)																		
FINAL - 2024 Chinese National Championships (Quzhou, CHN)																		
<i>Shandong Athletics Sport Science (2024)</i>																		
date	16-Sep-24	time	6.92	11.33	15.90	20.47	25.14		30.10	35.35	40.79	46.40	52.28		59.10	3 / 7		
reaction time	0.327	interval	4.41	4.57	4.57	4.67		4.96	5.25	5.44	5.61	5.88	6.82			13.55	14.88	16.93
		velocity	6.50	7.94	7.66	7.66	7.49		7.06	6.67	6.43	6.24	5.95	5.87	6.77	7.75	7.06	6.20
H1 lead leg	L	strides	23	15	15	15	16		16	17	17	17	17	20	188			
FINAL - 2024 Chinese National Grand Prix Final (Rizhao, CHN)																		
<i>Shandong Athletics Sport Science (2024)</i>																		
date	29-Jun-24	time	6.89	11.14	15.48	20.05	24.82		29.78	34.92	40.27	45.74	51.23		57.74	3 / 4		
reaction time	0.279	interval	4.25	4.34	4.57	4.77		4.96	5.14	5.35	5.47	5.49	6.51	PB		13.16	14.87	16.31
		velocity	6.53	8.24	8.06	7.66	7.34		7.06	6.81	6.54	6.40	6.38	6.14	6.93	7.98	7.06	6.44
H1 lead leg	L	strides	23	15	15	15	16		16	17	17	17	17	20	188			
FINAL - 2023 Chinese National Grand Prix 4 (Chongqing, CHN)																		
<i>Shandong Athletics Sport Science (2023)</i>																		
date	04-Jun-23	time	6.97	11.41	15.93	20.54	25.27		30.30	35.50	40.87	46.36	51.98		58.49	5 / 3		
reaction time	0.248	interval	4.44	4.52	4.61	4.73		5.03	5.20	5.37	5.49	5.62	6.51			13.57	14.96	16.48
		velocity	6.46	7.88	7.74	7.59	7.40		6.96	6.73	6.52	6.38	6.23	6.14	6.84	7.74	7.02	6.37
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	17	17	20.5	192.5			
Heat 3 - 2021 Chinese National Championships (Chongqing, CHN)																		
<i>CAA Hurdle Development (2021)</i>																		
date	26-Jun-21	time	6.94	11.26	15.75	20.35	25.11		30.23	35.70	41.49	47.23	53.18		59.81	3 / 2		
reaction time	0.252	interval	4.32	4.49	4.60	4.76		5.12	5.47	5.79	5.74	5.95	6.63			13.41	15.35	17.48
		velocity	6.48	8.10	7.80	7.61	7.35		6.84	6.40	6.04	6.10	5.88	6.03	6.69	7.83	6.84	6.01
H1 lead leg	L	strides	23	15	15	15	15		16	18	18	18	18	20.2	191.2			
FINAL - 2020 Chinese Olympic Trials (Shaoxing, CHN)																		
<i>CAA Hurdle Development (2021)</i>																		
date	13-Jun-21	time	6.71	11.13	15.55	20.05	24.69		29.63	34.83	40.26	45.88	51.65		58.42	3 / 3		
reaction time	0.278	interval	4.42	4.42	4.50	4.64		4.94	5.20	5.43	5.62	5.77	6.77	PB		13.34	14.78	16.82
		velocity	6.71	7.92	7.92	7.78	7.54		7.09	6.73	6.45	6.23	6.07	5.91	6.85	7.87	7.10	6.24
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	20.5	186.5			
Heat 2 - 2021 East China District Meeting (Zhaoqing, CHN)																		
<i>CAA Hurdle Development (2021)</i>																		
date	25-Apr-21	time	6.92	11.23	15.63	20.10	24.67		29.56	34.68	40.11	45.90	51.87		63.30	2 / 5		
reaction time	0.292	interval	4.31	4.40	4.47	4.57		4.89	5.12	5.43	5.79	5.97	11.43			13.18	14.58	17.19
		velocity	6.50	8.12	7.95	7.83	7.66		7.16	6.84	6.45	6.04	5.86	3.50	6.32	7.97	7.20	6.11
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	18	18	168				
FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)																		
<i>CAA Hurdle Development (2019)</i>																		
date	23-Aug-19	time	7.14	11.68	16.33	21.15	26.16		31.38	36.80	42.71	48.70	54.82		61.74	3 / 5		
reaction time	0.294	interval	4.54	4.65	4.82	5.01		5.22	5.42	5.91	5.99	6.12	6.92			14.01	15.65	18.02
		velocity	6.30	7.71	7.53	7.26	6.99		6.70	6.46	5.92	5.84	5.72	5.78	6.48	7.49	6.71	5.83
H1 lead leg	L	strides	23	16	16	16	16		17	17	18	18	18	21	196			
Heat 2 - 2019 Chinese National Grand Prix Final (Daqing, CHN)																		
<i>CAA Hurdle Development (2019)</i>																		
date	22-Aug-19	time	7.26	11.90	16.73	21.59	26.64		32.00	37.54	43.16	49.03	54.92		61.66	7 / 4		
reaction time	0.317	interval	4.64	4.83	4.86	5.05		5.36	5.54	5.62	5.87	5.89	6.74			14.33	15.95	17.38
		velocity	6.20	7.54	7.25	7.20	6.93		6.53	6.32	6.23	5.96	5.94	5.93	6.49	7.33	6.58	6.04
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	18	18	21	195			
Heat 2 - 2019 Chinese National Championships (Shenyang, CHN)																		
<i>CAA Hurdle Development (2019)</i>																		
date	09-Jul-19	time	7.09	11.73	16.43	21.18	26.07		31.21	36.53	42.03	47.84	53.95		61.55	3 / 5		
reaction time	0.286	interval	4.64	4.70	4.75	4.89		5.14	5.32	5.50	5.81	6.11	7.60			14.09	15.35	17.42
		velocity	6.35	7.54	7.45	7.37	7.16		6.81	6.58	6.36	6.02	5.73	5.26	6.50	7.45	6.84	6.03

H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	18	22	195							
FINAL - 2019 Chinese National Grand Prix 4 (Luoyang, CHN)																			<i>CAA Hurdle Development (2019)</i>		
date	29-May-19	time	6.92	11.29	15.78	20.40									dnf	1 / --					
reaction time		interval		4.37	4.49	4.62												13.48			
		velocity	6.50	8.01	7.80	7.58												7.79			
H1 lead leg	L	strides	13	15	15	16									59						
FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)																			<i>CAA Hurdle Development (2019)</i>		
date	12-Apr-19	time	7.12	11.66	16.35	21.14	26.04	31.36	36.47	41.89	47.36	53.04			59.57	6 / 1					
reaction time	0.287	interval		4.54	4.69	4.79	4.90	5.32	5.11	5.42	5.47	5.68	6.53					14.02	15.33		
		velocity	6.32	7.71	7.46	7.31	7.14	6.58	6.85	6.46	6.40	6.16	6.13	6.71				7.49	6.85		
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	18	21.2	194.2							
Heat 4 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)																			<i>CAA Hurdle Development (2019)</i>		
date	12-Apr-19	time	7.17	11.77	16.55	21.30	26.26	31.34	36.70	42.24	47.81	53.50			60.12	8 / 1					
reaction time	0.349	interval		4.60	4.78	4.75	4.96	5.08	5.36	5.54	5.57	5.69	6.62					14.13	15.40		
		velocity	6.28	7.61	7.32	7.37	7.06	6.89	6.53	6.32	6.28	6.15	6.04	6.65				7.43	6.82		
H1 lead leg	R	strides	24	16	16	16	16	16	17	17	17	17	21.2	193.2							
Heat 2 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																			<i>CAA Hurdle Development (2019)</i>		
date	07-Apr-19	time	7.04	11.56	16.21	20.97	25.93	31.00	36.52	42.31	48.34	54.42			61.29	2 / 2					
reaction time	0.307	interval		4.52	4.65	4.76	4.96	5.07	5.52	5.79	6.03	6.08	6.87					13.93	15.55		
		velocity	6.39	7.74	7.53	7.35	7.06	6.90	6.34	6.04	5.80	5.76	5.82	6.53				7.54	6.75		
H1 lead leg	L	strides	23	16	16	16	16	16	17	18	18	18	21	195							
FINAL - 2018 Chinese National Championships (Taiyuan, CHN)																			<i>Henson (2018) - coaching observations</i>		
date	16-Sep-18	time	7.12	11.71	16.35	21.12	26.04	31.23	36.65	42.21	48.16	54.30			61.55	8 / 8					
reaction time		interval		4.59	4.64	4.77	4.92	5.19	5.42	5.56	5.95	6.14	7.25					14.00	15.53		
		velocity	6.32	7.63	7.54	7.34	7.11	6.74	6.46	6.29	5.88	5.70	5.52	6.50				7.50	6.76		
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21.5	196.5							
Heat 3 - 2018 Chinese National Championships (Taiyuan, CHN)																			<i>Henson (2018) - coaching observations</i>		
date	15-Sep-18	time	6.95	11.51	16.17	20.85	25.79	31.03	36.40	42.09	47.92	53.82			60.48	7 / 2					
reaction time		interval		4.56	4.66	4.68	4.94	5.24	5.37	5.69	5.83	5.90	6.66					13.90	15.55		
		velocity	6.47	7.68	7.51	7.48	7.09	6.68	6.52	6.15	6.00	5.93	6.01	6.61				7.55	6.75		
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	18	18	21	195							
Tate, Cassandra (USA) (1990)																					
FINAL - 2024 USA Olympic Trials (Eugene, OR)																			<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>		
date	30-Jun-24	time	6.29	10.30	14.58	18.93	23.40	25.41	28.05	32.82	38.10	43.53	49.02		55.37	2 / 8					
reaction time		interval		4.01	4.28	4.35	4.47	4.65	4.77	5.28	5.43	5.49	6.35					12.64	13.89		
		velocity	7.15	8.73	8.18	8.05	7.83	7.87	7.53	7.34	6.63	6.45	6.38	6.30	7.22			8.31	7.56		
H1 lead leg	R	strides	22	14	14	15	15	15	15	16	16	16	17	20	180						
Semi-Final 1 - 2024 USA Olympic Trials (Eugene, OR)																			<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>		
date	29-Jun-24	time	6.37	10.52	14.79	19.25	23.76	25.72	28.33	32.98	37.87	43.08	48.47		54.66	8 / 3					
reaction time		interval		4.15	4.27	4.46	4.51	4.57	4.65	4.89	5.21	5.39	6.19					12.88	13.73		
		velocity	7.06	8.43	8.20	7.85	7.76	7.78	7.66	7.53	7.16	6.72	6.49	6.46	7.32			8.15	7.65		
H1 lead leg	R	strides		15	15	15	15	15	15	15	15	16	16	19.2	156.2						
Heat 5 - 2024 USA Olympic Trials (Eugene, OR)																			<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>		
date	27-Jun-24	time	6.26	10.40	14.67	19.15	23.71	25.68	28.26	33.01	38.15	43.55	48.89		55.55	8 / 2					
reaction time		interval		4.14	4.27	4.48	4.56	4.55	4.75	5.14	5.40	5.34	6.66					12.89	13.86		
		velocity	7.19	8.45	8.20	7.81	7.68	7.79	7.69	7.37	6.81	6.48	6.55	6.01	7.20			8.15	7.58		
H1 lead leg		strides																			
FINAL - 2023 USATF National Championships (Eugene, OR) (TV Analysis)																			<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>		
date	09-Jul-23	time	6.44	10.51	14.78	19.28	23.82		28.46	33.23	38.40				56.09	7 / 5					
reaction time		interval		4.07	4.27	4.50	4.54		4.64	4.77	5.17			17.69				12.84	13.95		
		velocity	6.99	8.60	8.20	7.78	7.71		7.54	7.34	6.77			5.94	7.13			8.18	7.53		
H1 lead leg	R	strides	22	14	14	15	15		15	15	15			125							
FINAL - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis)																			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>		
date	30-Jun-22	time	6.34	10.46	14.68	19.10	23.68	25.63	28.52	33.42	38.58	44.00	49.76		56.68	1 / 8					
reaction time	0.214	interval		4.12	4.22	4.42	4.58		4.84	4.90	5.16	5.42	5.76	6.92				12.76	14.32		
		velocity	7.10	8.50	8.29	7.92	7.64	7.80	7.23	7.14	6.78	6.46	6.08	5.78	7.06			8.23	7.33		
H1 lead leg	L	strides	22	14	14	14	14		15	15	16	16	17	20	177						
Semi-Final 2 - 2022 USATF National Championships (Eugene, OR) (TV Analysis)																			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>		
date	24-Jun-22	time	6.40	10.40	14.60	19.10	23.70	25.56	28.40	33.20	38.33	43.70	49.43		56.26	4 / 4					
reaction time		interval		4.00	4.20	4.50	4.60		4.70	4.80	5.13	5.37	5.73	6.83				12.70	14.10		
		velocity	7.03	8.75	8.33	7.78	7.61	7.82	7.45	7.29	6.82	6.52	6.11	5.86	7.11			8.27	7.45		
H1 lead leg	R	strides	22	14	14	15	15		15	15	15	16	17	21	179						
FINAL - 2022 Music City Track Carnival (Nashville, TN) (TV Analysis) (H5 5m long)																			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>		
date	05-Jun-22	time	6.38	10.58	14.83	19.29	24.60		28.66	33.39	38.22	43.26	48.56		54.81	7 / 4					

reaction time	interval	4.20	4.25	4.46	5.31	4.06	4.73	4.83	5.04	5.30	6.25	12.91	14.10	15.17			
	velocity	7.05	8.33	8.24	7.85	8.62	7.40	7.25	6.94	6.60	6.40	7.30	8.13	7.45	6.92		
H1 lead leg	L	strides	21	14	14	14	17	13	15	15	15	138					
FINAL - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)												<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>					
date	27-Jun-21	time	6.30	10.38	14.63	19.05	23.69	28.39	33.40	44.11	56.51	4 / 6 5					
reaction time	0.194	interval	4.08	4.25	4.42	4.64	4.70	5.01	10.71			13.31	9.71				
		velocity	7.14	8.58	8.24	7.92	7.54	7.45	6.99	6.54	7.08	7.89	10.81				
H1 lead leg	R	strides	14	14	14	15	16				73						
Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)												<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>					
date	26-Jun-21	time	6.27	10.37	14.58	18.92	23.49	28.22	33.21	38.24	43.47	48.91	55.24	6 / 3			
reaction time	0.211	interval	4.10	4.21	4.34	4.57	4.73	4.99	5.03	5.23	5.44	6.33	12.65	14.29	15.70		
		velocity	7.18	8.54	8.31	8.06	7.66	7.40	7.01	6.96	6.69	6.43	6.32	7.24	8.30	7.35	6.69
H1 lead leg	R	strides	22	14	14	14	15	15	16	15	16	16	157				
Heat 3 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)												<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>					
date	25-Jun-21	time	6.36	10.43	14.80	19.36	24.00	28.70	33.60	38.90	44.26	49.75	56.11	2 / 1			
reaction time	0.230	interval	4.07	4.37	4.56	4.64	4.70	4.90	5.30	5.36	5.49	6.36	13.00	14.24	16.15		
		velocity	7.08	8.60	8.01	7.68	7.54	7.45	7.14	6.60	6.53	6.38	6.29	7.13	8.08	7.37	6.50
H1 lead leg	R	strides	14	14	15	15	15	15	15	16	16	16	19.2	155.2			
FINAL - 2019 Athletissima (Lausanne, SUI) (TV Analysis)												<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>					
date	05-Jul-19	time	6.36	10.40	14.76	23.72	25.7	28.60	33.56	38.76	44.24	50.00	56.90	1 / 8			
reaction time	0.201	interval	4.04	4.36	8.96	4.88	4.96	5.20	5.48	5.76	6.90	16.44					
		velocity	7.08	8.66	8.03	7.81	7.78	7.17	7.06	6.73	6.39	6.08	5.80	7.03	6.39		
H1 lead leg	R	strides	22	14	15	16	15	16	15	16	17	17	132				
FINAL - 2019 Seiko Golden Grand Prix (Osaka, JPN)												<i>Hirokawa (2019) - research on athlete performance and technique- 2019 data book</i>					
date	19-May-19	time	6.34	10.38	14.58	19.17	23.89	28.65	33.52	38.44	43.66	49.18	55.45	8 / 3			
reaction time	0.233	interval	4.04	4.20	4.59	4.72	4.76	4.87	4.92	5.22	5.52	6.27	12.83	14.35	15.66		
		velocity	7.10	8.66	8.33	7.63	7.42	7.35	7.19	7.11	6.70	6.34	6.38	7.21	8.18	7.32	6.70
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	19.7	178.7			
FINAL - 2018 Athletissima (Lausanne, SUI) (TV Analysis)												<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>					
date	05-Jul-18	time	6.28	10.40	19.16	23.64	28.32	33.28	38.40	43.56	49.00	55.45	2 / 7				
reaction time	0.208	interval	4.12	8.76	4.48	4.68	4.96	5.12	5.16	5.44	6.45	12.88	14.12	15.72			
		velocity	7.17	8.50	7.99	7.81	7.48	7.06	6.84	6.78	6.43	6.20	7.21	8.15	7.44	6.68	
H1 lead leg	R	strides	22	15	15	15	15	16	16	16	16	20	151				
FINAL - 2018 USATF National Championships (Des Moines, IA) (TV Analysis)												<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>					
date	24-Jun-18	time	6.24	10.34	14.54	18.88	23.32	27.86	32.63	37.70	43.01	48.58	55.00	3 / 3			
reaction time		interval	4.10	4.20	4.34	4.44	4.54	4.77	5.07	5.31	5.57	6.42	12.64	13.75	15.95		
		velocity	7.21	8.54	8.33	8.06	7.88	7.71	7.34	6.90	6.59	6.28	6.23	7.27	8.31	7.64	6.58
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	17	20	180			
FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)												<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>					
date	31-May-18	time	6.24	10.44	14.76	19.28	24.00	28.80	33.80	38.92	44.28	49.76	56.09	3 / 7			
reaction time	0.228	interval	4.20	4.32	4.52	4.72	4.80	5.00	5.12	5.36	5.48	6.33	13.04	14.52	15.96		
		velocity	7.21	8.33	8.10	7.74	7.42	7.29	7.00	6.84	6.53	6.39	6.32	7.13	8.05	7.23	6.58
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	20	180			
FINAL - 2018 Prefontaine Classic (Eugene, OR) (TV Analysis)												<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>					
date	26-May-18	time	6.52	10.76	15.08	19.64	24.16	33.88	39.00	44.28	55.97	8 / 8					
reaction time	0.256	interval	4.24	4.32	4.56	4.52	9.72	5.12	5.28	13.12	14.24						
		velocity	6.90	8.25	8.10	7.68	7.74	7.20	6.84	6.63	7.15	8.00	7.37				
H1 lead leg	R	strides	22	15	15	15	15	16	16	114							
FINAL - 2017 IAAF World Championships (London, GBR) (TV Analysis)												<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>					
date	10-Aug-17	time	6.24	10.36	14.68	19.00	23.48	28.08	32.88	37.88	43.32	48.88	55.43	3 / 7			
reaction time	0.216	interval	4.12	4.32	4.32	4.48	4.60	4.80	5.00	5.44	5.56	6.55	12.76	13.88	16.00		
		velocity	7.21	8.50	8.10	8.10	7.81	7.61	7.29	7.00	6.43	6.29	6.11	7.22	8.23	7.56	6.56
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	17	17	20	166			
FINAL - 2017 Meeting International Mohammed VI D'Atletisme (Rabat, MAR) (TV Analysis)												<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>					
date	16-Jul-17	time	6.44	10.64	14.96	19.36	23.96	28.68	33.64	38.76	44.00	49.40	55.70	1 / 7			
reaction time	0.213	interval	4.20	4.32	4.40	4.60	4.72	4.96	5.12	5.24	5.40	6.30	12.92	14.28	15.76		
		velocity	6.99	8.33	8.10	7.95	7.61	7.42	7.06	6.84	6.68	6.48	6.35	7.18	8.13	7.35	6.66
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	19.7	179.7			
FINAL - 2016 Memorial van Damme (Brussels, BEL) (TV Analysis)												<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>					
date	09-Sep-16	time	6.20	10.36	14.68	19.12	23.68	28.28	33.04	38.00	43.20	48.44	54.47	7 / 1			
reaction time	0.228	interval	4.16	4.32	4.44	4.56	4.60	4.76	4.96	5.20	5.24	6.03	12.92	13.92	15.40		
		velocity	7.26	8.41	8.10	7.88	7.68	7.61	7.35	7.06	6.73	6.68	6.63	7.34	8.13	7.54	6.82
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	20	180			
FINAL - 2016 Athletissima (Laussane, SUI) (TV Analysis)												<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>					

date	25-Aug-16	time	6.32	10.52	14.96	19.52	24.32	29.04	33.96	38.88	44.08	49.32	55.14	8 / 4				
reaction time	0.235	interval		4.20	4.44	4.56	4.80	4.72	4.92	4.92	5.20	5.24	5.82		13.20	14.44	15.36	
		velocity	7.12	8.33	7.88	7.68	7.29	7.42	7.11	7.11	6.73	6.68	6.87	7.25	7.95	7.27	6.84	
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	19	178				
FINAL - 2016 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)														<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>				
date	15-Jul-16	time	6.20	10.50		19.17	23.70	28.30		38.07	43.30	48.63	54.63	7 / 2				
reaction time	0.234	interval		4.30		8.67	4.53	4.60		9.77	5.23	5.33	6.00		12.97			
		velocity	7.26	8.14		8.07	7.73	7.61		7.16	6.69	6.57	6.67	7.32	8.10			
H1 lead leg	R	strides	22	15		15	15	15		16	17	19.5	119.5					
FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)														<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>				
date	10-Jul-16	time	6.37	10.51	14.82	19.18	23.62	28.09	32.76	37.70	42.87	48.25	54.60	1 / 5				
reaction time	0.300	interval		4.14	4.31	4.36	4.44	4.47	4.67	4.94	5.17	5.38	6.35		12.81	13.58	15.49	
		velocity	7.06	8.45	8.12	8.03	7.88	7.83	7.49	7.09	6.77	6.51	6.30	7.33	8.20	7.73	6.78	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	17	20	181				
FINAL - 2016 Birmingham Diamond League (Birmingham, GBR) (TV Analysis)														<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>				
date	05-Jun-16	time	6.33	10.47	14.73	19.10	23.60	28.33	33.10	38.03	43.23	48.60	54.57	4 / 1				
reaction time	0.207	interval		4.14	4.26	4.37	4.50	4.73	4.77	4.93	5.20	5.37	5.97		12.77	14.00	15.50	
		velocity	7.11	8.45	8.22	8.01	7.78	7.40	7.34	7.09	6.74	6.52	6.70	7.33	8.22	7.50	6.77	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	19.7	179.7				
FINAL - 2016 Golden Gala Pietro Mennea (Roma, ITA) (TV Analysis)														<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>				
date	02-Jun-16	time	6.20	10.36		19.24	23.80	33.32	38.36	43.60	49.08	55.35	5 / 4					
reaction time	0.219	interval		4.16		8.88	4.56	9.52	5.04	5.24	5.48	6.27		13.04	14.08	15.76		
		velocity	7.26	8.41		7.88	7.68	7.35	6.94	6.68	6.39	6.38	7.23	8.05	7.46	6.66		
H1 lead leg	R	strides	22	15		15	15	15	15	16	16	20	103					
FINAL - 2016 Meeting International Mohammed VI D'Athlétisme (Rabat, MAR) (TV Analysis)														<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>				
date	22-May-16	time	6.20	10.52	14.76	19.16	23.60	28.16	32.92	37.96	43.12	48.56	54.69	3 / 2				
reaction time	0.209	interval		4.32	4.24	4.40	4.44	4.56	4.76	5.04	5.16	5.44	6.13		12.96	13.76	15.64	
		velocity	7.26	8.10	8.25	7.95	7.88	7.68	7.35	6.94	6.78	6.43	6.53	7.31	8.10	7.63	6.71	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	17	20	181				
FINAL - 2016 Doha Diamond League (Doha, QAT) (TV Analysis)														<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>				
date	06-May-16	time	6.32	10.56	14.92	19.36	23.96	28.72	33.60	38.76	44.00	49.40	55.57	5 / 5				
reaction time	0.230	interval		4.24	4.36	4.44	4.60	4.76	4.88	5.16	5.24	5.40	6.17		13.04	14.24	15.80	
		velocity	7.12	8.25	8.03	7.88	7.61	7.35	7.17	6.78	6.68	6.48	6.48	7.20	8.05	7.37	6.65	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	20	180				
FINAL - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)														<i>Henson (2021) - Athlete First: major championships report</i>				
date	26-Aug-15	time	6.16	10.28	14.52	18.88	23.36	27.96	32.72	37.60	42.68	48.00	54.02	6 / 3				
reaction time	0.189	interval		4.12	4.24	4.36	4.48	4.60	4.76	4.88	5.08	5.32	6.02		12.72	13.84	15.28	
		velocity	7.31	8.50	8.25	8.03	7.81	7.61	7.35	7.17	6.89	6.58	6.64	7.40	8.25	7.59	6.87	
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	19.7	178.7				
Tawa, Rina (JPN) (2002)																		
		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Japanese National High School Championships (Okinawa, JPN)														<i>Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection</i>				
date	06-Aug-19	time	6.88	11.48	16.07	20.79	25.88	30.93	36.20	41.54	46.92	52.43	58.60	4 / 2				
reaction time		interval		4.60	4.59	4.72	5.09	5.05	5.27	5.34	5.38	5.51	6.17	PB		13.91	15.41	16.23
		velocity	6.54	7.61	7.63	7.42	6.88	6.93	6.64	6.55	6.51	6.35	6.48	6.83		7.55	6.81	6.47
H1 lead leg		strides		16	16	16	17	17	18	18	18	18	154					
Taylor, Brenda (USA) (1979)																		
		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2004 Seiko Super Grand Prix (Yokohama, JPN)														<i>Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers</i>				
date	23-Sep-04	time	6.38	10.60	15.04	19.53	24.10	28.79	33.63	38.69	44.10	49.56	55.90	/ 2				
reaction time		interval		4.22	4.44	4.49	4.57	4.69	4.84	5.06	5.41	5.46	6.34		13.15	14.10	15.93	
		velocity	7.05	8.29	7.88	7.80	7.66	7.46	7.23	6.92	6.47	6.41	6.31	7.16	7.98	7.45	6.59	
H1 lead leg		strides		15	15	15	15	15	16	16	17	17	141					
FINAL - 2004 Olympic Games (Athens, GRE)														<i>Ruiz (2004) - las carreras con vallas de juegos olimpicos de atenas '04</i>				
date	25-Aug-04	time	6.07	10.21	14.47	18.69	23.10	27.70	32.51	37.56	42.87	48.30	54.97	2 / 7				
reaction time	0.184	interval		4.14	4.26	4.22	4.41	4.60	4.81	5.05	5.31	5.43	6.67		12.62	13.82	15.79	
		velocity	7.41	8.45	8.22	8.29	7.94	7.61	7.28	6.93	6.59	6.45	6.00	7.28	8.32	7.60	6.65	
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	17	21	187				
FINAL - 2004 SDSU (San Diego, CA)														<i>Henson (2004) USATF OTC sport science</i>				
date	20-Mar-04	time	6.35	10.67	15.18	19.73	24.35	29.14	33.95	39.00	44.19	49.53	55.65	/ 1				
reaction time		interval		4.32	4.51	4.55	4.62	4.79	4.81	5.05	5.19	5.34	6.12		13.38	14.22	15.58	
		velocity	7.09	8.10	7.76	7.69	7.58	7.31	7.28	6.93	6.74	6.55	6.54	7.19	7.85	7.38	6.74	
H1 lead leg		strides																
FINAL - 2003 USATF National Championships (Palo Alto, CA)														<i>USATF Women's Sprint Development (2003)</i>				
date	21-Jun-03	time	6.34	10.43	14.70	19.07	23.61	28.20	32.82	37.82	43.06	48.67	55.60	5 / 4				
reaction time		interval		4.09	4.27	4.37	4.54	4.59	4.62	5.00	5.24	5.61	6.93		12.73	13.75	15.85	
		velocity	7.10	8.56	8.20	8.01	7.71	7.63	7.58	7.00	6.68	6.24	5.77	7.19	8.25	7.64	6.62	

H1 lead leg strides

Taylor, Gladys (GBR) (1953)

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1984 Olympic Games (Los Angeles, CA)																		
<i>Arnold (1984) - 1984 olympic games - hurdles</i>																		
date	06-Aug-84	time	6.5	11.1	15.1	19.2	23.6	25.6	28.4	33.2	38.5	44.2	50.2	56.72	1 / 5			
reaction time		interval	4.60	4.00	4.10	4.40		4.80	4.80	5.30	5.70	6.00	6.52	PB		12.70	14.00	17.00
		velocity	6.92	7.61	8.75	8.54	7.95	7.81	7.29	7.29	6.60	6.14	5.83	6.13	7.05	8.27	7.50	6.18
H1 lead leg	L	strides	15	15	15	15				17	19	19	21.5	136.5				

Teng Xinyao (CHN) (2000)

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 National Grand Prix (Chengdu, CHN)																		
<i>CAA Hurdle Development (2021)</i>																		
date	02-Apr-21	time	7.40	12.29	17.28	22.37	27.72	33.40	39.40	45.62	51.93			65.12	4 / 4			
reaction time	0.290	interval	4.89	4.99	5.09	5.35		5.68	6.00	6.22	6.31			6.14		14.97	17.03	
		velocity	6.08	7.16	7.01	6.88	6.54		6.16	5.83	5.63	5.55		6.14		7.01	6.17	
H1 lead leg	R	strides	24	17	17	17	17		19	19	19	19		168				

Tereshchuk-Antipova, Tetyana (UKR)

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2006 European Championships (Göteborg, SWE)																		
<i>Behm (2006) - Göteborg 2006: Le quatrache</i>																		
date	09-Aug-06	time	6.4	10.6	15.0	19.5	24.1	28.7	33.5	38.4	43.3	48.5		54.55	3 / 3			
reaction time		interval	4.20	4.40	4.50	4.60		4.60	4.80	4.90	4.90	5.20	6.05			13.10	14.00	15.00
		velocity	7.03	8.33	7.95	7.78	7.61		7.61	7.29	7.14	7.14	6.73	6.61	7.33	8.02	7.50	7.00
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	16	16	20.5	181.5			

FINAL - 2005 IAAF World Championships (Helsinki, FIN)

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<i>Behm (2005) - Helsinki 2005: Les haies - La revanche des lutins</i>																		
date	13-Aug-05	time	6.4	10.7	15.2	19.7	24.2	28.8	33.6	38.5	43.6	48.9		55.09	7 / 7			
reaction time	0.209	interval	4.30	4.50	4.50	4.50		4.60	4.80	4.90	5.10	5.30	6.19			13.30	13.90	15.30
		velocity	7.03	8.14	7.78	7.78	7.78		7.61	7.29	7.14	6.86	6.60	6.46	7.26	7.89	7.55	6.86
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	16	16	161				

FINAL - 2004 Olympic Games (Athens, GRE)

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<i>Behm (2005) - Athènes 2004: Les Haies Basses</i>																		
date	25-Aug-04	time	6.3	10.3	14.4	18.7	23.1	27.6	32.1	37.1	42.1	47.3		53.44	1 / 3			
reaction time	0.312	interval	4.00	4.10	4.30	4.40		4.50	4.50	5.00	5.00	5.20	6.14			12.40	13.40	15.20
		velocity	7.14	8.75	8.54	8.14	7.95		7.78	7.78	7.00	7.00	6.73	6.51	7.49	8.47	7.84	6.91
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	16	16	20	181			

FINAL - 2003 IAAF World Championships (Paris, FRA)

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<i>Behm (2003) - Paris 2003: Le quatrache masculin - féminin</i>																		
date	28-Aug-03	time	6.4	10.6	14.8	19.2	23.6	28.3	33.0	38.0	43.2	48.5		54.61	2 / 5			
reaction time	0.230	interval	4.20	4.20	4.40	4.40		4.70	4.70	5.00	5.20	5.30	6.11			12.80	13.80	15.50
		velocity	7.03	8.33	8.33	7.95	7.95		7.45	7.45	7.00	6.73	6.60	6.55	7.32	8.20	7.61	6.77
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	20	179			

FINAL - 2001 ISTAF (Berlin, GER)

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																		
date	31-Aug-01	time	6.69	11.00	15.32	19.73	24.23	28.84	33.63	38.50	43.61	48.80		54.64	1 / 2			
reaction time	0.291	interval	4.31	4.32	4.41	4.50		4.61	4.79	4.87	5.11	5.19	5.84			13.04	13.90	15.17
		velocity	6.73	8.12	8.10	7.94	7.78		7.59	7.31	7.19	6.85	6.74	6.85	7.32	8.05	7.55	6.92
H1 lead leg		strides																

FINAL - 2000 Olympic Games (Sydney, AUS)

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<i>Behm (2000) - Sydney 2000: Compte-rendu du 400m haies</i>																		
date	27-Sep-00	time	6.6	10.7	14.9	19.1	23.5	27.9	32.6	37.5	42.5	47.5		53.98	8 / 5			
reaction time	0.326	interval	4.10	4.20	4.20	4.40		4.40	4.70	4.90	5.00	5.00	6.48			12.50	13.50	14.90
		velocity	6.82	8.54	8.33	8.33	7.95		7.95	7.45	7.14	7.00	7.00	6.17	7.41	8.40	7.78	7.05
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	16	16	17.5	178.5			

FINAL - 1999 IAAF World Championships (Sevilla, ESP)

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>																		
date	25-Aug-99	time	6.61	10.82	15.12	19.49	23.98	28.51	33.25	38.01	43.03	48.17		54.33	7 / 7			
reaction time	0.273	interval	4.21	4.30	4.37	4.49		4.53	4.74	4.76	5.02	5.14	6.16			12.88	13.76	14.92
		velocity	6.81	8.31	8.14	8.01	7.80		7.73	7.38	7.35	6.97	6.81	6.49	7.36	8.15	7.63	7.04
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	16	16	19.5	181			

Semi-Final 1 - 1999 IAAF World Championships (Sevilla, ESP)

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

FINAL - 1998 European Championships (Budapest, HUN)

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<i>Sanchez (1998) - Budapest '98: análisis de la carreras con villas</i>																		
date	23-Aug-98	time	6.41				23.10							47.49	54.07	5 / 2		
reaction time		interval				16.69							24.39	6.58				
		velocity	7.02			8.39							7.18	6.08	7.40			
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	16	16	21	180				

Tereshchuk, Tetyana (UKR) (1969)

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1997 IAAF World Championships (Athens, GRE)																		
<i>Hommel (1999) - biomechanical research project, athens 1997: final report</i>																		
date	08-Aug-97	time	6.44	10.58	14.80	19.14	23.56	28.08	32.72	37.54	42.60	47.78		53.81	6 / 4			
reaction time	0.156	interval	4.14	4.22	4.34	4.42		4.52	4.64	4.82	5.06	5.18	6.03	NR		12.70	13.58	15.06
		velocity	6.99	8.45	8.29	8.06	7.92		7.74	7.54	7.26	6.92	6.76	6.63	7.43	8.27	7.73	6.97
H1 lead leg	L	strides	22						15	16	16	16	16	101				

Tilgner, Jonna (GER) (1984)

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
													<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>					
Semi-Final 3 - 2009 IAAF World Championships (Berlin, GER)																		
date	18-Aug-09	time	6.45	10.48	14.68	19.10	23.88	28.74	34.02	39.40	44.92	50.71		57.11	2 / 8			
reaction time	0.179	interval		4.03	4.20	4.42	4.78	4.86	5.28	5.38	5.52	5.79	6.40			12.65	14.92	16.69
		velocity	6.98	8.68	8.33	7.92	7.32	7.20	6.63	6.51	6.34	6.04	6.25	7.00		8.30	7.04	6.29
H1 lead leg	R	strides	24	15	15	15	16	16				17	18	21.2	157.2			

Heat 5 - 2009 IAAF World Championships (Berlin, GER)

													<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>					
date	17-Aug-09	time	6.45	10.50	14.77	19.20	23.88	28.76	33.97	39.32	44.98	50.62		56.73	4 / 5			
reaction time	0.211	interval		4.05	4.27	4.43	4.68	4.88	5.21	5.35	5.66	5.64	6.11			12.75	14.77	16.65
		velocity	6.98	8.64	8.20	7.90	7.48	7.17	6.72	6.54	6.18	6.21	6.55	7.05		8.24	7.11	6.31
H1 lead leg		strides																

Heat 3 - 2009 German National Championships (Ulm, GER)

													<i>Killing (2009) - der rhythmus is entscheidend</i>					
date	04-Jul-09	time	6.48	10.61	14.90	19.40	24.05	28.86	34.00	39.36	44.81	50.30		56.58	1 / 1			
reaction time	0.237	interval		4.13	4.29	4.50	4.65	4.81	5.14	5.36	5.45	5.49	6.28			12.92	14.60	16.30
		velocity	6.94	8.47	8.16	7.78	7.53	7.28	6.81	6.53	6.42	6.38	6.37	7.07		8.13	7.19	6.44
H1 lead leg		strides		15	15	15	15	16	16	17	17	17		177				

Tirlea, Ionela (ROU) (1976)

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
													<i>Ruiz (2004) - las carreras con vallas de juegos olimpicos de atenas '04</i>					
FINAL - 2004 Olympic Games (Athens, GRE)																		
date	25-Aug-04	time	6.40	10.56	14.61	18.88	23.09	27.62	32.30	37.17	42.21	47.30		53.38	3 / 2			
reaction time	0.292	interval		4.16	4.05	4.27	4.21	4.53	4.68	4.87	5.04	5.09	6.08			12.48	13.42	15.00
		velocity	7.03	8.41	8.64	8.20	8.31	7.73	7.48	7.19	6.94	6.88	6.58	7.49		8.41	7.82	7.00
H1 lead leg	L	strides	22	15	15	15	15	16	16	17	17	17	21	186				

FINAL - 2003 IAAF World Championships (Paris, FRA)

													<i>Behm (2003) - Paris 2003:Le quatrache masculin - féminin</i>					
date	28-Aug-03	time	6.2	10.2	14.4	18.8	23.2	27.9	32.8	37.9	43.2	48.4		54.41	3 / 4			
reaction time	0.170	interval		4.00	4.20	4.40	4.40	4.70	4.90	5.10	5.30	5.20	6.01			12.60	14.00	15.60
		velocity	7.26	8.75	8.33	7.95	7.95	7.45	7.14	6.86	6.60	6.73	6.66	7.35		8.33	7.50	6.73
H1 lead leg	L	strides	22	13	13	13	13	16	16	17	17	17	20	177				

FINAL - 2002 IAAF World Cup (Madrid, ESP)

													<i>Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas</i>					
date	20-Sep-02	time	6.29	10.59	14.96	19.37	24.11	29.03	34.18	39.44	44.80	50.15		56.17	4 / 4			
reaction time	0.161	interval		4.30	4.37	4.41	4.74	4.92	5.15	5.26	5.36	5.35	6.02			13.08	14.81	15.97
		velocity	7.15	8.14	8.01	7.94	7.38	7.11	6.80	6.65	6.53	6.54	6.64	7.12		8.03	7.09	6.57
H1 lead leg	L	strides	24	16	16	16	16	16	17	17	18	18	20	194				

FINAL - 2002 European Championships (Munich, GER)

													<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>					
date	08-Aug-02	time	6.46	10.64	14.86	19.19	23.66	28.37	33.27	38.40	43.68	49.01		54.95	1 / 1			
reaction time	0.171	interval		4.18	4.22	4.33	4.47	4.71	4.90	5.13	5.28	5.33	5.94			12.73	14.08	15.74
		velocity	6.97	8.37	8.29	8.08	7.83	7.43	7.14	6.82	6.63	6.57	6.73	7.28		8.25	7.46	6.67
H1 lead leg		strides		15	15	15	15	16	16	16	17	17		142				

Heat 1 - 2002 European Championships (Munich, GER)

													<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>					
date	07-Aug-02	time	6.48	10.67	14.95				33.71	38.95	44.25	49.59		55.57	1 / 1			
reaction time	0.196	interval		4.19	4.28				18.76	5.24	5.30	5.34	5.98					15.88
		velocity	6.94	8.35	8.18				7.46	6.68	6.60	6.55	6.69	7.20				6.61
H1 lead leg		strides																

FINAL - 2001 ISTAF (Berlin, GER)

													<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>					
date	31-Aug-01	time	6.47	10.68	14.99	19.34	23.92	28.76	33.71	38.86	44.08	49.30		55.13	1 / 4			
reaction time	0.202	interval		4.21	4.31	4.35	4.58	4.84	4.95	5.15	5.22	5.22	5.83			12.87	14.37	15.59
		velocity	6.96	8.31	8.12	8.05	7.64	7.23	7.07	6.80	6.70	6.70	6.86	7.26		8.16	7.31	6.74
H1 lead leg		strides																

FINAL - 2001 IAAF World Championships (Edmonton, CAN)

													<i>Behm (2001) - Edmonton: Le quatrache: les finales</i>					
date	08-Aug-01	time	6.2	10.3	14.6	18.8	23.2	27.8	32.7	38.0	43.4	48.8		55.36	7 / 6			
reaction time	0.164	interval		4.10	4.30	4.20	4.40	4.60	4.90	5.30	5.40	5.40	6.56			12.60	13.90	16.10
		velocity	7.26	8.54	8.14	8.33	7.95	7.61	7.14	6.60	6.48	6.48	6.10	7.23		8.33	7.55	6.52
H1 lead leg	R	strides	23	16	16	16	16	17	17	17	17	17	20.5	192.5				

FINAL - 2001 European Cup (Bremen, GER)

													<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>					
date	23-Jun-01	time	6.43	10.56	14.77	19.05	23.54	28.12	33.07	38.27	43.71	49.21		55.08	1 / 2			
reaction time		interval		4.13	4.21	4.28	4.49	4.58	4.95	5.20	5.44	5.50	5.87			12.62	14.02	16.14
		velocity	7.00	8.47	8.31	8.18	7.80	7.64	7.07	6.73	6.43	6.36	6.81	7.26		8.32	7.49	6.51
H1 lead leg		strides																

FINAL - 2000 Olympic Games (Sydney, AUS)

													<i>Behm (2000) - Sydney 2000: Compte-rendu du 400m haies</i>					
date	27-Sep-00	time	6.4	10.5	14.7	19.0	23.3	28.1	32.9	37.9	42.9	48.3		54.35	7 / 6			
reaction time	0.281	interval		4.10	4.20	4.30	4.30	4.80	4.80	5.00	5.00	5.40	6.05			12.60	13.90	15.40
		velocity	7.03	8.54	8.33	8.14	8.14	7.29	7.29	7.00	7.00	6.48	6.61	7.36		8.33	7.55	6.82
H1 lead leg	L	strides	22	15	15	15	15	16	16	16	17	17		164				

FINAL - 1998 European Championships (Budapest, HUN)

													<i>Sanchez (1998) - Budapest '98: análisis de la carreras con villas</i>					
date	23-Aug-98	time	6.30	10.40	14.42	18.62	23.05	27.61	32.16	36.92	42.01	47.30		53.37	6 / 1			
reaction time		interval		4.10	4.02	4.20	4.43	4.56	4.55	4.76	5.09	5.29	6.07	NR		12.32	13.54	15.14

H1 lead leg	L	velocity	7.14	8.54	8.71	8.33	7.90	7.68	7.69	7.35	6.88	6.62	6.59	7.49	8.52	7.75	6.94	
		strides	22	15	15	15	15	15	16	16	17	17	21	184				
FINAL - 1997 European Cup (Munich, GER)																		
<i>Jung (2003) - http://www.fgs.uni-halle.de</i>																		
date	21-Jun-97	time	6.69	11.01	15.65	20.49	25.45	30.51	35.65	40.90	46.39	52.04	58.14	8				
reaction time		interval		4.32	4.64	4.84	4.96	5.06	5.14	5.25	5.49	5.65	6.10		13.80	15.16	16.39	
		velocity	6.73	8.10	7.54	7.23	7.06	6.92	6.81	6.67	6.38	6.19	6.56		7.61	6.93	6.41	
H1 lead leg		strides																
FINAL - 1996 Olympic Games (Atlanta, GA)																		
<i>Behm (1996) - 400m haies</i>																		
date	31-Jul-96	time	6.6	10.6	14.9	19.3	23.8	28.4	33.2	38.1	43.2	48.6	54.40	8 / 7				
reaction time	0.343	interval		4.00	4.30	4.40	4.50	4.60	4.80	4.90	5.10	5.40	5.80		PB	12.70	13.90	15.40
		velocity	6.82	8.75	8.14	7.95	7.78	7.61	7.29	7.14	6.86	6.48	6.90		7.35	8.27	7.55	6.82
H1 lead leg		strides	22	15	15	15	15	15	16	16	17	17	163					
Titimets, Anna (UKR) (1989)																		
FINAL - 2016 Memorial van Damme (Brussels, BEL) (TV Analysis)																		
<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>																		
date	09-Sep-16	time	6.52	10.76	15.08	19.52	24.12	28.84	33.80	39.00	44.28	49.72	55.92	1 / 8				
reaction time	0.205	interval		4.24	4.32	4.44	4.60	4.72	4.96	5.20	5.28	5.44	6.20		13.00	14.28	15.92	
		velocity	6.90	8.25	8.10	7.88	7.61	7.42	7.06	6.73	6.63	6.43	6.45		7.15	8.08	7.35	6.60
H1 lead leg	L	strides	22	15	15	15	15	15	15	16	16	16	20		180			
FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis)																		
<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>																		
date	01-Sep-16	time	6.52	10.76	15.20	19.68	24.32	29.00	33.84	38.80	44.08	49.52	55.72	2 / 7				
reaction time	0.180	interval		4.24	4.44	4.48	4.64	4.68	4.84	4.96	5.28	5.44	6.20		13.16	14.16	15.68	
		velocity	6.90	8.25	7.88	7.81	7.54	7.48	7.23	7.06	6.63	6.43	6.45		7.18	7.98	7.42	6.70
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	16	16	20		164			
FINAL - 2016 Athletissime (Laussane, SUI) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																		
date	25-Aug-16	time	6.60	10.92	15.32	19.88	24.52	29.32	34.20	39.24	44.48	49.88	55.99	1 / 7				
reaction time	0.188	interval		4.32	4.40	4.56	4.64	4.80	4.88	5.04	5.24	5.40	6.11		13.28	14.32	15.68	
		velocity	6.82	8.10	7.95	7.68	7.54	7.29	7.17	6.94	6.68	6.48	6.55		7.14	7.91	7.33	6.70
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	16	16	19.5		178.5			
FINAL - 2016 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis)																		
<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																		
date	22-May-16	time	6.48	10.76	15.08	19.40	23.80	28.32	33.00	38.04	43.36	48.88	55.10	7 / 4				
reaction time	0.208	interval		4.28	4.32	4.32	4.40	4.52	4.68	5.04	5.32	5.52	6.22		12.92	13.60	15.88	
		velocity	6.94	8.18	8.10	8.10	7.95	7.74	7.48	6.94	6.58	6.34	6.43		7.26	8.13	7.72	6.61
H1 lead leg	L	strides	22	15	15	15	15	15	15	16	17	17	20		182			
FINAL - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis)																		
<i>Henson (2021) - Athlete First: major championships report</i>																		
date	15-Aug-13	time	6.46	10.77	15.04	19.38	23.93	28.61	33.35	38.35	43.46	48.77	54.72	7 / 4				
reaction time	0.215	interval		4.31	4.27	4.34	4.55	4.68	4.94	5.11	5.31	5.95	DQ		12.92			
		velocity	6.97	8.12	8.20	8.06	7.69	7.48	7.19	6.85	6.59	6.72	7.31		8.13			
H1 lead leg	L	strides	22	15	15	15	15	15	15	16	16	19.2		163.2				
Tkachuk, Viktoriya (UKR) (1994)																		
Repechage 1 - 2024 Olympic Games (Paris, FRA)																		
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																		
date	05-Aug-24	time	6.56	10.89	15.33	19.86	24.59	29.51	34.81	40.38	46.16	52.32	59.40	8 / 7				
reaction time	0.225	interval		4.33	4.44	4.53	4.73	4.92	5.30	5.57	5.78	6.16	7.08		13.30	14.95	17.51	
		velocity	6.86	8.08	7.88	7.73	7.40	7.11	6.60	6.28	6.06	5.68	5.65		6.73	7.89	7.02	6.00
H1 lead leg	L	strides	22	15	15	15	15	15	16	16	16	16	113					
Heat 5 - 2024 Olympic Games (Paris, FRA)																		
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																		
date	04-Aug-24	time	6.63	11.08	15.60	20.21	24.94	29.75	34.84	40.23	45.82	51.53	58.10	9 / 8				
reaction time	0.241	interval		4.45	4.52	4.61	4.73	4.81	5.09	5.39	5.59	5.71	6.57		13.58	14.63	16.69	
		velocity	6.79	7.87	7.74	7.59	7.40	7.28	6.88	6.49	6.26	6.13	6.09		6.88	7.73	7.18	6.29
H1 lead leg	L	strides	22	15	15	15	15	15	16	16	16	16	129					
FINAL - 2023 Prefontaine Classic (Eugene, OR)																		
<i>Omega Timing (2023) - diamond league race analysis</i>																		
date	17-Sep-23	time	6.46	10.72	15.06	19.42	23.91	28.57	33.49	38.52	43.73	49.12	55.48	9 / 9				
reaction time	0.218	interval		4.26	4.34	4.36	4.49	4.66	4.92	5.03	5.21	5.39	6.36		12.96	14.07	15.63	
		velocity	6.97	8.22	8.06	8.03	7.80	7.51	7.11	6.96	6.72	6.49	6.29		7.21	8.10	7.46	6.72
H1 lead leg	L	strides	22	15	15	15	15	15	16	16	16	16	129					
FINAL - 2023 Memorial van Damme (Brussels, BEL)																		
<i>Omega Timing (2023) - diamond league race analysis</i>																		
date	08-Sep-23	time	6.38	10.49	14.76	19.12	23.59	28.20	33.03	38.04	43.23	48.63	54.98	1 / 8				
reaction time	0.217	interval		4.11	4.27	4.36	4.47	4.61	4.83	5.01	5.19	5.40	6.35		12.74	13.91	15.60	
		velocity	7.05	8.52	8.20	8.03	7.83	7.59	7.25	6.99	6.74	6.48	6.30		7.28	8.24	7.55	6.73
H1 lead leg	L	strides	22	15	15	15	15	15	16	16	16	17	20.5		152.5			
FINAL - 2023 Xiamen Diamond League (Xiamen, CHN)																		
<i>Omega Timing (2023) - diamond league race analysis</i>																		
date	02-Sep-23	time	6.31	10.47	14.77	19.14	23.60	28.21	33.04	38.16	43.48	48.90	55.25	8 / 7				
reaction time	0.201	interval		4.16	4.30	4.37	4.46	4.61	4.83	5.12	5.32	5.42	6.35		12.83	13.90	15.86	
		velocity	7.13	8.41	8.14	8.01	7.85	7.59	7.25	6.84	6.58	6.46	6.30		7.24	8.18	7.55	6.62
H1 lead leg	L	strides	22	15	15	15	15	15	16	16	17	17	146					

Semi-Final 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)*Henson (2023) - Athlete First: 2023 year end hurdle report*

date	22-Aug-23	time	6.40	10.71	15.01	19.25	23.79		28.59	33.63	38.67	43.94	49.38		55.43	6 / 7			
reaction time	0.209	interval		4.31	4.30	4.24	4.54		4.80	5.04	5.04	5.27	5.44	6.05			12.85	14.38	15.75
		velocity	7.03	8.12	8.14	8.25	7.71		7.29	6.94	6.94	6.64	6.43	6.61	7.22		8.17	7.30	6.67
H1 lead leg	L	strides	22	15	15	15	15		16	16	16	16	17		163				

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

date	21-Aug-23	time	6.37	10.66	15.00	19.23	23.76		28.40	33.26	38.36	43.56	49.03		55.05	6 / 2			
reaction time	0.201	interval		4.29	4.34	4.23	4.53		28.40	4.86	5.10	5.20	5.47	6.02			12.86	14.03	15.77
		velocity	7.06	8.16	8.06	8.27	7.73		1.23	7.20	6.86	6.73	6.40	6.64	7.27		8.16	7.48	6.66
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	16	17	20	182				

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

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

FINAL - 2023 Athletissima (Lausanne, SUI)*Omega Timing (2023) - diamond league race analysis*

date	30-Jun-23	time	6.24	10.36	14.59	18.93	23.40		28.01	32.85	38.00	43.44	49.07		55.69	7 / 6			
reaction time	0.196	interval		4.12	4.23	4.34	4.47		4.61	4.84	5.15	5.44	5.63	6.62			12.69	13.92	16.22
		velocity	7.21	8.50	8.27	8.06	7.83		7.59	7.23	6.80	6.43	6.22	6.04	7.18		8.27	7.54	6.47
H1 lead leg	L	strides	22	15		15	15		15	15	16	18	17	21	169				

FINAL - 2023 Bislett Games (Oslo, NOR)*Omega Timing (2023) - diamond league race analysis*

date	15-Jun-23	time	6.29	10.55	14.75	19.07	23.57		28.28	33.22	38.40	43.70	49.10		55.36	7 / 6			
reaction time	0.171	interval		4.26	4.20	4.32	4.50		4.71	4.94	5.18	5.30	5.40	6.26			12.78	14.15	15.88
		velocity	7.15	8.22	8.33	8.10	7.78		7.43	7.09	6.76	6.60	6.48	6.39	7.23		8.22	7.42	6.61
H1 lead leg	L	strides	24	15	15	15	15		15	16	16	17		148					

FINAL - 2023 Golden Gala Pietro Mennea (Firenze, ITA)*Omega Timing (2023) - diamond league race analysis*

date	02-Jun-23	time	6.24	10.36	14.57	18.83	23.25		27.75	32.60	37.67	42.88	48.33		54.71	7 / 5			
reaction time	0.167	interval		4.12	4.21	4.26	4.42		4.50	4.85	5.07	5.21	5.45	6.38			12.59	13.77	15.73
		velocity	7.21	8.50	8.31	8.22	7.92		7.78	7.22	6.90	6.72	6.42	6.27	7.31		8.34	7.63	6.68
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	17	17	20.2	328.2				

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

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

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

date	26-Aug-22	time	6.27	10.33		18.80	23.20	25.05	27.73	32.53	37.46	42.80	48.60		55.29	7 / 6			
reaction time	0.211	interval		4.06		8.47	4.40		4.53	4.80	4.93	5.34	5.80	6.69			12.53	13.73	16.07
		velocity	7.18	8.62		8.26	7.95	7.98	7.73	7.29	7.10	6.55	6.03	5.98	7.23		8.38	7.65	6.53
H1 lead leg	L	strides	22	15		15			15	15	16	17	18	20.7	153.7				

FINAL - 2022 European Athletics Championships (Munich, GER)*European Athletics (2022) - european athletics championships race analysis*

date	19-Aug-22	time	6.27	10.43	14.70	18.98	23.38	25.33	27.93	32.76	37.67	42.76	48.10		54.30	7 / 2			
reaction time	0.195	interval		4.16	4.27	4.28	4.40		4.55	4.83	4.91	5.09	5.34	6.20			12.71	13.78	15.34
		velocity	7.18	8.41	8.20	8.18	7.95	7.90	7.69	7.25	7.13	6.88	6.55	6.45	7.37		8.26	7.62	6.84
H1 lead leg	L	strides	22	15		15			15	15	15	16	16	20	149				

Semi-Final 2 - 2022 European Athletics Championships (Munich, GER)*European Athletics (2022) - european athletics championships race analysis*

date	18-Aug-22	time	6.25	10.41	14.69	19.06	23.51	25.47	28.10	32.92	37.82	43.03	48.39		54.65	6 / 2			
reaction time	0.239	interval		4.16	4.28	4.37	4.45		4.59	4.82	4.90	5.21	5.36	6.26			12.81	13.86	15.47
		velocity	7.20	8.41	8.18	8.01	7.87	7.85	7.63	7.26	7.14	6.72	6.53	6.39	7.32		8.20	7.58	6.79
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	20	179				

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

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

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

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

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

date	19-Jul-22	time	6.40	10.63	14.96	19.37	23.90	25.96	28.65		38.70	44.03	49.33		55.27	2 / 4			
reaction time	0.199	interval		4.23	4.33	4.41	4.53		4.75		10.05	5.33	5.30	5.94			12.97		
		velocity	7.03	8.27	8.08	7.94	7.73	7.70	7.37		6.97	6.57	6.60	6.73	7.24		8.10		
H1 lead leg	L	strides		15	15	15	15		15			17	17	19.2	128.2				

FINAL - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis)

date	30-Jun-22	time	6.46	10.64	14.88	19.22	23.64	25.56	28.20	32.90	37.84	43.06	48.50	Henson (2022) - Athlete First: 2022 year end hurdle report					
reaction time	0.244	interval		4.18	4.24	4.34	4.42		4.56	4.70	4.94	5.22	5.44	6.22	54.72	8 / 5	12.76	13.68	15.60
		velocity	6.97	8.37	8.25	8.06	7.92	7.82	7.68	7.45	7.09	6.70	6.43	6.43	7.31		8.23	7.68	6.73
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	17	20	181				

FINAL - 2022 Bislett Games (Oslo, NOR) (TV Analysis)

date	16-Jun-22	time	6.30	10.44	14.70	19.06	23.50		28.26	33.16	38.14	43.50	48.90	Henson (2022) - Athlete First: 2022 year end hurdle report					
reaction time	0.142	interval		4.14	4.26	4.36	4.44		4.76	4.90	4.98	5.36	5.40	6.28	55.18	5 / 6	12.76	14.10	15.74
		velocity	7.14	8.45	8.22	8.03	7.88		7.35	7.14	7.03	6.53	6.48	6.37	7.25		8.23	7.45	6.67
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	17	17	20	183				

FINAL - 2022 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)

date	09-Jun-22	time	6.43	10.60	14.93	19.30	23.83	25.73	28.50	33.30	38.33	43.60	49.03	Henson (2022) - Athlete First: 2022 year end hurdle report					
reaction time	0.193	interval		4.17	4.33	4.37	4.53		4.67	4.80	5.03	5.27	5.43	6.34	55.37	8 / 7	12.87	14.00	15.73
		velocity	7.00	8.39	8.08	8.01	7.73	7.77	7.49	7.29	6.96	6.64	6.45	6.31	7.22		8.16	7.50	6.68
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	17	20	166				

FINAL - 2022 Golden Spike (Ostrava, CZE) (TV Analysis) (300m Hurdles)

date	31-May-22	time	6.90	10.70	14.83	19.07	23.50		28.25	32.88				Henson (2022) - Athlete First: 2022 year end hurdle report					
reaction time	0.246	interval		3.80	4.13	4.24	4.43		4.75	4.63			5.36	38.24	3 / 2		12.17	13.81	
		velocity	7.25	9.21	8.47	8.25	7.90		7.37	7.56			7.46	7.85			8.63	7.60	
H1 lead leg	L	strides	24	15	15	15	15		15	15			19	118					

FINAL - 2022 Müller Birmingham Diamond League (Birmingham, GBR) (TV Analysis)

date	21-May-22	time	6.50	14.96	19.30	23.80	25.60	28.43	33.33	38.40	43.57	49.00		Henson (2022) - Athlete First: 2022 year end hurdle report					
reaction time	0.188	interval		8.46	4.34	4.50		4.63	4.90	5.07	5.17	5.43	6.25	55.25	3 / 2		12.80	14.03	15.67
		velocity	6.92	8.27	8.06	7.78	7.81	7.56	7.14	6.90	6.77	6.45	6.40	7.24			8.20	7.48	6.70
H1 lead leg	L	strides	22		15	15		15	16	16	17	17	20.7	153.7					

FINAL - 2021 Weltklasse (Zürich, SUI) (TV Analysis)

date	09-Sep-21	time	6.36	10.52		19.16	23.52	25.3	27.96	32.64		42.40	47.60	Henson (2021) - Athlete First: 2021 year end hurdle report						
reaction time	0.192	interval		4.16		8.64	4.36		4.44	4.68		9.76	5.20	6.16	53.76	7 / 4		12.80	13.48	14.96
		velocity	7.08	8.41		8.10	8.03	7.91	7.88	7.48		7.17	6.73	6.49	7.44			8.20	7.79	7.02
H1 lead leg	L	strides	20	18		15	15		15	15		16	16	20	135					

FINAL - 2021 Meeting de Paris (Paris, FRA) (TV Analysis)

date	28-Aug-21	time	6.32	10.53	14.95		23.95		28.53		38.08	43.20	48.65	Henson (2021) - Athlete First: 2021 year end hurdle report					
reaction time	0.228	interval		4.21	4.42		9.00		4.58		9.55	5.12	5.45	6.28	54.93	3 / 5			
		velocity	7.12	8.31	7.92		7.78		7.64		7.33	6.84	6.42	6.37	7.28				
H1 lead leg	L	strides	22	15	15		15		15	15	16	16	17	20	166				

FINAL - 2021 Athletissima (Lausanne, SUI) (TV Analysis)

date	26-Aug-21	time	6.36	10.56	14.92	19.36	24.04		28.92	34.04		44.72		Henson (2021) - Athlete First: 2021 year end hurdle report					
reaction time	0.190	interval		4.20	4.36	4.44	4.68		4.88	5.12		10.68		56.53	8 / 8		13.00	14.68	
		velocity	7.08	8.33	8.03	7.88	7.48		7.17	6.84		6.55		7.08			8.08	7.15	
H1 lead leg	L	strides	22	15	15	15	15		16	16	16		130						

FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)

date	04-Aug-21	time	6.40	10.56	14.80	19.06	23.40		27.88	32.56	37.48	42.60	47.80	Henson (2021) - Athlete First: 2021 year end hurdle report						
reaction time	0.206	interval		4.16	4.24	4.26	4.34		4.48	4.68	4.92	5.12	5.20	5.99	53.79	3 / 6		12.66	13.50	15.24
		velocity	7.03	8.41	8.25	8.22	8.06		7.81	7.48	7.11	6.84	6.73	6.68	7.44			8.29	7.78	6.89
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	16	19.7	179.7					

Semi-Final 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)

date	02-Aug-21	time	6.46	10.56	14.83	19.13	23.60		28.16	32.93	37.86	42.94	48.13	Henson (2024) - Athlete First: 2021 year end hurdle report						
reaction time	0.224	interval		4.10	4.27	4.30	4.47		4.56	4.77	4.93	5.08	5.19	6.12	54.25	7 / 3		12.67	13.80	15.20
		velocity	6.97	8.54	8.20	8.14	7.83		7.68	7.34	7.10	6.89	6.74	6.54	7.37			8.29	7.61	6.91
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	16	20	180					

Heat 1 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)

date	31-Jul-21	time	6.48	10.65	14.93	19.34	23.76		28.36	33.03	38.02	43.23	48.61	Henson (2024) - Athlete First: 2021 year end hurdle report						
reaction time	0.256	interval		4.17	4.28	4.41	4.42		4.60	4.67	4.99	5.21	5.38	6.19	54.80	9 / 1		12.86	13.69	15.58
		velocity	6.94	8.39	8.18	7.94	7.92		7.61	7.49	7.01	6.72	6.51	6.46	7.30			8.16	7.67	6.74
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	19.5	178.5					

FINAL - 2021 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)

date	06-Jul-21	time	6.34	10.56	14.80	19.14	23.56		28.15	32.86	37.70	42.87	48.03	Henson (2021) - Athlete First: 2021 year end hurdle report						
reaction time	0.260	interval		4.22	4.24	4.34	4.42		4.59	4.71	4.84	5.17	5.16	5.99	54.02	8 / 4		12.80	13.72	15.17
		velocity	7.10	8.29	8.25	8.06	7.92		7.63	7.43	7.23	6.77	6.78	6.68	7.40			8.20	7.65	6.92
H1 lead leg	L	strides		15	15	15	15		15		15	16	16	19.2	141.2					

FINAL - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis)

date	04-Jul-21	time	6.34	10.46	14.68	19.15	23.70	25.8	28.42	33.28	38.16	43.16	48.32	Henson (2021) - Athlete First: 2021 year end hurdle report						
reaction time	0.254	interval		4.12	4.22	4.47	4.55		4.72	4.86	4.88	5.00	5.16	6.07	54.39	7 / 5		12.81	14.13	15.04
		velocity	7.10	8.50	8.29	7.83	7.69	7.75	7.42	7.20	7.17	7.00	6.78	6.59	7.35			8.20	7.43	6.98

H1 lead leg	L	strides	15	15	15	15	15	16	16	16	16	16	19.2	158.2						
FINAL - 2021 Bislett Games (Oslo, NOR) (TV Analysis)															<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>					
date	01-Jul-21	time	6.36	10.60	14.88	23.72	28.32	33.08	38.04	43.20	48.46		54.62	2 / 3						
reaction time	0.250	interval	4.24	4.28	8.84	8.84	4.60	4.76	4.96	5.16	5.26	6.16								15.38
		velocity	7.08	8.25	8.18	7.92	7.61	7.35	7.06	6.78	6.65	6.49	7.32							6.83
H1 lead leg	L	strides	22	15	15	15	15	15	16	16	16	16	20	165						
FINAL - 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)															<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>					
date	17-Sep-20	time	6.52	10.76	15.16	19.60	24.16	26.2	28.76	33.64	38.68	43.80	49.04	54.93	9 / 3					
reaction time	0.270	interval	4.24	4.40	4.44	4.56	4.60	4.60	4.88	5.04	5.12	5.24	5.89	PB		13.08	14.04	15.40		
		velocity	6.90	8.25	7.95	7.88	7.68	7.63	7.61	7.17	6.94	6.84	6.68	6.79	7.28	8.03	7.48	6.82		
H1 lead leg	L	strides	22	15	15	15	15	15	16	16	16	16	16	19.7	180.7					
FINAL - 2020 Galà dei Castelli (Bellinzona, SUI) (TV Analysis)															<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>					
date	15-Sep-20	time	6.44	10.76	15.32	19.80	24.32	29.08	33.88	38.96	44.08	49.28	55.15	4 / 3						
reaction time		interval	4.32	4.56	4.48	4.52	4.76	4.80	5.08	5.12	5.20	5.87			13.36	14.08	15.40			
		velocity	6.99	8.10	7.68	7.81	7.74	7.35	7.29	6.89	6.84	6.73	6.81	7.25		7.86	7.46	6.82		
H1 lead leg	L	strides	22	15	15	15	15	15	15	16	16	16	16	19.5	179.5					
FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)															<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>					
date	31-May-18	time	6.52	10.76	15.12	19.64	24.24	29.00	33.96	39.08	44.32	49.64	55.69	9 / 6						
reaction time	0.251	interval	4.24	4.36	4.52	4.60	4.76	4.96	5.12	5.24	5.32	6.05			13.12	14.32	15.68			
		velocity	6.90	8.25	8.03	7.74	7.61	7.35	7.06	6.84	6.68	6.58	6.61	7.18		8.00	7.33	6.70		
H1 lead leg	L	strides	22	15	15	15	15	15	16	16	17	17	20	183						
Tokuhara, Kyoka (JPN) (1999)																				
FINAL - 2016 Japanese National High School Championships (Okayama, JPN)															<i>Kota (2016) - 69th high school championships: JAF scientific committee- biomechanics data</i>					
date	31-Jul-16	time	7.07	11.70	16.67	21.96	27.34	32.85	38.37	43.99	49.57	55.11	61.23	2 / 8						
reaction time		interval	4.63	4.97	5.29	5.38	5.51	5.52	5.62	5.58	5.54	6.12			14.89	16.41	16.74			
		velocity	6.36	7.56	7.04	6.62	6.51	6.35	6.34	6.23	6.27	6.32	6.54	6.53		7.05	6.40	6.27		
H1 lead leg		strides	17	17	19	19	19	19	19	19	19	19	167							
Tolbert, Ryan (USA) (1976)																				
FINAL - 2003 USATF National Championships (Palo Alto, CA)															<i>USATF Women's Sprint Development (2003)</i>					
date	21-Jun-03	time	6.57	10.76	15.14	19.75	24.29	29.01	33.83	38.79	43.96	49.48	56.33	7 / 6						
reaction time		interval	4.19	4.38	4.61	4.54	4.72	4.82	4.96	5.17	5.52	6.85			13.18	14.08	15.65			
		velocity	6.85	8.35	7.99	7.59	7.71	7.42	7.26	7.06	6.77	6.34	5.84	7.10		7.97	7.46	6.71		
H1 lead leg		strides																		
Tosta, Sheena (USA) (1982)																				
Heat 2 - 2009 IAAF World Championships (Berlin, GER)															<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>					
date	17-Aug-09	time	6.19	10.21	14.33	18.67	23.18	27.91	32.81	38.01	43.41	49.21	56.00	5 / 4						
reaction time	0.154	interval	4.02	4.12	4.34	4.51	4.73	4.90	5.20	5.40	5.80	6.79			12.48	14.14	16.40			
		velocity	7.27	8.71	8.50	8.06	7.76	7.40	7.14	6.73	6.48	6.03	5.89	7.14		8.41	7.43	6.40		
H1 lead leg		strides																		
FINAL - 2008 IAAF World Athletic Final (Stuttgart, GER)															<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>					
date	14-Sep-08	time	6.40	10.55	14.83	19.27	23.93	28.73	33.57	38.51	43.79	49.20	55.33	5 / 5						
reaction time	0.153	interval	4.15	4.28	4.44	4.66	4.80	4.84	4.94	5.28	5.41	6.13			12.87	14.30	15.63			
		velocity	7.03	8.43	8.18	7.88	7.51	7.29	7.23	7.09	6.63	6.47	6.53	7.23		8.16	7.34	6.72		
H1 lead leg		strides																		
FINAL - 2008 Olympic Games (Beijing, CHN)															<i>Behm (2008) - Pekin 2008: Le quatrache masculin - féminin</i>					
date	20-Aug-08	time	6.2	10.2	14.2	18.4	22.9	27.4	32.0	36.8	41.8	47.1	53.70	5 / 2						
reaction time	0.191	interval	4.00	4.00	4.20	4.50	4.50	4.60	4.80	5.00	5.30	6.60			12.20	13.60	15.10			
		velocity	7.26	8.75	8.75	8.33	7.78	7.78	7.61	7.29	7.00	6.60	6.06	7.45		8.61	7.72	6.95		
H1 lead leg	L	strides	23	15	15	15	15	15	15	16	16	16	20	181						
FINAL - 2008 USA Olympic Trials (Eugene, OR)															<i>USATF Hurdle Development (2008)</i>					
date	29-Jun-08	time	6.31	10.46	14.83	19.25	23.84	28.55	33.32	38.41	43.58	48.82	54.62	4 / 3						
reaction time		interval	4.15	4.37	4.42	4.59	4.71	4.77	5.09	5.17	5.24	5.80			12.94	14.07	15.50			
		velocity	7.13	8.43	8.01	7.92	7.63	7.43	7.34	6.88	6.77	6.68	6.90	7.32		8.11	7.46	6.77		
H1 lead leg	L	strides	23	15	15	15	15	15	15	16	16	16	161							
<i>Johnson, Sheena (USA) (1982)</i>																				
FINAL - 2004 Olympic Games (Athens, GRE)															<i>Behm (2005) - Athènes 2004: Les Haies Basses</i>					
date	25-Aug-04	time	6.4	10.5	14.7	19.1	23.6	28.2	32.9	37.7	42.6	47.7	53.83	8 / 4						
reaction time	0.408	interval	4.10	4.20	4.40	4.50	4.60	4.70	4.80	4.90	5.10	6.13			12.70	13.80	14.80			
		velocity	7.03	8.54	8.33	7.95	7.78	7.61	7.45	7.29	7.14	6.86	6.53	7.43		8.27	7.61	7.09		
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	16	16	160							
FINAL - 2004 USA Olympic Trials (Sacramento, CA)															<i>Lyle - miscellaneous coaching notes</i>					
date	11-Jul-04	time	6.11	10.20	14.40	18.69	23.21	27.72	32.50	37.24	42.16	47.03	52.95	6 / 1						
reaction time		interval	4.09	4.20	4.29	4.52	4.51	4.78	4.74	4.92	4.87	5.92	PB		12.58	13.81	14.53			
		velocity	7.36	8.56	8.33	8.16	7.74	7.76	7.32	7.38	7.11	7.19	6.76	7.55		8.35	7.60	7.23		
H1 lead leg	L	strides	24	15	15	15	15	15	15	15	15	15	19	178						

Townsend, Sydni (USA) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2024 USA Olympic Trials (Eugene, OR)													<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>					
date	30-Jun-24	time	6.40	10.53	14.82	19.25	23.81	25.90	28.53	33.37	38.47	43.73	49.03	55.47	3 / 9			
reaction time		interval		4.13	4.29	4.43	4.56		4.72	4.84	5.10	5.26	5.30	6.44		12.85	14.12	15.66
		velocity	7.03	8.47	8.16	7.90	7.68	7.72	7.42	7.23	6.86	6.65	6.60	6.21	7.21	8.17	7.44	6.70
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	17	18	22.5	195.5			

Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)													<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>					
date	29-Jun-24	time	6.45	10.51	14.63	18.98	23.46	25.42	27.95	32.73	37.85	43.23	48.69	55.26	8 / 3			
reaction time		interval		4.06	4.12	4.35	4.48		4.49	4.78	5.12	5.38	5.46	6.57		12.53	13.75	15.96
		velocity	6.98	8.62	8.50	8.05	7.81	7.87	7.80	7.32	6.84	6.51	6.41	6.09	7.24	8.38	7.64	6.58
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	18	18	22.7	195.7			

Heat 2 - 2024 USA Olympic Trials (Eugene, OR)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 2 - 2024 USA Olympic Trials (Eugene, OR)													<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>					
date	27-Jun-24	time	6.52	10.71	15.07	19.61	24.18	26.21	28.79	33.68	38.83	44.15	49.58	55.72	8 / 2			
reaction time		interval		4.19	4.36	4.54	4.57		4.61	4.89	5.15	5.32	5.43	6.14		13.09	14.07	15.90
		velocity	6.90	8.35	8.03	7.71	7.66	7.63	7.59	7.16	6.80	6.58	6.45	6.51	7.18	8.02	7.46	6.60
H1 lead leg		strides																

FINAL - 2024 NCAA Championships (Eugene, OR) (TV Analysis)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2024 NCAA Championships (Eugene, OR) (TV Analysis)													<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>					
date	08-Jun-24	time	6.42	10.55	14.76	19.14	23.73		28.36	33.24	38.24	43.37	48.71	55.01	3 / 5			
reaction time		interval		4.13	4.21	4.38	4.59		4.63	4.88	5.00	5.13	5.34	6.30		12.72	14.10	15.47
		velocity	7.01	8.47	8.31	7.99	7.63		7.56	7.17	7.00	6.82	6.55	6.35	7.27	8.25	7.45	6.79
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	18	18	22	195			

FINAL - 2023 NCAA Championships (Austin, TX) (TV Analysis)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 NCAA Championships (Austin, TX) (TV Analysis)													<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>					
date	10-Jun-23	time	6.50	10.77	15.25	19.82	24.59		29.43	34.43	39.47	44.75	49.98	56.27	2 / 9			
reaction time		interval		4.27	4.48	4.57	4.77		4.84	5.00	5.04	5.28	5.23	6.29		13.32	14.61	15.55
		velocity	6.92	8.20	7.81	7.66	7.34		7.23	7.00	6.94	6.63	6.69	6.36	7.11	7.88	7.19	6.75
H1 lead leg	L	strides	23	16	16	16	16		17	18	17	18	18	175				

Tracey, Ristananna (JAM) (1992)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)													<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>					
date	21-Jul-18	time	6.44	10.68	14.96	19.36	24.00		28.84	33.88	39.12	44.48	49.80	56.07	9 / 6			
reaction time	0.204	interval		4.24	4.28	4.40	4.64		4.84	5.04	5.24	5.36	5.32	6.27		12.92	14.52	15.92
		velocity	6.99	8.25	8.18	7.95	7.54		7.23	6.94	6.68	6.53	6.58	6.38	7.13	8.13	7.23	6.60
H1 lead leg	L	strides	23	15	15	15	16		16	16	17	17	17	20.5	187.5			

FINAL - 2017 IAAF World Championships (London, GBR) (TV Analysis)

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

FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis)													<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>				
date	06-Jul-17	time	6.72	11.00	15.32	19.68	24.12		28.88	33.80	38.92	44.28	56.23	8 / 7			
reaction time	0.206	interval		4.28	4.32	4.36	4.44		4.76	4.92	5.12	5.36			12.96	14.12	
		velocity	6.70	8.18	8.10	8.03	7.88		7.35	7.11	6.84	6.53	7.11		8.10	7.44	
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	17	148				

FINAL - 2016 Olympic Games (Rio de Janeiro, BRA) (TV Analysis)

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

Tromp, Gretha (NED) (1964)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 1 - 1988 Olympic Games (Seoul, KOR)													<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>					
date	26-Sep-88	time	6.54	10.68	14.98	19.41	24.07		28.99	34.13	39.39	45.03	50.97	57.57	1 / 8			
reaction time	0.241	interval		4.14	4.30	4.43	4.66		4.92	5.14	5.26	5.64	5.94	6.60		12.87	14.72	16.84
		velocity	6.88	8.45	8.14	7.90	7.51		7.11	6.81	6.65	6.21	5.89	6.06	6.95	8.16	7.13	6.24
H1 lead leg		strides	23	15	16	15	16		16	15	17	18	18	21.3	190.3			

Tsugawa, Rui (JPN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN)													<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>					
date	03-May-21	time	7.07	11.81	16.72	21.62	26.71		31.80	36.97	42.23	47.60	53.27	60.52	9 / 6			
reaction time	0.230	interval		4.74	4.91	4.90	5.09		5.09	5.17	5.26	5.37	5.67	7.25		14.55	15.35	16.30
		velocity	6.36	7.38	7.13	7.14	6.88		6.88	6.77	6.65	6.52	6.17	5.52	6.61	7.22	6.84	6.44
H1 lead leg	L	strides	23	17	17	17	17		17	17	17	17	18	177				

FINAL - 2020 Japanese National Championships (Niigata, JPN)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 Japanese National Championships (Niigata, JPN)													<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>					
date	03-Oct-20	time	6.94	11.59	16.35	21.19	26.18		31.20	36.25	41.37	46.66	52.00	58.21	8 / 7			
reaction time	0.184	interval		4.65	4.76	4.84	4.99		5.02	5.05	5.12	5.29	5.34	6.21		14.25	15.06	15.75
		velocity	6.48	7.53	7.35	7.23	7.01		6.97	6.93	6.84	6.62	6.55	6.44	6.87	7.37	6.97	6.67
H1 lead leg	L	strides	23	17	17	17	17		17	17	17	17	17	21.2	197.2			

FINAL - 2019 Japanese National High School Championships (Okinawa, JPN)*Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection*

date	06-Aug-19	time	6.85	11.38	16.03	20.82	25.66	30.65	35.60	40.60	46.03	51.73	58.14	3 / 1				
reaction time		interval		4.53	4.65	4.79	4.84	4.99	4.95	5.00	5.43	5.70	6.41	PB	13.97	14.78	16.13	
		velocity	6.57	7.73	7.53	7.31	7.23	7.01	7.07	7.00	6.45	6.14	6.24	6.88	7.52	7.10	6.51	
H1 lead leg		strides		17	17	17	17	17	17	17	19	19	19	157				
FINAL - 2018 Japanese National High School Championships (Nagoya, JPN) Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection																		
date	04-Aug-18	time	6.97	11.63	16.53	21.57	26.74	32.05	37.35	42.99	48.87	54.77	60.89	7 / 7				
reaction time		interval		4.66	4.90	5.04	5.17	5.31	5.30	5.64	5.88	5.90	6.12		14.60	15.78	17.42	
		velocity	6.46	7.51	7.14	6.94	6.77	6.59	6.60	6.21	5.95	5.93	6.54	6.57	7.19	6.65	6.03	
H1 lead leg		strides		17	17	17	17	17	17	19	19	19	159					
Tsugu, Kaneko (JPN)																		
		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Shimane High School Championships (Izumo, JPN) Shimizu (2022) - shimane high school championships 2022 - biomechanics data analysis																		
date	27-May-22	time	7.40	12.53	17.88	23.27	28.88	34.80	40.98	47.12	53.58	60.28	68.48	7 / 2				
reaction time		interval		5.13	5.35	5.39	5.61	5.92	6.18	6.14	6.46	6.70	8.20			15.87	17.71	19.30
		velocity	6.08	6.82	6.54	6.49	6.24	5.91	5.66	5.70	5.42	5.22	4.88	5.84		6.62	5.93	5.44
H1 lead leg		strides	26	19	19	19	19	20	20	20	21	22	27	232				
Tsuha, Aiki (JPN) (2000)																		
		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese National Championships (Osaka, JPN) Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																		
date	27-Jun-21	time	6.86	11.38	16.00	20.72	25.64	30.63	35.74	41.32	46.96	52.72	59.41	3 / 7				
reaction time	0.324	interval		4.52	4.62	4.72	4.92	4.99	5.11	5.58	5.64	5.76	6.69			13.86	15.02	16.98
		velocity	6.56	7.74	7.58	7.42	7.11	7.01	6.85	6.27	6.21	6.08	5.98	6.73		7.58	6.99	6.18
H1 lead leg	L	strides	25	17	17	17	17	17	17	19	19	19	184					
FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN) Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																		
date	01-Jun-21	time	6.74	11.19	15.83	20.65	25.61	30.60	35.77	41.06	46.56	52.27	58.93	9 / 5				
reaction time	0.179	interval		4.45	4.64	4.82	4.96	4.99	5.17	5.29	5.50	5.71	6.66			13.91	15.12	16.50
		velocity	6.68	7.87	7.54	7.26	7.06	7.01	6.77	6.62	6.36	6.13	6.01	6.79		7.55	6.94	6.36
H1 lead leg	L	strides	25	17	17	17	17	17	18	18	19	19	23.2	207.2				
B FINAL - 2021 Shizuoka International Athletics Meeting (Fukuori, JPN) Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																		
date	03-May-21	time	6.76	11.41	16.17	20.92	25.83	30.73	35.89	41.14	46.70	52.60	59.62	5 / 1				
reaction time	0.174	interval		4.65	4.76	4.75	4.91	4.90	5.16	5.25	5.56	5.90	7.02			14.16	14.97	16.71
		velocity	6.66	7.53	7.35	7.37	7.13	7.14	6.78	6.67	6.29	5.93	5.70	6.71		7.42	7.01	6.28
H1 lead leg	L	strides	25	17	17	17	17	17	18	18	18	18	24	206				
C FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN) Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season																		
date	24-Oct-20	time	6.72	11.28	15.97	21.14	26.38	31.51	36.67	42.03	47.73	53.40	59.94	6 / 1				
reaction time		interval		4.56	4.69	5.17	5.24	5.13	5.16	5.36	5.70	5.67	6.54			14.42	15.53	16.73
		velocity	6.70	7.68	7.46	6.77	6.68	6.82	6.78	6.53	6.14	6.17	6.12	6.67		7.28	6.76	6.28
H1 lead leg		strides	17	17	17	17	17	17	17	17	19	19	157					
Tsujii, Mio (JPN) (1999)																		
		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese National Championships (Osaka, JPN) Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season																		
date	12-Jun-22	time	6.77	11.28	15.93	20.65	25.53	30.56	35.77	41.11	46.60	52.20	58.60	2 / 7				
reaction time	0.244	interval		4.51	4.65	4.72	4.88	5.03	5.21	5.34	5.49	5.60	6.40	=PB		13.88	15.12	16.43
		velocity	6.65	7.76	7.53	7.42	7.17	6.96	6.72	6.55	6.38	6.25	6.25	6.83		7.56	6.94	6.39
H1 lead leg	R	strides	24	16	16	16	16	17	17	17	18	18	175					
C Race - 2022 Michitaka Kinami Memorial (Osaka, JPN) Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season																		
date	30-Apr-22	time	6.81	11.31	15.95	20.79	25.73	30.80	35.94	41.17	46.75	52.40	59.04	6 / 1				
reaction time	0.185	interval		4.50	4.64	4.84	4.94	5.07	5.14	5.23	5.58	5.65	6.64	PB		13.98	15.15	16.46
		velocity	6.61	7.78	7.54	7.23	7.09	6.90	6.81	6.69	6.27	6.19	6.02	6.78		7.51	6.93	6.38
H1 lead leg	R	strides	24	16	16	17	17	17	17	17	18	18	22.7	199.7				
Tsukamoto, Moeno (JPN) (2004)																		
		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Japanese U20 National Championships (Osaka, JPN) Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season																		
date	04-Jun-23	time	6.84	11.31	15.93	20.67	25.64	30.80	36.09	41.52	47.18	53.14	59.85	9 / 3				
reaction time	0.157	interval		4.47	4.62	4.74	4.97	5.16	5.29	5.43	5.66	5.96	6.71			13.83	15.42	17.05
		velocity	6.58	7.83	7.58	7.38	7.04	6.78	6.62	6.45	6.18	5.87	5.96	6.68		7.59	6.81	6.16
H1 lead leg	R	strides	24	16	16	17	17	17	18	18	19	20	23.2	205.2				
FINAL - 2022 Japanese U20 National Championships (Osaka, JPN) Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season																		
date	12-Jun-22	time	6.89	11.41	16.10	21.10	26.19	31.28	36.50	41.93	47.55	53.29	59.96	7 / 2				
reaction time	0.180	interval		4.52	4.69	5.00	5.09	5.09	5.22	5.43	5.62	5.74	6.67			14.21	15.40	16.79
		velocity	6.53	7.74	7.46	7.00	6.88	6.88	6.70	6.45	6.23	6.10	6.00	6.67		7.39	6.82	6.25
H1 lead leg	R	strides	24	17	17	17	17	17	18	18	19	19	23	206				
FINAL - 2020 Japanese High School National Championships (Hiroshima, JPN) Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season																		
date	25-Oct-20	time	6.72	11.24	15.83	20.54	25.43	30.58	35.89	41.24	46.90	52.49	58.84	5 / 3				
reaction time	0.181	interval		4.52	4.59	4.71	4.89	5.15	5.31	5.35	5.66	5.59	6.35	PB		13.82	15.35	16.60
		velocity	6.70	7.74	7.63	7.43	7.16	6.80	6.59	6.54	6.18	6.26	6.30	6.80		7.60	6.84	6.33
H1 lead leg		strides	17	17	17	17	17	18	18	19	19	19	161					
Tsukuda, Huayue (JPN)																		
		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Japanese National High School Championships (Sapporo, JPN) Takashima (2023) - national high school sports festival - biomechanics data																		

date	04-Aug-23	time	7.29	12.06	16.98	21.96	27.01		32.25	37.54	42.88	48.42	53.92		60.05	7 / 4			
reaction time	0.262	interval		4.77	4.92	4.98	5.05		5.24	5.29	5.34	5.54	5.50	6.13			14.67	15.58	16.38
		velocity	6.17	7.34	7.11	7.03	6.93		6.68	6.62	6.55	6.32	6.36	6.53	6.66		7.16	6.74	6.41
H1 lead leg		strides	23	17	17	17	17		17	17	17	17	17	22	198				

Turner, Jessica (GBR) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2022 Müller Birmingham Diamond League (Birmingham, GBR) (TV Analysis)													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>						
date	21-May-22	time	6.67	10.70	14.83	19.03	23.62	25.49	28.40	33.40		44.33	50.40		57.43	9 / 8			
reaction time	0.240	interval		4.03	4.13	4.20	4.59		4.78	5.00		10.93	6.07	7.03		12.36	14.37	17.00	
		velocity	6.75	8.68	8.47	8.33	7.63	7.85	7.32	7.00		6.40	5.77	5.69	6.97		8.50	7.31	6.18
H1 lead leg	L	strides	25	15	15	15	16		16	17		19		138					

Semi-Final 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)													<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>					
date	02-Aug-21	time	6.70	10.93	15.56	20.00	24.60		29.50	34.83	40.46		60.36	3 / 7				
reaction time	0.185	interval		4.23	4.63	4.44	4.60		4.90	5.33	5.63				13.30	14.83		
		velocity	6.72	8.27	7.56	7.88	7.61		7.14	6.57	6.22		6.63		7.89	7.08		
H1 lead leg	L	strides	24	16	16	16	16		16	17	18		139					

Heat 4 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Heat 4 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)													<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>						
date	31-Jul-21	time	6.70	10.91	15.23	19.63	24.30		29.26	34.40	39.60	45.00	50.50		56.83	5 / 4			
reaction time	0.186	interval		4.21	4.32	4.40	4.67		4.96	5.14	5.20	5.40	5.50	6.33		12.93	14.77	16.10	
		velocity	6.72	8.31	8.10	7.95	7.49		7.06	6.81	6.73	6.48	6.36	6.32	7.04		8.12	7.11	6.52
H1 lead leg	L	strides	24	15	15	15	16		17	17	17	17	20.5	190.5					

FINAL - 2021 Golden Gala Pietro Mennea (Florence, ITA) (TV Analysis)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2021 Golden Gala Pietro Mennea (Florence, ITA) (TV Analysis)													<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>						
date	10-Jun-21	time	6.48	10.64	14.88	19.16	23.56	25.5	28.30	33.04	38.12	43.28	48.60		54.79	6 / 3			
reaction time	0.199	interval		4.16	4.24	4.28	4.40		4.74	4.74	5.08	5.16	5.32	6.19		12.68	13.88	15.56	
		velocity	6.94	8.41	8.25	8.18	7.95	7.84	7.38	7.38	6.89	6.78	6.58	6.46	7.30		8.28	7.56	6.75
H1 lead leg	L	strides	24	15	15	15	15		16	16	17	17	17	20.2	187.2				

Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)													<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>					
date	02-Oct-19	time	6.60	11.08	15.58	20.00	24.72		29.46	34.20	39.14	44.34	49.65		55.87	9 / 7		
reaction time	0.189	interval		4.48	4.50	4.57	4.94		4.74	4.74	4.94	5.20	5.31	6.22			15.45	
		velocity	6.82	7.81	7.78	7.66		7.38	7.38	7.09	6.73	6.59	6.43	7.16		6.80		
H1 lead leg	L	strides	24	16	16	16	16		16	16	17	17	20.7	142.7				

Ueki, Kyoka (JPN)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2020 Shimane High School Championships (Izumo, JPN)													<i>Shimizu (2020) - shimane high school championships 2020 - biomechanics data analysis</i>						
date	12-Jul-20	time	7.38	12.58	17.93	23.50	29.37		35.42	41.77	48.43	55.13	61.82		69.97	5 / 4			
reaction time		interval		5.20	5.35	5.57	5.87		6.05	6.35	6.66	6.70	6.69	8.15		16.12	18.27	20.05	
		velocity	6.10	6.73	6.54	6.28	5.96		5.79	5.51	5.26	5.22	5.23	4.91	5.72		6.51	5.75	5.24
H1 lead leg		strides	26	19	19	19	19		19	21	21	21	21	25.5	230.5				

Uibel, Birgit (GDR) (1961)

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

Ullrich, Cornelia (GDR) (1963)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 1987 IAAF World Championships (Rome, ITA)													<i>Sušanka (1990) - time analysis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)</i>						
date	03-Sep-87	time	6.60	10.77	15.13	19.62	24.17		28.94	33.82	38.75	43.67	48.67		54.31	4 / 3			
reaction time		interval		4.17	4.36	4.49	4.55		4.77	4.88	4.93	4.92	5.00	5.64		13.02	14.20	14.85	
		velocity	6.82	8.39	8.03	7.80	7.69		7.34	7.17	7.10	7.11	7.00	7.09	7.37		8.06	7.39	7.07
H1 lead leg	R	strides	25	15	16	16	17		17	17	17	17	17	20.2	194.2				

Semi-Final 2 - 1987 IAAF World Championships (Rome, ITA)

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

Heat 5 - 1987 IAAF World Championships (Rome, ITA)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 5 - 1987 IAAF World Championships (Rome, ITA)													<i>Sušanka (1990) - time analysis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)</i>					
date	31-Aug-87	time	6.75	10.99	15.44	20.04	24.68		29.54	34.57	39.76	45.12	50.46		56.75	1 / 1		
reaction time		interval		4.24	4.45	4.60	4.64		4.86	5.03	5.19	5.36	5.34	6.29		13.29	14.53	15.89
		velocity	6.67	8.25	7.87	7.61	7.54		7.20	6.96	6.74	6.53	6.55	6.36		7.90	7.23	6.61
H1 lead leg		strides	23	15	15	15	15		17	17	17	17	17	21	189			

Feuerbach, Cornelia (GDR) (1963)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 1986 European Championships (Stuttgart, FRG)													<i>Behm (1995) - la tactique du 400 haies</i>						
date	30-Aug-86	time	6.4	10.4	14.6	18.8	23.3		28.0	32.7	37.7	42.8	48.0		54.13	1 / 3			
reaction time		interval		4.00	4.20	4.20	4.50		4.70	4.70	5.00	5.10	5.20	6.13	PB		12.40	13.90	15.30
		velocity	7.03	8.75	8.33	8.33	7.78		7.45	7.45	7.00	6.86	6.73	6.53	7.39		8.47	7.55	6.86
H1 lead leg		strides	23	15	15	15	15		15	15	15	17	17	162					

Umehara, Satsuki (JPN) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2024 Second Belt & Road Invitational Athletics Meeting (Chongqing, CHN)													<i>Shandong Athletics Sport Science (2024)</i>					

date	29-May-24	time	6.74	11.18	15.83	20.54	25.27	30.25	35.30	40.52	46.00	51.60	58.02	4 / 4			
reaction time	0.198	interval		4.44	4.65	4.71	4.73	4.98	5.05	5.22	5.48	5.60	6.42		13.80	14.76	16.30
		velocity	6.68	7.88	7.53	7.43	7.40	7.03	6.93	6.70	6.39	6.25	6.23	6.89	7.61	7.11	6.44
H1 lead leg	R	strides	23	16	16	16	16	17	17	17	18	18	22.2	196.2			

FINAL - 2023 Japanese National Championships (Osaka, JPN)*Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season*

date	04-Jun-23	time	6.72	11.19	15.72	20.29	25.04	29.93	34.93	40.11	45.43	50.85	57.02	9 / 3			
reaction time	0.175	interval		4.47	4.53	4.57	4.75	4.89	5.00	5.18	5.32	5.42	6.17		13.57	14.64	15.92
		velocity	6.70	7.83	7.73	7.66	7.37	7.16	7.00	6.76	6.58	6.46	6.48	7.02	7.74	7.17	6.60
H1 lead leg	R	strides	23	16	16	16	16	17	17	17	18	18	174				

A FINAL - 2023 Michitaka Kinami Memorial (Osaka, JPN)*Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season*

date	06-May-23	time	6.71	11.29	15.98	20.85	25.78	30.89	36.02	41.19	46.68	52.15	58.36	4 / 2			
reaction time	0.147	interval		4.58	4.69	4.87	4.93	5.11	5.13	5.17	5.49	5.47	6.21		14.14	15.17	16.13
		velocity	6.71	7.64	7.46	7.19	7.10	6.85	6.82	6.77	6.38	6.40	6.44	6.85	7.43	6.92	6.51
H1 lead leg		strides		16	16	17	17	17	17	17	18	18	153				

FINAL - 2022 Japanese National Championships (Osaka, JPN)*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*

date	12-Jun-22	time	6.79	11.28	15.82	20.52	25.31	30.20	35.22	40.41	45.75	51.23	57.61	8 / 4			
reaction time	0.231	interval		4.49	4.54	4.70	4.79	4.89	5.02	5.19	5.34	5.48	6.38		13.73	14.70	16.01
		velocity	6.63	7.80	7.71	7.45	7.31	7.16	6.97	6.74	6.55	6.39	6.27	6.94	7.65	7.14	6.56
H1 lead leg	R	strides	23	16	16	17	17	17	17	17	18	18	176				

FINAL - 2022 Shizuoka International Athletics Meeting (Fukuroi, JPN)*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*

date	03-May-22	time	6.86	11.33	15.87	20.52	25.26	30.16	35.20	40.29	45.66	51.22	57.61	5 / 3			
reaction time	0.229	interval		4.47	4.54	4.65	4.74	4.90	5.04	5.09	5.37	5.56	6.39		13.66	14.68	16.02
		velocity	6.56	7.83	7.71	7.53	7.38	7.14	6.94	6.88	6.52	6.29	6.26	6.94	7.69	7.15	6.55
H1 lead leg	L	strides	24	16	16	16	17	17	17	17	18	18	22.2	198.2			

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

date	30-Apr-22	time	6.72	11.18	15.80	20.50	25.36	30.30	35.42	40.62	46.18	51.84	58.41	8 / 4			
reaction time	0.163	interval		4.46	4.62	4.70	4.86	4.94	5.12	5.20	5.56	5.66	6.57		13.78	14.92	16.42
		velocity	6.70	7.85	7.58	7.45	7.20	7.09	6.84	6.73	6.29	6.18	6.09	6.85	7.62	7.04	6.39
H1 lead leg	R	strides	24	16	16	17	17	17	17	17	18	18	177				

FINAL - 2016 Japanese University Championships (Kumagaya, JPN)*(2016.09.04) - https://twitter.com/touchdown_time/media?lang=en&lang=en&lang=en&lang=en*

date	03-Sep-16	time	6.71	11.08	15.49	20.02	24.69	29.58	34.58	39.69	45.07	50.50	56.79	6 / 1			
reaction time	0.170	interval		4.37	4.41	4.53	4.67	4.89	5.00	5.11	5.38	5.43	6.29	PB	13.31	14.56	15.92
		velocity	6.71	8.01	7.94	7.73	7.49	7.16	7.00	6.85	6.51	6.45	6.36	7.04	7.89	7.21	6.60
H1 lead leg	R	strides	24	16	16	16	16	17	17	17	18	18	22	197			

Umemoto, Rina (JPN) (1992)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 2010 Japanese National High School Championships (Okinawa, JPN)***Matsuo (2010) - 63rd high school championships: JAF scientific committee- biomechanics data*

date	31-Jul-10	time	7.11	11.73	16.47	21.26	26.20	31.07	36.33	41.70	47.44	53.31	59.96	1 / 1			
reaction time		interval		4.62	4.74	4.79	4.94	4.87	5.26	5.37	5.74	5.87	6.65	PB	14.15	15.07	16.98
		velocity	6.33	7.58	7.38	7.31	7.09	7.19	6.65	6.52	6.10	5.96	6.02	6.67	7.42	6.97	6.18
H1 lead leg		strides		17	17	17	17	17	18	18	19	20	160				

Urbansky, Ulrike (GER) (1977)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 2007 European Cup (Munich, GER)***Graubner (2007) - http://www.fgs.uni-halle.de*

date	23-Jun-07	time	6.63	10.94	15.33	19.93	24.46	29.21	34.07	39.07	44.13	49.54	55.74	1 / 3			
reaction time	0.142	interval		4.31	4.39	4.60	4.53	4.75	4.86	5.00	5.06	5.41	6.20		13.30	14.14	15.47
		velocity	6.79	8.12	7.97	7.61	7.73	7.37	7.20	7.00	6.92	6.47	6.45	7.18	7.89	7.43	6.79
H1 lead leg		strides															

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

date	23-Aug-99	time	6.28	10.51	14.79	19.13	23.56	28.22	33.45	38.71	43.89	49.26	55.81	1 / 8			
reaction time	0.239	interval		4.23	4.28	4.34	4.43	4.66	5.23	5.26	5.18	5.37	6.55		12.85	14.32	15.81
		velocity	7.17	8.27	8.18	8.06	7.90	7.51	6.69	6.65	6.76	6.52	6.11	7.17	8.17	7.33	6.64
H1 lead leg	R	strides	23	15	15	15	15	15	17	17	17	17	20	186			

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

date	23-Aug-98	time	6.67				23.85					49.90	55.38	7 / 6			
reaction time		interval					17.18					26.05	5.48				
		velocity	6.75				8.15					6.72	7.30	7.22			
H1 lead leg	R	strides	24	15	15	15	15	15	16	16	17	17	20.5	185.5			

Heat 3 - 1995 European Junior Championships (Nyiregyhaza, HUN)*Hommel (2007) - Sprinttechnik beobachten und analysieren!*

date	28-Jul-95	time	6.95	11.27	15.67	20.24	24.95	29.86	35.18	40.62	46.04	51.66	58.02	3 / 1			
reaction time		interval		4.32	4.40	4.57	4.71	4.91	5.32	5.44	5.42	5.62	6.36		13.29	14.94	16.48
		velocity	6.47	8.10	7.95	7.66	7.43	7.13	6.58	6.43	6.46	6.23	6.29	6.89	7.90	7.03	6.37
H1 lead leg		strides															

Urcelay, Maite (ESP) (1972)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 1998 Spanish National Championships (San Sebastián, ESP)***Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas*

date	02-Aug-98	time	6.98	11.70	16.52	21.40	26.42	31.60	36.70	41.95	47.48	53.16	59.70	3 / 2			
reaction time		interval		4.72	4.82	4.88	5.02	5.18	5.10	5.25	5.53	5.68	6.54		14.42	15.30	16.46

H1 lead leg	L	velocity	6.45	7.42	7.26	7.17	6.97		6.76	6.86	6.67	6.33	6.16	6.12	6.70		7.28	6.86	6.38
		strides	23	16	16	16	16		17	17	17	18	18	21	195				
Usha, P.T. (IND) (1964)																			
Semi-Final 2 - 1984 Olympic Games (Los Angeles, CA)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<i>Arnold (1984) - 1984 olympic games - hurdles</i>																			
date	06-Aug-84	time	6.6	11.5	15.9	20.5	25.1	27.1	29.8	34.5	39.4	44.4	49.6		55.54	2 / 1			
reaction time		interval		4.90	4.40	4.60	4.60		4.70	4.70	4.90	5.00	5.20	5.94	PB		13.90	14.00	15.10
		velocity	6.82	7.14	7.95	7.61	7.61	7.38	7.45	7.45	7.14	7.00	6.73	6.73	7.20		7.55	7.50	6.95
H1 lead leg	L	strides		17	17	17					17	17	17	20.7	122.7				
Uță, Alexandra Ștefania (ROU) (2007)																			
Heat 1 - 2024 European Athletics Championships (Roma, ITA)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																			
date	09-Jun-24	time	6.93												dnf	5 / --			
reaction time	0.183	interval																	
		velocity	6.49																
H1 lead leg		strides																	
Utsunomiya, Eri (JPN) (1993)																			
FINAL - 2024 Second Belt & Road Invitational Athletics Meeting (Chongqing, CHN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<i>Shandong Athletics Sport Science (2024)</i>																			
date	29-May-24	time	6.61	11.01	15.60	20.22	25.02		30.10	35.30	40.56	45.90	51.30		57.52	6 / 3			
reaction time	0.198	interval		4.40	4.59	4.62	4.80		5.08	5.20	5.26	5.34	5.40	6.22			13.61	15.08	16.00
		velocity	6.81	7.95	7.63	7.58	7.29		6.89	6.73	6.65	6.55	6.48	6.43	6.95		7.71	6.96	6.56
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	21	187				
FINAL - 2023 Japanese National Championships (Osaka, JPN)																<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>			
date	04-Jun-23	time	6.66	11.04	15.57	20.12	24.76		29.60	34.52	39.61	44.81	50.25		56.65	6 / 2			
reaction time	0.207	interval		4.38	4.53	4.55	4.64		4.84	4.92	5.09	5.20	5.44	6.40			13.46	14.40	15.73
		velocity	6.76	7.99	7.73	7.69	7.54		7.23	7.11	6.88	6.73	6.43	6.25	7.06		7.80	7.29	6.68
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	21	187				
A FINAL - 2023 Michitaka Kinami Memorial (Osaka, JPN)																<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>			
date	06-May-23	time	6.62	10.96	15.47	20.09	24.92		30.05	35.35	40.69	46.06	51.69		58.43	5 / 3			
reaction time	0.176	interval		4.34	4.51	4.62	4.83		5.13	5.30	5.34	5.37	5.63	6.74			13.47	15.26	16.34
		velocity	6.80	8.06	7.76	7.58	7.25		6.82	6.60	6.55	6.52	6.22	5.93	6.85		7.80	6.88	6.43
H1 lead leg		strides		15	15	15	15		16	16	17	17	17	143					
B FINAL - 2023 Shizuoka International Meeting (Fukuroi, JPN)																<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>			
date	03-May-23	time	6.62	11.02	15.63	20.28	25.21		30.32	35.49	40.78	46.17	51.91		58.80	6 / 3			
reaction time	0.211	interval		4.40	4.61	4.65	4.93		5.11	5.17	5.29	5.39	5.74	6.89			13.66	15.21	16.42
		velocity	6.80	7.95	7.59	7.53	7.10		6.85	6.77	6.62	6.49	6.10	5.81	6.80		7.69	6.90	6.39
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	22	188				
FINAL - 2022 Japanese National Championships (Osaka, JPN)																<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>			
date	12-Jun-22	time	6.62	10.93	15.41	19.99	24.64		29.53	34.52	39.74	44.99	50.45		56.90	4 / 2			
reaction time	0.206	interval		4.31	4.48	4.58	4.65		4.89	4.99	5.22	5.25	5.46	6.45			13.37	14.53	15.93
		velocity	6.80	8.12	7.81	7.64	7.53		7.16	7.01	6.70	6.67	6.41	6.20	7.03		7.85	7.23	6.59
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	22	188				
FINAL - 2022 Shizuoka International Athletics Meeting (Fukuroi, JPN)																<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>			
date	03-May-22	time	6.67	10.96	15.47	20.07	24.82		29.86	34.92	40.14	45.53	51.08		57.43	9 / 2			
reaction time	0.217	interval		4.29	4.51	4.60	4.75		5.04	5.06	5.22	5.39	5.55	6.35			13.40	14.85	16.16
		velocity	6.75	8.16	7.76	7.61	7.37		6.94	6.92	6.70	6.49	6.31	6.30	6.97		7.84	7.07	6.50
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	21	187				
A Race - 2022 Michitaka Kinami Memorial (Osaka, JPN)																<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>			
date	30-Apr-22	time	6.54	10.79	15.20	19.80	24.56		29.56	34.77	40.12	45.58	51.22		57.64	4 / 2			
reaction time	0.175	interval		4.25	4.41	4.60	4.76		5.00	5.21	5.35	5.46	5.64	6.42			13.26	14.97	16.45
		velocity	6.88	8.24	7.94	7.61	7.35		7.00	6.72	6.54	6.41	6.21	6.23	6.94		7.92	7.01	6.38
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	21.5	187.5				
FINAL - 2021 Japanese National Championships (Osaka, JPN)																<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>			
date	27-Jun-21	time	6.57	10.84	15.23	19.77	24.37		29.28	34.38	39.66	45.20	50.97		57.83	4 / 2			
reaction time	0.194	interval		4.27	4.39	4.54	4.60		4.91	5.10	5.28	5.54	5.77	6.86			13.20	14.61	16.59
		velocity	6.85	8.20	7.97	7.71	7.61		7.13	6.86	6.63	6.32	6.07	5.83	6.92		7.95	7.19	6.33
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	22	188				
FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)																<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>			
date	06-Jun-21	time	6.51	10.78	15.10	19.54	24.22		29.06	34.08	39.37	44.79	50.43		57.03	5 / 1			
reaction time		interval		4.27	4.32	4.44	4.68		4.84	5.02	5.29	5.42	5.64	6.60			13.03	14.54	16.35
		velocity	6.91	8.20	8.10	7.88	7.48		7.23	6.97	6.62	6.46	6.21	6.06	7.01		8.06	7.22	6.42
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	22	188				
FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN)																<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>			
date	01-Jun-21	time	6.58	10.83	15.22	19.70	24.34		29.16	34.23	39.49	44.94	50.68		57.56	5 / 1			
reaction time	0.242	interval		4.25	4.39	4.48	4.64		4.82	5.07	5.26	5.45	5.74	6.88			13.12	14.53	16.45
		velocity	6.84	8.24	7.97	7.81	7.54		7.26	6.90	6.65	6.42	6.10	5.81	6.95		8.00	7.23	6.38
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	22	188				

FINAL - 2021 Ready Steady Tokyo (Tokyo, JPN)													<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>					
date	09-May-21	time	6.52	10.78	15.13	19.60	24.17	29.11	34.20	39.42	44.69	50.12	56.50	6 / 1				
reaction time	0.178	interval		4.26	4.35	4.47	4.57	4.94	5.09	5.22	5.27	5.43	6.38	PB	13.08	14.60	15.92	
		velocity	6.90	8.22	8.05	7.83	7.66	7.09	6.88	6.70	6.64	6.45	6.27	7.08	8.03	7.19	6.60	
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	17	21	187				
FINAL - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN)													<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>					
date	03-May-21	time	6.56	10.86	15.35	19.84	24.47	29.48	34.55	39.89	45.28	50.98	57.57	4 / 2				
reaction time	0.196	interval		4.30	4.49	4.49	4.63	5.01	5.07	5.34	5.39	5.70	6.59		13.28	14.71	16.43	
		velocity	6.86	8.14	7.80	7.80	7.56	6.99	6.90	6.55	6.49	6.14	6.07	6.95	7.91	7.14	6.39	
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	17	22	188				
FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN)													<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>					
date	24-Oct-20	time	6.61	11.01	15.48	20.09	24.92	30.15	35.52	41.01	46.66	52.39	59.32	5 / 3				
reaction time		interval		4.40	4.47	4.61	4.83	5.23	5.37	5.49	5.65	5.73	6.93		13.48	15.43	16.87	
		velocity	6.81	7.95	7.83	7.59	7.25	6.69	6.52	6.38	6.19	6.11	5.77	6.74	7.79	6.80	6.22	
H1 lead leg		strides		15	15	15	15	16	16	17	17	17	143					
FINAL - 2020 Japanese National Championships (Niigata, JPN)													<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>					
date	03-Oct-20	time	6.61	10.98	15.52	20.15	24.91	29.90	34.93	40.17	45.53	50.90	57.09	9 / 2				
reaction time	0.169	interval		4.37	4.54	4.63	4.76	4.99	5.03	5.24	5.36	5.37	6.19		13.54	14.78	15.97	
		velocity	6.81	8.01	7.71	7.56	7.35	7.01	6.96	6.68	6.53	6.52	6.46	7.01	7.75	7.10	6.57	
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	17	21	187				
FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN)													<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>					
date	20-Sep-20	time	6.76	11.14	15.67	20.35	25.31	30.41	35.67	41.04	46.40	51.85	58.12	6 / 1				
reaction time	0.260	interval		4.38	4.53	4.68	4.96	5.10	5.26	5.37	5.36	5.45	6.27		13.59	15.32	16.18	
		velocity	6.66	7.99	7.73	7.48	7.06	6.86	6.65	6.52	6.53	6.42	6.38	6.88	7.73	6.85	6.49	
H1 lead leg		strides		15	15	15	16	16	17	17	17	17	145					
FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN)													<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>					
date	23-Aug-20	time	6.62	11.03	15.60	20.30	25.29	30.31	35.45	40.97	47.01	53.12	59.86	6 / 5				
reaction time	0.190	interval		4.41	4.57	4.70	4.99	5.02	5.14	5.52	6.04	6.11	6.74		13.68	15.15	17.67	
		velocity	6.80	7.94	7.66	7.45	7.01	6.97	6.81	6.34	5.79	5.73	5.93	6.68	7.68	6.93	5.94	
H1 lead leg		strides		15	15	15	16	16	16	17	20	19	149					
FINAL - 2019 Seiko Golden Grand Prix (Osaka, JPN)													<i>Hirokawa (2019) - research on athlete performance and technique- 2019 data book</i>					
date	19-May-19	time	6.52	10.82	15.33	19.87	24.56	29.60	34.70	39.96	45.33	50.83	57.31	9 / 5				
reaction time	0.167	interval		4.30	4.51	4.54	4.69	5.04	5.10	5.26	5.37	5.50	6.48		13.35	14.83	16.13	
		velocity	6.90	8.14	7.76	7.71	7.46	6.94	6.86	6.65	6.52	6.36	6.17	6.98	7.87	7.08	6.51	
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	17	21.2	187.2				
A FINAL - 2019 Kinami Memorial (Osaka, JPN)													<i>Matsubayashi (2019) - research on athlete performance and technique- 2019 data book</i>					
date	06-May-19	time	6.52	10.83	15.30	19.90	24.69	29.75	34.82	40.05	45.40	50.79	57.05	7 / 1				
reaction time		interval		4.31	4.47	4.60	4.79	5.06	5.07	5.23	5.35	5.39	6.26		13.38	14.92	15.97	
		velocity	6.90	8.12	7.83	7.61	7.31	6.92	6.90	6.69	6.54	6.49	6.39	7.01	7.85	7.04	6.57	
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	17	21	187				
A FINAL - 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN)													<i>Kobayashi (2019) - research on athlete performance and technique- 2019 data book</i>					
date	03-May-19	time	6.52	10.81	15.28	19.85	24.69	29.71	34.87	40.26	45.81	51.72	58.68	/ 3				
reaction time		interval		4.29	4.47	4.57	4.84	5.02	5.16	5.39	5.55	5.91	6.96		13.33	15.02	16.85	
		velocity	6.90	8.16	7.83	7.66	7.23	6.97	6.78	6.49	6.31	5.92	5.75	6.82	7.88	6.99	6.23	
H1 lead leg		strides		15	15	15	15	16	16	17	17	18	144					
FINAL - 2018 National Sports Festival (Fukui, JPN)													<i>Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018</i>					
date	06-Oct-18	time	6.50	10.84	15.28	19.88	24.83	29.80	34.87	40.06	45.43	51.10	57.54	7 / 1				
reaction time	0.159	interval		4.34	4.44	4.60	4.95	4.97	5.07	5.19	5.37	5.67	6.44		13.38	14.99	16.23	
		velocity	6.92	8.06	7.88	7.61	7.07	7.04	6.90	6.74	6.52	6.17	6.21	6.95	7.85	7.00	6.47	
H1 lead leg		strides		15	15	15	16	16	17	17	17	17	145					
FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)													<i>Henson (2021) - Athlete First: 2018 year end hurdle report</i>					
date	09-Sep-18	time	6.24	10.48	14.92	19.48	24.36	29.72	34.96	40.32	45.96		58.92	7 / 8				
reaction time	0.181	interval		4.24	4.44	4.56	4.88	5.36	5.24	5.36	5.64				13.24	15.48		
		velocity	7.21	8.25	7.88	7.68	7.17	6.53	6.68	6.53	6.21		6.79		7.93	6.78		
H1 lead leg	L	strides	23	15	15	15	16	18	17		18		137					
FINAL - 2018 Japanese National Championships (Yamaguchi, JPN)													<i>Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018</i>					
date	24-Jun-18	time	6.50	10.85	15.37	20.09	25.10	30.21	35.38	40.62	45.94	51.28	57.37	6 / 1				
reaction time	0.178	interval		4.35	4.52	4.72	5.01	5.11	5.17	5.24	5.32	5.34	6.09		13.59	15.29	15.90	
		velocity	6.92	8.05	7.74	7.42	6.99	6.85	6.77	6.68	6.58	6.55	6.57	6.97	7.73	6.87	6.60	
H1 lead leg	R	strides	23	15	15	15	16	16	17	17	17	17	21	189				
Uusimäki, Hilla (FIN) (1996)																		
Heat 1 - 2024 European Athletics Championships (Roma, ITA)													<i>European Athletics (2024) - 2024 european athletics championships - results book</i>					
date	09-Jun-24	time	6.32	10.48	14.83	19.30	23.96	28.96	33.92	39.13	44.58	50.06	56.40	3 / 3				
reaction time	0.221	interval		4.16	4.35	4.47	4.66	5.00	4.96	5.21	5.45	5.48	6.34		12.98	14.62	16.14	

H1 lead leg	velocity	7.12	8.41	8.05	7.83	7.51		7.00	7.06	6.72	6.42	6.39	6.31	7.09		8.09	7.18	6.51	
	strides																		
van den Broeck, Naomi (BEL) (1996)																			
Semi-Final 1 - 2024 Olympic Games (Paris, FRA)																			
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																			
date	06-Aug-24	time	6.49	10.73	15.17	19.71	24.30		29.04	34.01	39.03	44.15	49.21		54.94	2 / 6			
reaction time	0.113	interval		4.24	4.44	4.54	4.59		4.74	4.97	5.02	5.12	5.06	5.73			13.22	14.30	15.20
		velocity	6.93	8.25	7.88	7.71	7.63		7.38	7.04	6.97	6.84	6.92	6.98	7.28		7.94	7.34	6.91
H1 lead leg	L	strides	25			17	17						19	19	22	119			
Repechage 1 - 2024 Olympic Games (Paris, FRA)																			
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																			
date	05-Aug-24	time	6.48	10.71	15.05	19.52	24.12		28.88	33.86	38.94	44.06	49.20		55.11	7 / 2			
reaction time	0.125	interval		4.23	4.34	4.47	4.60		4.76	4.98	5.08	5.12	5.14	5.91	PB		13.04	14.34	15.34
		velocity	6.94	8.27	8.06	7.83	7.61		7.35	7.03	6.89	6.84	6.81	6.77	7.26		8.05	7.32	6.84
H1 lead leg	R	strides	26	17	18	17	17		19	19	19	19	19	22.2	212.2				
Heat 1 - 2024 Olympic Games (Paris, FRA)																			
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																			
date	04-Aug-24	time	6.49	10.84	15.22	19.72	24.45		29.42	34.50	39.48	44.66	49.77		55.51	9 / 5			
reaction time	0.137	interval		4.35	4.38	4.50	4.73		4.97	5.08	4.98	5.18	5.11	5.74			13.23	14.78	15.27
		velocity	6.93	8.05	7.99	7.78	7.40		7.04	6.89	7.03	6.76	6.85	6.97	7.21		7.94	7.10	6.88
H1 lead leg	L	strides	25	16	16	17	17		18	18			19	22	168				
van der Walt, Zenéy (RSA) (2000)																			
Semi-Final 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																			
<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																			
date	22-Aug-23	time	6.70	11.11	15.48	19.82	24.42			33.93		44.21	49.51		55.49	3 / 8			
reaction time	0.212	interval		4.41	4.37	4.34	4.60			9.51		10.28	5.30	5.98			13.12	14.11	15.58
		velocity	6.72	7.94	8.01	8.06	7.61			7.36		6.81	6.60	6.69	7.21		8.00	7.44	6.74
H1 lead leg	L	strides	23	15	15	15	15					16	16	19.5	134.5				
Heat 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																			
<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																			
date	21-Aug-23	time	6.58	10.70	15.03	19.37	23.96		28.63	33.40	38.36	43.67	48.96		55.21	7 / 5			
reaction time	0.203	interval		4.12	4.33	4.34	4.59		4.67	4.77	4.96	5.31	5.29	6.25			12.79	14.03	15.56
		velocity	6.84	8.50	8.08	8.06	7.63		7.49	7.34	7.06	6.59	6.62	6.40	7.25		8.21	7.48	6.75
H1 lead leg	L	strides	23	15	15	15	15		15	15	16	16	16	19.2	180.2				
FINAL - 2022 Commonwealth Games (Birmingham, GBR) (TV Analysis)																			
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																			
date	06-Aug-22	time	6.43	10.67	14.90	19.50	24.15	26.2	29.10	33.87	38.60	43.63	48.63		54.47	6 / 3			
reaction time	0.168	interval		4.24	4.23	4.60	4.65		4.95	4.77	4.73	5.03	5.00	5.84	PB		13.07	14.37	14.76
		velocity	7.00	8.25	8.27	7.61	7.53	7.63	7.07	7.34	7.40	6.96	7.00	6.85	7.34		8.03	7.31	7.11
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	16	19	179				
Semi-Final 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																			
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																			
date	20-Jul-22	time	6.33	10.60	14.97	19.30	23.76	25.80	28.47	33.40	38.37	43.47	48.73		54.81	3 / 4			
reaction time	0.162	interval		4.27	4.37	4.33	4.46		4.71	4.93	4.97	5.10	5.26	6.08	PB		12.97	14.10	15.33
		velocity	7.11	8.20	8.01	8.08	7.85	7.75	7.43	7.10	7.04	6.86	6.65	6.58	7.30		8.10	7.45	6.85
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	16	16	19.7	180.7				
Heat 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																			
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																			
date	19-Jul-22	time	6.20	10.56	14.97	19.36	23.97	26.11	28.73	33.63	38.67	43.97	49.20		55.05	7 / 2			
reaction time	0.160	interval		4.36	4.41	4.39	4.61		4.76	4.90	5.04	5.30	5.23	5.85			13.16	14.27	15.57
		velocity	7.26	8.03	7.94	7.97	7.59	7.66	7.35	7.14	6.94	6.60	6.69	6.84	7.27		7.98	7.36	6.74
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	16	19	179				
FINAL - 2019 Doha Diamond League (Doha, QAT) (TV Analysis)																			
<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																			
date	03-May-19	time	6.54	10.88		24.52	26.5	29.36		39.54	44.91	50.35		56.45	1 / 8				
reaction time	0.167	interval		4.34		13.64		4.84		10.18	5.37	5.44	6.10						
		velocity	6.88	8.06		7.70	7.55	7.23		6.88	6.52	6.43	6.56	7.09					
H1 lead leg	L	strides	23	15				16			17	17	20.5	108.5					
FINAL - 2018 IAAF World Junior Championships (Tampere, FIN) (TV Analysis)																			
<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																			
date	13-Jul-18	time	6.50	10.66	15.03	19.40	23.96		28.66	33.53	38.66	43.80	49.16		55.34	5 / 1			
reaction time	0.206	interval		4.16	4.37	4.37	4.56		4.70	4.87	5.13	5.14	5.36	6.18			12.90	14.13	15.63
		velocity	6.92	8.41	8.01	8.01	7.68		7.45	7.19	6.82	6.81	6.53	6.47	7.23		8.14	7.43	6.72
H1 lead leg	L	strides	23	15	15	15	15		15	16	17	17	17	20.5	185.5				
Viadzernikava, Krystsina (BLR) (1983)																			
FINAL - 2007 European Cup (Munich, GER)																			
<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>																			
date	23-Jun-07	time	6.78	11.37	15.95	20.71	25.57		30.54	35.90	41.35		52.77		58.99	1 / 7			
reaction time	0.250	interval		4.59	4.58	4.76	4.86		4.97	5.36	5.45		11.42	6.22			13.93	15.19	16.87
		velocity	6.64	7.63	7.64	7.35	7.20		7.04	6.53	6.42		6.13	6.43	6.78		7.54	6.91	6.22
H1 lead leg		strides																	
Vickers, Janeene (USA) (1968)																			
FINAL - 1992 Olympic Games (Barcelona, ESP)																			
<i>Knight (1992) - 1992 Olympic report: the hurdling events</i>																			
date	05-Aug-92	time	6.4	10.5	13.8	19.2	23.6		28.1	32.8	37.6	42.6	48.0		54.31	1 / 3			
reaction time		interval		4.10	3.30	5.40	4.40		4.50	4.70	4.80	5.00	5.40	6.31			12.80	13.60	15.20
		velocity	7.03	8.54	10.61	6.48	7.95		7.78	7.45	7.29	7.00	6.48	6.34	7.37		8.20	7.72	6.91
H1 lead leg		strides																	

H1 lead leg	R	strides	23	15	15	15	15	15	15	15	15	16	16	19.7	180
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Semi-Finals 1 - 1992 Olympic Games (Barcelona, ESP)

date	03-Aug-92	time	6.62	10.80	15.08	19.41	23.96	28.61	33.39	38.34	43.51	48.65	54.67	<i>Lyle (1992) - miscellaneous coaching notes</i>			
reaction time		interval	4.18	4.28	4.33	4.55	4.65	4.78	4.95	5.17	5.14	6.02		6 / 3	12.79	13.98	15.26
		velocity	6.80	8.37	8.18	8.08	7.69	7.53	7.32	7.07	6.77	6.81	6.64	7.32	8.21	7.51	6.88
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	19	179			

Heat 3 - 1992 Olympic Games (Barcelona, ESP)

date	02-Aug-92	time	6.63	10.91	15.32	19.75	24.25	28.97	33.86	38.82	43.99	49.40	55.24	<i>Lyle (1992) - miscellaneous coaching notes</i>			
reaction time		interval	4.28	4.41	4.43	4.50	4.72	4.89	4.96	5.17	5.41	5.84		4 / 1	13.12	14.11	15.54
		velocity	6.79	8.18	7.94	7.90	7.78	7.42	7.16	7.06	6.77	6.47	6.85	7.24	8.00	7.44	6.76
H1 lead leg		strides															

FINAL - 1991 IAAF World Championships (Tokyo, JPN)

date	29-Aug-91	time	6.4	10.7	14.9	19.0	23.6	28.2	32.9	37.6	42.6	47.7	53.47	<i>Behm (1995) - la tactique du 400 haies</i>			
reaction time		interval	4.30	4.20	4.10	4.60	4.60	4.70	4.70	5.00	5.10	5.77	PB	7 / 3	12.60	13.90	14.80
		velocity	7.03	8.14	8.33	8.54	7.61	7.61	7.45	7.45	7.00	6.86	6.93	7.48	8.33	7.55	7.09
H1 lead leg	R	strides	15	15	15	15	15	15	16	16	16	16	18.7	158			

Walker, Melaine (JAM) (1983)

date	01-Sep-11	time	6.2	10.2	14.3	18.6	23.0	27.4	32.0	36.7	41.5	46.6	52.73	<i>Behm (2011) - Le quatrache: Démus enfin!</i>			
reaction time	0.219	interval	4.00	4.10	4.30	4.40	4.40	4.60	4.70	4.80	5.10	6.13		8 / 2	12.40	13.40	14.60
		velocity	7.26	8.75	8.54	8.14	7.95	7.95	7.61	7.45	7.29	6.86	6.53	7.59	8.47	7.84	7.19
H1 lead leg	R	strides	23	15	15	15	15	15	16	16	16	17	21	184			

FINAL - 2009 IAAF World Championships (Berlin, GER)

date	20-Aug-09	time	6.23	10.15	14.32	18.58	22.98	27.45	32.08	36.81	41.58	46.63	52.42	<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>			
reaction time	0.142	interval	3.92	4.17	4.26	4.40	4.47	4.63	4.73	4.77	5.05	5.79	CR / AR	4 / 1	12.35	13.50	14.55
		velocity	7.22	8.93	8.39	8.22	7.95	7.83	7.56	7.40	7.34	6.93	6.91	7.63	8.50	7.78	7.22
H1 lead leg		strides	15	15	15	15	15	15	16	16	16	17	140				

Semi-Final 1 - 2009 IAAF World Championships (Berlin, GER)

date	18-Aug-09	time	6.35	10.43	14.60	18.89	23.30	27.94	32.66	37.42	42.25	47.42	53.26	<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>			
reaction time	0.183	interval	4.08	4.17	4.29	4.41	4.64	4.72	4.76	4.83	5.17	5.84		6 / 1	12.54	13.77	14.76
		velocity	7.09	8.58	8.39	8.16	7.94	7.54	7.42	7.35	7.25	6.77	6.85	7.51	8.37	7.63	7.11
H1 lead leg		strides															

Heat 3 - 2009 IAAF World Championships (Berlin, GER)

date	17-Aug-09	time	6.33	10.39	14.65	19.06	23.70	28.52	33.41	38.59	43.91	49.16	55.17	<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>			
reaction time	0.155	interval	4.06	4.26	4.41	4.64	4.82	4.89	5.18	5.32	5.25	6.01		6 / 1	12.73	14.35	15.75
		velocity	7.11	8.62	8.22	7.94	7.54	7.26	7.16	6.76	6.58	6.67	6.66	7.25	8.25	7.32	6.67
H1 lead leg		strides															

FINAL - 2008 IAAF World Athletic Final (Stuttgart, GER)

date	14-Sep-08	time	6.61	10.67	14.81	19.20	23.73	28.39	33.07	38.03	43.00	48.19	54.06	<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>			
reaction time	0.279	interval	4.06	4.14	4.39	4.53	4.66	4.68	4.96	4.97	5.19	5.87		4 / 1	12.59	13.87	15.12
		velocity	6.81	8.62	8.45	7.97	7.73	7.51	7.48	7.06	7.04	6.74	6.81	7.40	8.34	7.57	6.94
H1 lead leg		strides															

FINAL - 2008 Olympic Games (Beijing, CHN)

date	20-Aug-08	time	6.4	10.4	14.5	18.8	23.3	27.8	32.2	36.9	41.6	46.7	52.64	<i>Behm (2008) - Pekin 2008: Le quatrache masculin - féminin</i>			
reaction time	0.236	interval	4.00	4.10	4.30	4.50	4.50	4.40	4.70	4.70	5.10	5.94	OR / AR	6 / 1	12.40	13.40	14.50
		velocity	7.03	8.75	8.54	8.14	7.78	7.78	7.95	7.45	7.45	6.86	6.73	7.60	8.47	7.84	7.24
H1 lead leg	R	strides	23	15	15	15	15	16	16	16	17	17	20.7	186			

FINAL - 2007 IAAF World Athletic Final (Stuttgart, GER)

date	23-Sep-07	time	6.75	10.96	15.25	19.64	24.14	28.68	33.36	38.28	43.25	48.50	54.31	<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>			
reaction time	0.261	interval	4.21	4.29	4.39	4.50	4.54	4.68	4.92	4.97	5.25	5.81		8 / 3	12.89	13.72	15.14
		velocity	6.67	8.31	8.16	7.97	7.78	7.71	7.48	7.11	7.04	6.67	6.88	7.37	8.15	7.65	6.94
H1 lead leg		strides															

Wallace, Latosha (USA) (1985)

date	29-Jun-08	time	6.46	10.71	15.13	19.67	24.17	28.99	34.02	39.22	44.46	49.77	55.85	<i>USATF Hurdle Development (2008)</i>			
reaction time		interval	4.25	4.42	4.54	4.50	4.82	5.03	5.20	5.24	5.31	6.08	PB	2 / 6	13.21	14.35	15.75
		velocity	6.97	8.24	7.92	7.71	7.78	7.26	6.96	6.73	6.68	6.59	6.58	7.16	7.95	7.32	6.67
H1 lead leg	R	strides	24	15	16	16	15	16	16	17	17	17	169				

Wang Chen (CHN) (1999)

date	12-Apr-19	time	7.09	11.81	16.72	21.83	27.01	32.35	37.84	43.67	49.80	56.86	63.98	<i>CAA Hurdle Development (2019)</i>			
reaction time	0.259	interval	4.72	4.91	5.11	5.18	5.34	5.49	5.83	6.13	7.06	7.12		8 / 4	14.74	16.01	19.02
		velocity	6.35	7.42	7.13	6.85	6.76	6.55	6.38	6.00	5.71	4.96	5.62	6.25	7.12	6.56	5.52
H1 lead leg	L	strides	24	17	17	17	17	17	17	18	20	21	23	208			

Heat 3 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)

CAA Hurdle Development (2019)

date	07-Apr-19	time	6.92	11.56	16.43	21.44	26.53		31.86	37.47	43.63	49.74	55.74		62.33	4 / 3			
reaction time	0.235	interval		4.64	4.87	5.01	5.09		5.33	5.61	6.16	6.11	6.00	6.59			14.52	16.03	18.27
		velocity	6.50	7.54	7.19	6.99	6.88		6.57	6.24	5.68	5.73	5.83	6.07	6.42		7.23	6.55	5.75
H1 lead leg	L	strides	24	17	17	17	17		17	17	19	19	19	22.5	205.5				

Heat 1 - 2018 Chinese National Championships (Taiyuan, CHN)

Henson (2018) - coaching observations

date	15-Sep-18	time	6.79	11.31	15.98	20.77	25.79		31.06	36.78	42.92				63.63	2 / 6			
reaction time		interval		4.52	4.67	4.79	5.02		5.27	5.72	6.14						13.98	16.01	
		velocity	6.63	7.74	7.49	7.31	6.97		6.64	6.12	5.70				6.29		7.51	6.56	
H1 lead leg	L	strides	23	17	17	17	17		17	18	19				145				

Wang Hainuo (CHN)

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

U18 FINAL - 2022 Shandong Provincial Games (Rizhao, CHN)

Shandong Athletics Sport Science (2022)

date	03-Sep-22	time	7.81	13.30	18.91	24.61	30.57		36.66	43.10	49.75	56.41	63.12		69.47	6 / 4			
reaction time	0.309	interval		5.49	5.61	5.70	5.96		6.09	6.44	6.65	6.66	6.71	6.35			16.80	18.49	20.02
		velocity	5.76	6.38	6.24	6.14	5.87		5.75	5.43	5.26	5.26	5.22	6.30	5.76		6.25	5.68	5.24
H1 lead leg	L	strides	23	17	17	17	17		17	19	19	19	19	20.5	204.5				

Wang Hongyan (CHN) (1998)

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

Heat 3 - 2021 Chinese National Championships (Chongqing, CHN)

CAA Hurdle Development (2021)

date	26-Jun-21	time	6.97	11.64	16.39	21.21	26.26		31.55	36.97	42.49	48.20	53.89		60.16	6 / 4			
reaction time	0.204	interval		4.67	4.75	4.82	5.05		5.29	5.42	5.52	5.71	5.69	6.27			14.24	15.76	16.92
		velocity	6.46	7.49	7.37	7.26	6.93		6.62	6.46	6.34	6.13	6.15	6.38	6.65		7.37	6.66	6.21
H1 lead leg	L	strides	25	16	17	17	17		18	18	18	19	19	22.7	206.7				

FINAL - 2020 Chinese National Championships (Shaoyang, CHN)

CAA Hurdle Development (2020)

date	17-Sep-20	time		11.42	16.08	20.83	25.71		30.79	36.04	41.54	47.42	53.29		60.17	8 / 5			
reaction time		interval			4.66	4.75	4.88		5.08	5.25	5.50	5.88	5.87	6.88				15.21	17.25
		velocity		7.01	7.51	7.37	7.17		6.89	6.67	6.36	5.95	5.96	5.81	6.65			6.90	6.09
H1 lead leg		strides			17				17	18	18		19	23	112				

Heat 2 - 2018 Chinese National Championships (Taiyuan, CHN)

Henson (2018) - coaching observations

date	15-Sep-18	time	7.04	11.73	16.53	21.46	26.41		31.69	37.12	42.71	48.50	54.39		60.96	7 / 4			
reaction time		interval		4.69	4.80	4.93	4.95		5.28	5.43	5.59	5.79	5.89	6.57			14.42	15.66	17.27
		velocity	6.39	7.46	7.29	7.10	7.07		6.63	6.45	6.26	6.04	5.94	6.09	6.56		7.28	6.70	6.08
H1 lead leg	L	strides	25	17	17	17	17		18	18	18	19	19	22.7	207.7				

Wang Jiahui (CHN) (2000)

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

Heat 3 - 2019 Chinese National Championships (Shenyang, CHN)

CAA Hurdle Development (2019)

date	09-Jul-19	time	6.95	11.64	16.46	21.42	26.52		31.76	37.25	42.92	48.66	54.49		60.97	7 / 5			
reaction time	0.213	interval		4.69	4.82	4.96	5.10		5.24	5.49	5.67	5.74	5.83	6.48			14.47	15.83	17.24
		velocity	6.47	7.46	7.26	7.06	6.86		6.68	6.38	6.17	6.10	6.00	6.17	6.56		7.26	6.63	6.09
H1 lead leg	R	strides	23	17	17	17	17		17	18	18	19	19	22.2	204.2				

Wang Jiaqi (CHN) (2000)

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

Heat 2 - 2021 Chinese National Championships (Chongqing, CHN)

CAA Hurdle Development (2021)

date	26-Jun-21	time	7.02	11.47	16.11	20.81	25.77		30.97	36.31	41.83	47.64	53.51		60.07	7 / 3			
reaction time	0.238	interval		4.45	4.64	4.70	4.96		5.20	5.34	5.52	5.81	5.87	6.56			13.79	15.50	17.20
		velocity	6.41	7.87	7.54	7.45	7.06		6.73	6.55	6.34	6.02	5.96	6.10	6.66		7.61	6.77	6.10
H1 lead leg	L	strides	24	17	17	17	17		17	17	18	18	18	22	202				

FINAL - 2021 Philippe Cup Athletics Invitational (Wuhan, CHN)

CAA Hurdle Development (2021)

date	20-May-21	time	7.06	11.51	16.20	20.99	25.93		31.00	36.37	42.06	48.00	54.17		61.24	2 / 5			
reaction time	0.246	interval		4.45	4.69	4.79	4.94		5.07	5.37	5.69	5.94	6.17	7.07			13.93	15.38	17.80
		velocity	6.37	7.87	7.46	7.31	7.09		6.90	6.52	6.15	5.89	5.67	5.66	6.53		7.54	6.83	5.90
H1 lead leg	R	strides	24	17	17	17	17		17	18	18	18	19		182				

U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)

CAA Hurdle Development (2019)

date	17-Aug-19	time	6.88	11.40	16.08	20.92	25.90		31.02	36.42	41.98	47.62	53.38		59.89	8 / 4			
reaction time	0.255	interval		4.52	4.68	4.84	4.98		5.12	5.40	5.56	5.64	5.76	6.51			14.04	15.50	16.96
		velocity	6.54	7.74	7.48	7.23	7.03		6.84	6.48	6.29	6.21	6.08	6.14	6.68		7.48	6.77	6.19
H1 lead leg	R	strides	24	17	17	17	17		17	18	18	18	18	22	203				

U20 Heat 2 - 2019 Chinese National Youth Games (Taiyuan, CHN)

CAA Hurdle Development (2019)

date	17-Aug-19	time	7.18	11.70	16.34	21.10	26.10		31.40	37.02	42.96	49.18	55.78		62.86	3 / 3			
reaction time	0.394	interval		4.52	4.64	4.76	5.00		5.30	5.62	5.94	6.22	6.60	7.08			13.92	15.92	18.76
		velocity	6.27	7.74	7.54	7.35	7.00		6.60	6.23	5.89	5.63	5.30	5.65	6.36		7.54	6.60	5.60
H1 lead leg	R	strides	24	17	17	17	17		18	18	19	19	21	22.5	209.5				

FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)

CAA Hurdle Development (2019)

date	12-Apr-19	time	7.20	11.74	16.42	21.24	26.46		31.88	37.50	43.34	49.20	55.24		61.96	3 / 7			
reaction time	0.300	interval		4.54	4.68	4.82	5.22		5.42	5.62	5.84	5.86	6.04	6.72			14.04	16.26	17.74
		velocity	6.25	7.71	7.48	7.26	6.70		6.46	6.23	5.99	5.97	5.79	5.95	6.46		7.48	6.46	5.92
H1 lead leg	R	strides	24	17	17	17	18		18	19	19	19	19	22.2	209.2				

Heat 5 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)

CAA Hurdle Development (2019)

date	12-Apr-19	time	7.10	11.64	16.34	21.26	26.42	31.94	37.62	43.30	49.18	55.05	61.69	3 / 1						
reaction time	0.265	interval		4.54	4.70	4.92	5.16	5.52	5.68	5.68	5.88	5.87	6.64			14.16	16.36	17.43		
		velocity	6.34	7.71	7.45	7.11	6.78	6.34	6.16	6.16	5.95	5.96	6.02	6.48		7.42	6.42	6.02		
H1 lead leg	R	strides		17	17	17	18	18	19	19	19	19	22.2	185.2						
Wang Jiuxiang (CHN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2024 Chinese National Championships (Quzhou, CHN)																<i>Shandong Athletics Sport Science (2024)</i>				
date	16-Sep-24	time	6.86	11.51	16.11	20.77	25.64	30.70	35.82	41.16	46.74	52.40	58.80	7 / 6						
reaction time	0.217	interval		4.65	4.60	4.66	4.87	5.06	5.12	5.34	5.58	5.66	6.40			13.91	15.05	16.58		
		velocity	6.56	7.53	7.61	7.51	7.19	6.92	6.84	6.55	6.27	6.18	6.25	6.80		7.55	6.98	6.33		
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21	196						
FINAL - 2024 Second Belt & Road Invitational Athletics Meeting (Chongqing, CHN)																<i>Shandong Athletics Sport Science (2024)</i>				
date	29-May-24	time	6.74	11.36	16.25	21.15	26.19	31.31	36.48	41.86	47.40	53.10	59.48	8 / 6						
reaction time	0.227	interval		4.62	4.89	4.90	5.04	5.12	5.17	5.38	5.54	5.70	6.38			14.41	15.33	16.62		
		velocity	6.68	7.58	7.16	7.14	6.94	6.84	6.77	6.51	6.32	6.14	6.27	6.72		7.29	6.85	6.32		
H1 lead leg	L	strides	23	17	17	17	17	17	17	18	18	19	22	202						
Wang Shuzhen (CHN) (2002)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)																<i>CAA Hurdle Development (2019)</i>				
date	17-Aug-19	time	7.20	12.36	17.40	22.44	27.76	33.36	39.32	45.72	52.32	59.06	67.12	3 / 7						
reaction time	0.204	interval		5.16	5.04	5.04	5.32	5.60	5.96	6.40	6.60	6.74	8.06			15.24	16.88	19.74		
		velocity	6.25	6.78	6.94	6.94	6.58	6.25	5.87	5.47	5.30	5.19	4.96	5.96		6.89	6.22	5.32		
H1 lead leg	L	strides	24	17	17	17	17	17	18	19	19	19	23	207						
Wang Xing (CHN) (1986)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2005 Chinese National Games (Nanjing, CHN)																<i>Wang (2016) - hurdle rhythm characteristic analysis and athletic training considerations</i>				
date	21-Oct-05	time	6.39	10.53	14.73	19.06	23.47	28.03	32.75	37.65	42.75	48.00	54.40	/ 2						
reaction time		interval		4.14	4.20	4.33	4.41	4.56	4.72	4.90	5.10	5.25	6.40	WJR / WYB18			12.67	13.69	15.25	
		velocity	7.04	8.45	8.33	8.08	7.94	7.68	7.42	7.14	6.86	6.67	6.25	7.35			8.29	7.67	6.89	
H1 lead leg		strides	23	15	15	15	15	16	16	16	17	17	165							
Wang Xu (CHN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
U20 FINAL - 2022 Shandong Provincial Games (Rizhao, CHN)																<i>Shandong Athletics Sport Science (2022)</i>				
date	03-Sep-22	time	7.58	12.75	18.06	23.43	28.98	34.81	40.83	47.20	53.98	60.46	67.68	1 / 8						
reaction time	0.369	interval		5.17	5.31	5.37	5.55	5.83	6.02	6.37	6.78	6.48	7.22			15.85	17.40	19.63		
		velocity	5.94	6.77	6.59	6.52	6.31	6.00	5.81	5.49	5.16	5.40	5.54	5.91		6.62	6.03	5.35		
H1 lead leg	R	strides	24	17	17	17	17	18	18	19	19	19	22	207						
Wang Yuanyuan (CHN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
U20 Heat 2 - 2019 Chinese National Youth Games (Taiyuan, CHN)																<i>CAA Hurdle Development (2019)</i>				
date	17-Aug-19	time	7.32	12.12	17.00	22.04	27.28	32.80	38.54	44.48	50.70	56.90	63.49	5 / 4						
reaction time	0.191	interval		4.80	4.88	5.04	5.24	5.52	5.74	5.94	6.22	6.20	6.59			14.72	16.50	18.36		
		velocity	6.15	7.29	7.17	6.94	6.68	6.34	6.10	5.89	5.63	5.65	6.07	6.30		7.13	6.36	5.72		
H1 lead leg	L	strides	24	17	17	17	18	18	18	19	19	19	22	208						
Warden, Christine (GBR) (1950)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1979 AAA Women's National Championships (London, GBR)																<i>Warden (1989) - sprinting and hurdling</i>				
date	28-Jul-79	time	6.7	11.1	15.5	20.1	24.5	26.7	29.3	34.1	39.3	44.5	49.8	56.06	/ 1					
reaction time		interval		4.40	4.40	4.60	4.40	4.80	4.80	5.20	5.20	5.30	6.26	NR			13.40	14.00	15.70	
		velocity	6.72	7.95	7.95	7.61	7.95	7.49	7.29	6.73	6.73	6.60	6.39	7.14		7.84	7.50	6.69		
H1 lead leg		strides	23	16	16	16	16	16	16	17	17	17	22	193						
Wasada, Mahiro (JPN) (2004)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 Japanese U20 National Championships (Osaka, JPN)																<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>				
date	04-Jun-23	time	7.06	11.75	16.42	21.22	26.14	31.40	36.84	42.26	47.90	53.64	60.13	6 / 5						
reaction time	0.197	interval		4.69	4.67	4.80	4.92	5.26	5.44	5.42	5.64	5.74	6.49			14.16	15.62	16.80		
		velocity	6.37	7.46	7.49	7.29	7.11	6.65	6.43	6.46	6.21	6.10	6.16	6.65		7.42	6.72	6.25		
H1 lead leg	L	strides	24	16	16	16	16	17	18	18	19	19	23.2	202.2						
FINAL - 2022 Japanese U20 National Championships (Osaka, JPN)																<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>				
date	12-Jun-22	time	6.99	11.61	16.33	21.22	26.28	31.53	36.95	42.61	48.57	54.60	61.34	4 / 6						
reaction time	0.175	interval		4.62	4.72	4.89	5.06	5.25	5.42	5.66	5.96	6.03	6.74			14.23	15.73	17.65		
		velocity	6.44	7.58	7.42	7.16	6.92	6.67	6.46	6.18	5.87	5.80	5.93	6.52		7.38	6.68	5.95		
H1 lead leg	L	strides	24	17	17	17	17	17	17	17	19	19	22	203						
Watkins, Simone (USA) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 3 - 2024 USA Olympic Trials (Eugene, OR)																<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>				
date	29-Jun-24	time	6.55	10.74	15.14	19.61	24.32	26.49	29.29	34.87	40.57	47.00	53.60	61.33	2 / 9					
reaction time		interval		4.19	4.40	4.47	4.71	4.97	5.58	5.70	6.43	6.60	7.73			13.06	15.26	18.73		
		velocity	6.87	8.35	7.95	7.83	7.43	7.55	7.04	6.27	6.14	5.44	5.30	5.17	6.52		8.04	6.88	5.61	
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	18	20	170						
Heat 3 - 2024 USA Olympic Trials (Eugene, OR)																<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>				
date	27-Jun-24	time	6.61	10.83	15.13	19.64	24.23	26.29	29.03	34.19	39.65	45.23	50.88	57.05	7 / 5					
reaction time		interval		4.22	4.30	4.51	4.59	4.80	5.16	5.46	5.58	5.65	6.17			13.03	14.55	16.69		
		velocity	6.81	8.29	8.14	7.76	7.63	7.61	7.29	6.78	6.41	6.27	6.19	6.48	7.01		8.06	7.22	6.29	

H1 lead leg strides

Watkins, Tawana (USA) (1984)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA) <i>USATF Women's Sprint Development (2003)</i>																		
date	22-Jun-03	time	6.59	11.08	15.80	20.42	25.31		30.44	35.62	40.97	46.23	51.90	58.38	6 / 1			
reaction time		interval		4.49	4.72	4.62	4.89		5.13	5.18	5.35	5.26	5.67	6.48		13.83	15.20	16.28
		velocity	6.83	7.80	7.42	7.58	7.16		6.82	6.76	6.54	6.65	6.17	6.17	6.85	7.59	6.91	6.45
H1 lead leg		strides																

Watson, Sage (CAN) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Prefontaine Classic (Eugene, OR) (TV Analysis) <i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																	
date	21-Aug-21	time	6.48	10.80	15.16	19.64	24.24	26.3		39.64	44.96		56.52	2 / 9			
reaction time	0.163	interval		4.32	4.36	4.48	4.60		15.40	5.32					13.16		
		velocity	6.94	8.10	8.03	7.81	7.61	7.60		6.82	6.58		7.08		7.98		
H1 lead leg	R	strides	22	15	15	15	15				16		98				

Semi-Final 1 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)

<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>																		
date	02-Aug-21	time	6.53	10.63	14.96	19.40	23.96		28.72	33.56	38.56	43.93	49.46	55.51	8 / 5			
reaction time	0.163	interval		4.10	4.33	4.44	4.56		4.76	4.84	5.00	5.37	5.53	6.05		12.87	14.16	15.90
		velocity	6.89	8.54	8.08	7.88	7.68		7.35	7.23	7.00	6.52	6.33	6.61	7.21	8.16	7.42	6.60
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	17		145				

Heat 1 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)

<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>																		
date	31-Jul-21	time	6.43	10.67	15.06	19.53	24.13		28.82	33.63	38.63	44.06	49.52	55.54	8 / 4			
reaction time	0.176	interval		4.24	4.39	4.47	4.60		4.69	4.81	5.00	5.43	5.46	6.02		13.10	14.10	15.89
		velocity	7.00	8.25	7.97	7.83	7.61		7.46	7.28	7.00	6.45	6.41	6.64	7.20	8.02	7.45	6.61
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	17	17	20	181			

FINAL - 2021 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)

<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																	
date	06-Jul-21	time	6.34		19.17	23.69		28.43	38.84	44.36	49.98		56.32	1 / 7			
reaction time	0.167	interval			12.83	4.52		4.74	10.41	5.52	5.62	6.34			12.83		
		velocity	7.10		8.18	7.74		7.38	6.72	6.34	6.23	6.31	7.10		8.18		
H1 lead leg	R	strides				15		15			17	17	64				

FINAL - 2021 Bislett Games (Oslo, NOR) (TV Analysis)

<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																	
date	01-Jul-21	time	6.44	10.60	14.88	23.76		28.52	33.48	38.56	44.04	49.84		56.52	8 / 7		
reaction time	0.204	interval		4.16	4.28	8.88		4.76	4.96	5.08	5.48	5.80	6.68				16.36
		velocity	6.99	8.41	8.18	7.88		7.35	7.06	6.89	6.39	6.03	5.99	7.08			6.42
H1 lead leg	R	strides	22	15	15	16		16	16	16	17	18	20.5	171.5			

FINAL - 2020 Bauhaus Galan (Stockholm, SWE) (TV Analysis)

<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>																		
date	23-Aug-20	time	6.40	10.67	15.00	19.40	23.97	26.0	28.87	33.93	39.03	44.47	50.07	56.31	3 / 5			
reaction time	0.208	interval		4.27	4.33	4.40	4.57		4.90	5.06	5.10	5.44	5.60	6.24		13.00	14.53	16.14
		velocity	7.03	8.20	8.08	7.95	7.66	7.69	7.14	6.92	6.86	6.43	6.25	6.41	7.10	8.08	7.23	6.51
H1 lead leg	R	strides	21	15		15		16	16	16	17	17	20	168				

FINAL - 2020 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)

<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>																		
date	19-Aug-20	time	6.40	10.60	14.92	19.36	23.92		28.72	33.76	39.00	44.52	50.04	56.29	5 / 3			
reaction time	0.199	interval		4.20	4.32	4.44	4.56		4.80	5.04	5.24	5.52	5.52	6.25		12.96	14.40	16.28
		velocity	7.03	8.33	8.10	7.88	7.68		7.29	6.94	6.68	6.34	6.34	6.40	7.11	8.10	7.29	6.45
H1 lead leg	R	strides	22	15	15	15	15		16	16	16	17	17	20	184			

FINAL - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)

<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																		
date	04-Oct-19	time	6.27	10.48	14.75	19.12	23.66		28.26	33.06	38.07	43.24	48.61	54.82	7 / 8			
reaction time	0.186	interval		4.21	4.27	4.37	4.54		4.60	4.80	5.01	5.17	5.37	6.21		12.85	13.94	15.55
		velocity	7.18	8.31	8.20	8.01	7.71		7.61	7.29	6.99	6.77	6.52	6.44	7.30	8.17	7.53	6.75
H1 lead leg	R	strides	22	15	15	15	15		15	15	16		17	20	165			

Semi-Final 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)

<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																	
date	02-Oct-19	time	6.34	10.51	14.71	23.59		28.16	33.03	37.97	43.13	48.35		54.32	4 / 2		
reaction time	0.183	interval		4.17	4.20	8.88		4.57	4.87	4.94	5.16	5.22	5.97	NR PB			15.32
		velocity	7.10	8.39	8.33	7.88		7.66	7.19	7.09	6.78	6.70	6.70	7.36			6.85
H1 lead leg	R	strides	22	15	15			15	16	16	16	16	20	151			

FINAL - 2019 Pan American Games (Lima, PER) (TV Analysis)

<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																	
date	08-Aug-19	time	6.34	10.52	14.76	19.10		28.20	33.03	38.13	43.33	48.82		55.16	6 / 1		
reaction time	0.220	interval		4.18	4.24	4.34		9.10	4.83	5.10	5.20	5.49	6.34		12.76	13.93	15.79
		velocity	7.10	8.37	8.25	8.06		7.69	7.25	6.86	6.73	6.38	6.31	7.25	8.23	7.54	6.65
H1 lead leg	L	strides	22	15	15	15			15	16	16	17	20	151			

FINAL - 2019 Müller Anniversary Games (London, GBR) (TV Analysis)

<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																		
date	21-Jul-19	time	6.40	10.56	14.80	19.12	23.52		28.20	33.08	38.20	43.60	49.12	55.32	9 / 7			
reaction time	0.180	interval		4.16	4.24	4.32	4.40		4.68	4.88	5.12	5.40	5.52	6.20		12.72	13.96	16.04
		velocity	7.03	8.41	8.25	8.10	7.95		7.48	7.17	6.84	6.48	6.34	6.45	7.23	8.25	7.52	6.55
H1 lead leg	R	strides	22	15	15	15	15			16	16	17	17	20	168			

FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)*Henson (2020) - Athlete First: 2019 year end hurdle report*

date	06-Jun-19	time	6.52	10.80	15.20	19.72	24.32	29.00	33.92	38.96	44.20	49.60	55.71	1 / 7			
reaction time	0.171	interval		4.28	4.40	4.52	4.60	4.68	4.92	5.04	5.24	5.40	6.11		13.20	14.20	15.68
		velocity	6.90	8.18	7.95	7.74	7.61	7.48	7.11	6.94	6.68	6.48	6.55	7.18	7.95	7.39	6.70
H1 lead leg	R	strides	22	15	15	15	15	15	16	16	16	17	19.7	181.7			

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

date	30-Aug-18	time	6.52	10.80	15.08	23.96	26.0	28.56	33.44	43.84	55.57	8 / 7			
reaction time	0.184	interval		4.28	4.28	8.88		4.60	4.88	10.40					
		velocity	6.90	8.18	8.18	7.88	7.69	7.61	7.17	6.73	7.20				
H1 lead leg	R	strides	22	15	15			15	16		83				

FINAL - 2018 Müller Grand Prix (Birmingham, GBR) (TV Analysis)*Henson (2020) - Athlete First: 2018 year end hurdle report*

date	18-Aug-18	time	6.50	10.84	15.41	19.99	24.79	29.76	34.83	40.07	45.44	57.11	8 / 5			
reaction time	0.174	interval		4.34	4.57	4.58	4.80	4.97	5.07	5.24	5.37			13.49	14.84	
		velocity	6.92	8.06	7.66	7.64	7.29	7.04	6.90	6.68	6.52	7.00		7.78	7.08	
H1 lead leg	R	strides	21	15	16	16		16	16	17	17	134				

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

date	21-Jul-18	time	6.44	10.72	15.04	19.44	24.00	28.80	33.82	38.88	44.20	49.80	56.21	2 / 8			
reaction time	0.174	interval		4.28	4.32	4.40	4.56	4.80	5.02	5.06	5.32	5.60	6.41		13.00	14.38	15.98
		velocity	6.99	8.18	8.10	7.95	7.68	7.29	6.97	6.92	6.58	6.25	6.24	7.12	8.08	7.30	6.57
H1 lead leg	R	strides	22	15	15	15	15	16	16	16	17	17	20	184			

FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis)*Henson (2020) - Athlete First: 2018 year end hurdle report*

date	07-Jun-18	time	6.36	10.56	14.88	24.00	26.0	28.68	33.64	38.64	43.68	48.84	54.55	1 / 3			
reaction time	0.162	interval		4.20	4.32	9.12		4.68	4.96	5.00	5.04	5.16	5.71			15.20	
		velocity	7.08	8.33	8.10	7.68	7.69	7.48	7.06	7.00	6.94	6.78	7.01	7.33		6.91	
H1 lead leg	R	strides	22	15	15			15	16	16	16	16	19	150			

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

date	26-May-18	time	6.56	10.72	14.96	19.36	23.92		33.52	38.52	43.68	49.00	54.81	7 / 4			
reaction time	0.199	interval		4.16	4.24	4.40	4.56		9.60	5.00	5.16	5.32	5.81		12.80	14.16	15.48
		velocity	6.86	8.41	8.25	7.95	7.68		7.29	7.00	6.78	6.58	6.88	7.30	8.20	7.42	6.78
H1 lead leg	R	strides	22	15	15	15	15			16	16	17	19.2	150.2			

FINAL - 2018 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)*Henson (2020) - Athlete First: 2018 year end hurdle report*

date	12-May-18	time	6.44	10.68	15.00	19.44	23.96	28.64	33.44	38.44	43.72	49.12	55.23	7 / 3			
reaction time	0.180	interval		4.24	4.32	4.44	4.52	4.68	4.80	5.00	5.28	5.40	6.11		13.00	14.00	15.68
		velocity	6.99	8.25	8.10	7.88	7.74	7.48	7.29	7.00	6.63	6.48	6.55	7.24	8.08	7.50	6.70
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	17	17	162				

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

date	10-Aug-17	time	6.20	10.32	14.48	18.76	23.16	27.72	32.40	37.52	42.80	48.44	54.92	8 / 6			
reaction time	0.172	interval		4.12	4.16	4.28	4.40	4.56	4.68	5.12	5.28	5.64	6.48		12.56	13.64	16.04
		velocity	7.26	8.50	8.41	8.18	7.95	7.68	7.48	6.84	6.63	6.21	6.17	7.28	8.36	7.70	6.55
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	17	20	181			

Watson, Vanessa (USA) (2001)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****Heat 1 - 2024 USA Olympic Trials (Eugene, OR)***USATF and Karmarush (2024) - USA Olympic trials results and race analysis*

date	27-Jun-24	time	6.47	10.70	15.19	19.81	24.62	26.80	29.59	34.80	40.36	46.15	52.42	60.22	7 / 7			
reaction time		interval		4.23	4.49	4.62	4.81		4.97	5.21	5.56	5.79	6.27	7.80		13.34	14.99	17.62
		velocity	6.96	8.27	7.80	7.58	7.28	7.46	7.04	6.72	6.29	6.04	5.58	5.13	6.64	7.87	7.00	5.96
H1 lead leg	R	strides	24	16	16	16	16		17	17	17	18	19	176				

Semi-Final 2 - 2022 USATF National Championships (Eugene, OR) (TV Analysis)*USATF (2022) - Results powered by Karmarush*

date	24-Jun-22	time	6.57	10.90	15.40	20.20	25.20	27.46	30.27	35.40	40.84	46.22	51.75	58.67	58.67	9 / 7		
reaction time		interval		4.33	4.50	4.80	5.00		5.07	5.13	5.44	5.38	5.53	6.92		13.63	15.20	16.35
		velocity	6.85	8.08	7.78	7.29	7.00	7.28	6.90	6.82	6.43	6.51	6.33	5.78	6.82	7.70	6.91	6.42
H1 lead leg	R	strides	24	16	16	16	17		17	17	17		140					

Wehrsen, Claudia (GER) (1984)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****Heat 2 - 2009 German National Championships (Ulm, GER)***Killing (2009) - der rhythmus is entscheidend*

date	04-Jul-09	time	6.77	11.07	15.52	20.12	24.88	29.97	35.20	40.63	46.13	51.74	58.07	1 / 1				
reaction time	0.230	interval		4.30	4.45	4.60	4.76		5.09	5.23	5.43	5.50	6.33		13.35	15.08	16.54	
		velocity	6.65	8.14	7.87	7.61	7.35		6.88	6.69	6.45	6.36	6.24	6.32	6.89	7.87	6.96	6.35
H1 lead leg		strides		15	15	15	15		16	16	17	17	17	170				

Weinstein, Erika (FRG) (1950)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****FINAL - 1973 DLV-Test (Frankfurt-am-Main, FRG)***Keydel (1973) - 400m Hürden test der frauen vom 26. bis 28.7.1973*

date	28-Jul-73	time	6.7	11.4	16.1	21.1	26.0	31.0	36.2	41.3	46.6	52.4	58.7	1 / 1				
reaction time		interval		4.73	4.69	4.98	4.84		5.09	5.12	5.12	5.35	5.81	6.22	NR	14.40	15.05	16.28
		velocity	6.71	7.40	7.46	7.03	7.23		6.88	6.84	6.84	6.54	6.02	6.43	6.82	7.29	6.98	6.45
H1 lead leg		strides	23	17	17	17	17		17	17	17	9	19	170				

Wender, Gisèle (GER) (2001)**H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10****Heat 3 - 2022 European Athletics Championships (Munich, GER)***European Athletics (2022) - european athletics championships race analysis*

date	17-Aug-22	time	6.80	11.26	15.59	20.05	24.70	26.80	29.50	34.54	39.96	45.30	50.80	57.09	2 / 4			
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reaction time	0.229	interval	4.46	4.33	4.46	4.65		4.80	5.04	5.42	5.34	5.50	6.29			13.25	14.49	16.26	
		velocity	6.62	7.85	8.08	7.85	7.53	7.46	7.29	6.94	6.46	6.55	6.36	6.36	7.01		7.92	7.25	6.46
H1 lead leg	R	strides	24	16		16		16	17	17	17	17	20.5	160.5					
Westén, Monica (SWE) (1966)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1990 European Championships (Split, YUG)																<i>Behm (1995) - la tactique du 400 haies</i>			
date	31-Aug-90	time	6.7	10.9	15.3		24.2		33.6	38.5	43.5	48.6			54.75		1/3		
reaction time		interval		4.20	4.40		8.90		9.40	4.90	5.00	5.10	6.15						15.00
		velocity	6.72	8.33	7.95		7.87		7.45	7.14	7.00	6.86	6.50	7.31					7.00
H1 lead leg		strides	15	15	15		15		15	15	16	16		137					
White, Yvette (USA) (1977)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 USATF National Junior Championships (Delaware, OH)																<i>USATF Women's Sprint Development (1996)</i>			
date	29-Jun-96	time	7.11	11.81	16.61	21.42	26.24		31.36	36.60	42.14	47.76	53.59		60.39		7/5		
reaction time		interval		4.70	4.80	4.81	4.82		5.12	5.24	5.54	5.62	5.83	6.80					14.31
		velocity	6.33	7.45	7.29	7.28	7.26		6.84	6.68	6.32	6.23	6.00	5.88	6.62				7.34
H1 lead leg		strides																	6.18
Whyte, Rhonda (JAM) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Prefontaine Classic (Eugene, OR) (TV Analysis)																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>			
date	21-Aug-21	time	6.44	10.72	15.08	19.60	24.36	26.4	29.32	34.36	39.36	44.52			55.57		7/7		
reaction time	0.153	interval		4.28	4.36	4.52	4.76		4.96	5.04	5.00	5.16							13.16
		velocity	6.99	8.18	8.03	7.74	7.35	7.58	7.06	6.94	7.00	6.78			7.20				7.98
H1 lead leg	L	strides	23	15	15	15	16		16	16	17			133					7.11
FINAL - 2017 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis)																<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>			
date	16-Jul-17	time	6.52	10.80	15.24	19.68	24.36		29.28	34.40	39.64	44.84	50.08		56.00		3/8		
reaction time	0.146	interval		4.28	4.44	4.44	4.68		4.92	5.12	5.24	5.20	5.24	5.92					13.16
		velocity	6.90	8.18	7.88	7.88	7.48		7.11	6.84	6.68	6.73	6.68	6.76	7.14				7.98
H1 lead leg	L	strides	23	15	15	15	15		16	17	17	16	17	19.7	185.7				6.70
Williams, Schowonda (USA) (1966)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1988 Olympic Games (Seoul, KOR)																<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>			
date	26-Sep-88	time	6.44	10.64	14.95	19.40	24.09		28.90	33.74	38.80	44.14	49.90		56.71		8/7		
reaction time	0.157	interval		4.20	4.31	4.45	4.69		4.81	4.84	5.06	5.34	5.76	6.81					12.96
		velocity	6.99	8.33	8.12	7.87	7.46		7.28	7.23	6.92	6.55	6.08	5.87	7.05				8.10
H1 lead leg		strides	24	16	16	16	17		17	17	18	18	18	22.9	199.9				6.50
Williams, Tiffany (USA) (1983)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Doha Diamond League (Doha, QAT) (TV Analysis)																<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>			
date	06-May-16	time	6.52	10.68	15.00	19.44	24.08		28.80	33.68	38.72	44.00	49.68		56.57		8/7		
reaction time	0.225	interval		4.16	4.32	4.44	4.64		4.72	4.88	5.04	5.28	5.68	6.89					12.92
		velocity	6.90	8.41	8.10	7.88	7.54		7.42	7.17	6.94	6.63	6.16	5.81	7.07				8.13
H1 lead leg	L	strides	24	15	15	15	16		16	17	17	17	18	22	192				6.56
FINAL - 2009 IAAF World Championships (Berlin, GER)																<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>			
date	20-Aug-09	time	6.31	10.34	14.45	18.68	22.96		27.45	32.27	37.09	42.21	47.53		53.83		2/5		
reaction time	0.161	interval		4.03	4.11	4.23	4.28		4.49	4.82	4.82	5.12	5.32	6.30					12.37
		velocity	7.13	8.68	8.52	8.27	8.18		7.80	7.26	7.26	6.84	6.58	6.35	7.43				8.49
H1 lead leg		strides		15	15	15	15		15	16	16	17	17		141				6.88
Semi-Final 2 - 2009 IAAF World Championships (Berlin, GER)																<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>			
date	18-Aug-09	time	6.46	10.65	14.92	19.29	23.75		28.53	33.29	38.28	43.42	48.69		54.79		5/3		
reaction time	0.167	interval		4.19	4.27	4.37	4.46		4.78	4.76	4.99	5.14	5.27	6.10					12.83
		velocity	6.97	8.35	8.20	8.01	7.85		7.32	7.35	7.01	6.81	6.64	6.56	7.30				8.18
H1 lead leg		strides																	6.82
Heat 4 - 2009 IAAF World Championships (Berlin, GER)																<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>			
date	17-Aug-09	time	6.38	10.51	14.69	18.95	23.61		28.29	33.27	38.23	43.47	48.94		55.24		7/2		
reaction time	0.163	interval		4.13	4.18	4.26	4.66		4.68	4.98	4.96	5.24	5.47	6.30					12.57
		velocity	7.05	8.47	8.37	8.22	7.51		7.48	7.03	7.06	6.68	6.40	6.35	7.24				8.35
H1 lead leg		strides																	6.70
FINAL - 2008 IAAF World Athletic Final (Stuttgart, GER)																<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>			
date	14-Sep-08	time	6.57	10.84	15.23	19.71	24.25		29.13	33.95	38.94	44.09	49.33		55.16		3/3		
reaction time	0.151	interval		4.27	4.39	4.48	4.54		4.88	4.82	4.99	5.15	5.24	5.83					13.14
		velocity	6.85	8.20	7.97	7.81	7.71		7.17	7.26	7.01	6.80	6.68	6.86	7.25				7.99
H1 lead leg		strides																	6.83
FINAL - 2008 Olympic Games (Beijing, CHN)																<i>Behm (2008) - Pekin 2008: Le quatrache masculin - féminin</i>			
date	20-Aug-08	time	6.3	10.4	14.7	19.0	23.7		28.3	33.1	38.3	43.7	49.3		57.55		8/8		
reaction time	0.236	interval		4.10	4.30	4.30	4.70		4.60	4.80	5.20	5.40	5.60	8.25					12.70
		velocity	7.14	8.54	8.14	8.14	7.45		7.61	7.29	6.73	6.48	6.25	4.85	6.95				8.27
H1 lead leg	L	strides	22	15	15	15	16		16	16	17	18		150					6.48
FINAL - 2008 USA Olympic Trials (Eugene, OR)																<i>USATF Hurdle Development (2008)</i>			
date	29-Jun-08	time	6.52	10.68	14.96	19.14	23.42		28.04	32.72	37.68	42.71	47.96		54.03		5/1		

reaction time	interval	4.16	4.28	4.18	4.28		4.62	4.68	4.96	5.03	5.25	6.07		12.62	13.58	15.24		
	velocity	6.90	8.41	8.18	8.37	8.18	7.58	7.48	7.06	6.96	6.67	6.59	7.40	8.32	7.73	6.89		
H1 lead leg	L	strides	24	15	15	15	16	16	17	17	17	17	167					
FINAL - 2007 IAAF World Athletic Final (Stuttgart, GER)													<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>					
date	23-Sep-07	time	6.57	10.82	15.10	19.44	23.92	28.52	33.44	38.34	43.51	48.84	55.01	5 / 5				
reaction time	0.273	interval	4.25	4.28	4.34	4.48	4.60	4.92	4.90	5.17	5.33	6.17		12.87	14.00	15.40		
		velocity	6.85	8.24	8.18	8.06	7.81	7.61	7.11	7.14	6.77	6.57	6.48	7.27	8.16	7.50	6.82	
H1 lead leg		strides																
FINAL - 2007 IAAF World Championships (Osaka, JPN)													<i>Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers</i>					
date	30-Aug-07	time	6.32	10.31	14.38	18.52	23.06	27.55	32.32	37.22	42.33	47.90	54.63	9 / 7				
reaction time	0.171	interval	3.99	4.07	4.14	4.54	4.49	4.77	4.90	5.11	5.57	6.73		12.20	13.80	15.58		
		velocity	7.12	8.77	8.60	8.45	7.71	7.80	7.34	7.14	6.85	6.28	5.94	7.32	8.61	7.61	6.74	
H1 lead leg	L	strides	24	15	15	15	16	16	17	17	17	17	21.5	191				
Williams, Tonya (USA) (1974)																		
FINAL - 1996 USA Olympic Trials (Atlanta, GA)													<i>USATF Women's Sprint Development (1996)</i>					
date	16-Jun-96	time	6.20	10.38	14.71	19.25	23.83	25.79	28.60	33.58	38.68	44.07	55.94	1 / 6				
reaction time		interval	4.18	4.33	4.54	4.58	4.77	4.98	5.10	5.39				13.05	14.33			
		velocity	7.26	8.37	8.08	7.71	7.64	7.75	7.34	7.03	6.86	6.49	7.15	8.05	7.33			
H1 lead leg	L	strides	23	15	15	15	15	16	16	16	17	17	19.5	183.5				
Williams, Trevaia (USA) (1968)																		
FINAL - 1996 USA Olympic Trials (Atlanta, GA)													<i>USATF Women's Sprint Development (1996)</i>					
date	16-Jun-96	time	6.47	10.51	14.85	19.28	23.78	25.21	28.48	33.31	38.28	43.37	48.55	54.87	7 / 4			
reaction time		interval	4.04	4.34	4.43	4.50	4.70	4.83	4.97	5.09	5.18	6.32	PB	12.81	14.03	15.24		
		velocity	6.96	8.66	8.06	7.90	7.78	7.93	7.45	7.25	7.04	6.88	6.76	6.33	7.29	8.20	7.48	6.89
H1 lead leg	L	strides	23	15	15	15	15	15	16	16	16	16	19.5	181.5				
Wilson, Britton (USA) (2000)																		
FINAL - 2023 NCAA Championships (Austin, TX) (TV Analysis)													<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>					
date	10-Jun-23	time	6.87	11.14	15.58	20.09	24.69	29.33	34.27	39.34	44.51	49.75	55.92	6 / 7				
reaction time		interval	4.27	4.44	4.51	4.60	4.64	4.94	5.07	5.17	5.24	6.17		13.22	14.18	15.48		
		velocity	6.55	8.20	7.88	7.76	7.61	7.54	7.09	6.90	6.77	6.68	6.48	7.15	7.94	7.40	6.78	
H1 lead leg	R	strides	23	15	15	15	15	15	16	16	16	16	162					
FINAL - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>					
date	22-Jul-22	time	6.46	10.70	15.00	19.47	23.87	25.60	33.07	37.90	42.97	48.13	54.02	1 / 5				
reaction time	0.141	interval	4.24	4.30	4.47	4.40		9.20	4.83	5.07	5.16	5.89		13.01	13.60	15.06		
		velocity	6.97	8.25	8.14	7.83	7.95	7.81	7.61	7.25	6.90	6.78	6.79	7.40	8.07	7.72	6.97	
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	16	130					
Semi-Final 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>					
date	20-Jul-22	time	6.47	10.70	15.07	19.40	24.00	26.19	28.67	33.33	38.10	42.93	47.97	53.72	5 / 4			
reaction time	0.159	interval	4.23	4.37	4.33	4.60	4.67	4.66	4.77	4.83	5.04	5.75		12.93	13.93	14.64		
		velocity	6.96	8.27	8.01	8.08	7.61	7.64	7.49	7.51	7.34	7.25	6.94	6.96	7.45	8.12	7.54	7.17
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	15	16	18.2	177.2				
Heat 5 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>					
date	19-Jul-22	time	6.56	10.80	15.20	19.56	24.12	25.98	28.77	38.50	43.66	48.80	54.54	4 / 1				
reaction time	0.154	interval	4.24	4.40	4.36	4.56	4.65		9.73	5.16	5.14	5.74		13.00				
		velocity	6.86	8.25	7.95	8.03	7.68	7.70	7.53	7.19	6.78	6.81	6.97	7.33	8.08			
H1 lead leg	R	strides	23	15	15	15	15	15		16	16	18	148					
FINAL - 2022 USATF National Championships (Eugene, OR) (TV Analysis)													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>					
date	25-Jun-22	time	6.57	10.57	14.75	19.01	23.42	25.14	27.96	32.53	37.20	42.14	47.38	53.08	6 / 2			
reaction time		interval	4.00	4.18	4.26	4.41	4.54	4.57	4.67	4.94	5.24	5.70	PB	12.44	13.52	14.85		
		velocity	6.85	8.75	8.37	8.22	7.94	7.96	7.71	7.66	7.49	7.09	6.68	7.02	7.54	8.44	7.77	7.07
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	160					
Semi-Final 2 - 2022 USATF National Championships (Eugene, OR) (TV Analysis)													<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>					
date	24-Jun-22	time	6.70	10.96	15.40	19.93	24.70	26.66	29.50	34.36	39.40	44.43	49.56	55.32	6 / 1			
reaction time		interval	4.26	4.44	4.53	4.77	4.80	4.86	5.04	5.03	5.13	5.76		13.23	14.43	15.20		
		velocity	6.72	8.22	7.88	7.73	7.34	7.50	7.29	7.20	6.94	6.96	6.82	6.94	7.23	7.94	7.28	6.91
H1 lead leg	L	strides	24	16	16	16	16	16	16	16	16	16	18.5	186.5				
Wilson, Nickiesha (JAM) (1986)																		
FINAL - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis)													<i>Henson (2021) - Athlete First: major championships report</i>					
date	15-Aug-13	time	6.34	10.54	14.77	19.19	23.88	28.69		38.84	44.31	50.11	57.34	2 / 7				
reaction time	0.276	interval	4.20	4.23	4.42	4.69	4.81		10.15	5.47	5.80	7.23		12.85				
		velocity	7.10	8.33	8.27	7.92	7.46	7.28		6.90	6.40	6.03	5.53	6.98	8.17			
H1 lead leg	L	strides	23	15	15	16	16	16		17	17	21	156					
Semi-Final 3 - 2009 IAAF World Championships (Berlin, GER)													<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>					
date	18-Aug-09	time	6.37	10.40	14.54	18.92	23.53	28.25	33.07	38.04	43.28	48.78	54.89	3 / 3				
reaction time	0.247	interval	4.03	4.14	4.38	4.61	4.72	4.82	4.97	5.24	5.50	6.11		12.55	14.15	15.71		

H1 lead leg	L	velocity	7.06	8.68	8.45	7.99	7.59		7.42	7.26	7.04	6.68	6.36	6.55	7.29		8.37	7.42	6.68
		strides	23	15	15	15	16		16	16	16	16	17	20	185				
Heat 2 - 2009 IAAF World Championships (Berlin, GER)																			
<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																			
date	17-Aug-09	time	6.31	10.29	14.43	18.75	23.28		28.07	32.92	37.92	43.30	48.93		55.37		2 / 1		
reaction time	0.173	interval		3.98	4.14	4.32	4.53		4.79	4.85	5.00	5.38	5.63	6.44			12.44	14.17	16.01
		velocity	7.13	8.79	8.45	8.10	7.73		7.31	7.22	7.00	6.51	6.22	6.21	7.22		8.44	7.41	6.56
H1 lead leg		strides																	
FINAL - 2007 IAAF World Championships (Osaka, JPN)																			
<i>Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers</i>																			
date	30-Aug-07	time	6.36	10.43	14.67	18.97	23.41		27.96	32.73	37.65	42.72	48.04		54.10		4 / 4		
reaction time	0.193	interval		4.07	4.24	4.30	4.44		4.55	4.77	4.92	5.07	5.32	6.06			12.61	13.76	15.31
		velocity	7.08	8.60	8.25	8.14	7.88		7.69	7.34	7.11	6.90	6.58	6.60	7.39		8.33	7.63	6.86
H1 lead leg	L	strides	23	15	15	15	15		15	15	16	16	17	20	182				
Semi-Final 3 - 2007 IAAF World Championships (Osaka, JPN)																			
<i>Shaver (2008) - hurdle training</i>																			
date	28-Aug-07	time	6.40	10.47	14.74	19.11	23.52		28.12	32.96	37.84	42.81	48.04		53.97		7 / 2		
reaction time	0.284	interval		4.07	4.27	4.37	4.41		4.60	4.84	4.88	4.97	5.23	5.93	PB		12.71	13.85	15.08
		velocity	7.03	8.60	8.20	8.01	7.94		7.61	7.23	7.17	7.04	6.69	6.75	7.41		8.26	7.58	6.96
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	17	17	20.2	184.2				
Wilson, Simone (USA) (1998)																			
Heat 1 - 2022 USATF National Championships (Eugene, OR)																			
<i>USATF (2022) - Results powered by Karmarush</i>																			
date	24-Jun-22	time	7.11	11.53	16.09	20.88	25.80	28.06	31.03	36.59	42.22	48.07	53.77	60.20	60.20		8 / 7		
reaction time		interval		4.42	4.56	4.79	4.92		5.23	5.56	5.63	5.85	5.70	6.43			13.77	15.71	17.18
		velocity	6.33	7.92	7.68	7.31	7.11	7.13	6.69	6.29	6.22	5.98	6.14	6.22	6.64		7.63	6.68	6.11
H1 lead leg	R	strides	25	16	16	16	16		17	17				123					
Wilson, Tyra (USA) (2002)																			
Heat 4 - 2024 USA Olympic Trials (Eugene, OR)																			
<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																			
date	27-Jun-24	time	6.62	10.91	15.30	19.69	24.20	26.32	29.08	34.45	39.96	45.81	52.11		60.33		3 / 6		
reaction time		interval		4.29	4.39	4.39	4.51		4.88	5.37	5.51	5.85	6.30	8.22			13.07	14.76	17.66
		velocity	6.80	8.16	7.97	7.97	7.76	7.60	7.17	6.52	6.35	5.98	5.56	4.87	6.63		8.03	7.11	5.95
H1 lead leg	L	strides	24	16	15	15	15		17	17	17	17	19	172					
Wise, Deshae (USA) (1999)																			
Semi-Final 3 - 2024 USA Olympic Trials (Eugene, OR)																			
<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																			
date	29-Jun-24	time	6.54	10.92	15.15	19.69	24.28	26.31	28.93	33.83	38.93	44.22	49.61		55.63		9 / 4		
reaction time		interval		4.38	4.23	4.54	4.59		4.65	4.90	5.10	5.29	5.39	6.02			13.15	14.14	15.78
		velocity	6.88	7.99	8.27	7.71	7.63	7.60	7.53	7.14	6.86	6.62	6.49	6.64	7.19		7.98	7.43	6.65
H1 lead leg	L	strides		16	16	16	16		16	16	16	17	17	19.7	165.7				
Heat 2 - 2024 USA Olympic Trials (Eugene, OR)																			
<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																			
date	27-Jun-24	time	6.68	11.01	15.44	19.98	24.51	26.57	29.19	34.26	39.64	45.04	50.57		56.84		4 / 4		
reaction time		interval		4.33	4.43	4.54	4.53		4.68	5.07	5.38	5.40	5.53	6.27			13.30	14.28	16.31
		velocity	6.74	8.08	7.90	7.71	7.73	7.53	7.48	6.90	6.51	6.48	6.33	6.38	7.04		7.89	7.35	6.44
H1 lead leg		strides																	
Semi-Final 2 - 2022 USATF National Championships (Eugene, OR) (TV Analysis)																			
<i>USATF (2022) - Results powered by Karmarush</i>																			
date	24-Jun-22	time	6.49	10.79	15.21	19.88	24.83	26.91	29.86	35.02	40.60	46.34	52.22	59.42	59.42		8 / 8		
reaction time		interval		4.30	4.42	4.67	4.95		5.03	5.16	5.58	5.74	5.88	7.20			13.39	15.14	17.20
		velocity	6.93	8.14	7.92	7.49	7.07	7.43	6.96	6.78	6.27	6.10	5.95	5.56	6.73		7.84	6.94	6.10
H1 lead leg	R	strides	24	16	16	16	16		16	17	17			138					
Woodruff, Gianna (PAN) (1993)																			
Repechage 2 - 2024 Olympic Games (Paris, FRA)																			
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																			
date	05-Aug-24	time	6.47	10.58	14.88	19.25	23.81		28.53	33.46	38.57	43.76	48.96		55.10		2 / 3		
reaction time	0.197	interval		4.11	4.30	4.37	4.56		4.72	4.93	5.11	5.19	5.20	6.14			12.78	14.21	15.50
		velocity	6.96	8.52	8.14	8.01	7.68		7.42	7.10	6.85	6.74	6.73	6.51	7.26		8.22	7.39	6.77
H1 lead leg	L	strides	22	14	14	14	14		15	15	16	16	16	19	175				
Heat 2 - 2024 Olympic Games (Paris, FRA)																			
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																			
date	04-Aug-24	time	6.53	10.62	14.86	19.23	23.83		28.54	33.44	38.39	43.59	48.90		54.94		8 / 5		
reaction time	0.216	interval		4.09	4.24	4.37	4.60		4.71	4.90	4.95	5.20	5.31	6.04			12.70	14.21	15.46
		velocity	6.89	8.56	8.25	8.01	7.61		7.43	7.14	7.07	6.73	6.59	6.62	7.28		8.27	7.39	6.79
H1 lead leg	L	strides	22	14	14	15	15		15	15	15	16	16	19	176				
FINAL - 2023 Prefontaine Classic (Eugene, OR)																			
<i>Omega Timing (2023) - diamond league race analysis</i>																			
date	17-Sep-23	time	6.39	10.53	14.84	19.27	23.82		28.51	33.42	38.45	43.52	48.79		54.95		2 / 7		
reaction time	0.192	interval		4.14	4.31	4.43	4.55		4.69	4.91	5.03	5.07	5.27	6.16			12.88	14.15	15.37
		velocity	7.04	8.45	8.12	7.90	7.69		7.46	7.13	6.96	6.90	6.64	6.49	7.28		8.15	7.42	6.83
H1 lead leg	L	strides	22	14		15			15	15			17	98					
FINAL - 2023 Xiamen Diamond League (Xiamen, CHN)																			
<i>Omega Timing (2023) - diamond league race analysis</i>																			
date	02-Sep-23	time	6.40	10.40	14.62	18.99	23.53		28.20	33.04	38.11	43.49	48.85		55.45		9 / 9		
reaction time	0.219	interval		4.00	4.22	4.37	4.54		4.67	4.84	5.07	5.38	5.36	6.60			12.59	14.05	15.81
		velocity	7.03	8.75	8.29	8.01	7.71		7.49	7.23	6.90	6.51	6.53	6.06	7.21		8.34	7.47	6.64

H1 lead leg	L	strides	23	15	15	15	15	15	15	15	16	16		145				
Semi-Final 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)															<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>			
date	22-Aug-23	time	6.44	10.57	14.68	18.86	23.29	27.92	32.70	37.73			48.41	54.71	9 / 5			
reaction time	0.208	interval	4.13	4.11	4.18	4.43	4.63	4.78	5.03			10.68	6.30			12.42	13.84	15.71
		velocity	6.99	8.47	8.52	8.37	7.90	7.56	7.32	6.96			6.55	6.35	7.31	8.45	7.59	6.68
H1 lead leg	L	strides	22	15	15	15	15	15	15	16	16		128					
Heat 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)															<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>			
date	21-Aug-23	time	6.46	10.80	15.00	19.23	23.80	28.50	33.40	38.37	43.60	49.03	55.31	2 / 3				
reaction time	0.171	interval	4.34	4.20	4.23	4.57	4.70	4.90	4.97	5.23	5.43	6.28				12.77	14.17	15.63
		velocity	6.97	8.06	8.33	8.27	7.66	7.45	7.14	7.04	6.69	6.45	6.37	7.23		8.22	7.41	6.72
H1 lead leg	L	strides	22	15	15	15	15	15	16	16	17	17	19.7	182.7				
FINAL - 2023 London Athletics Meet (London, GBR)															<i>Omega Timing (2023) - diamond league race analysis</i>			
date	23-Jul-23	time	6.37	10.35	14.44	18.73	23.19	27.90	32.71	37.67	42.92	48.38	55.52	8 / 8				
reaction time	0.201	interval	3.98	4.09	4.29	4.46	4.71	4.81	4.96	5.25	5.46	7.14				12.36	13.98	15.67
		velocity	7.06	8.79	8.56	8.16	7.85	7.43	7.28	7.06	6.67	6.41	5.60	7.20		8.50	7.51	6.70
H1 lead leg	L	strides	23	15	15	15	15	15	15	16	16	17	21	167				
FINAL - 2023 Athletissima (Lausanne, SUI)															<i>Omega Timing (2023) - diamond league race analysis</i>			
date	30-Jun-23	time	6.42	10.48	14.75	19.13	23.61	28.11	32.91	38.70	44.01	49.67	56.68	6 / 8				
reaction time	0.227	interval	4.06	4.27	4.38	4.48	4.50	4.80	5.79	5.31	5.66	7.01				12.71	13.78	16.76
		velocity	7.01	8.62	8.20	7.99	7.81	7.78	7.29	6.04	6.59	6.18	5.71	7.06		8.26	7.62	6.26
H1 lead leg	L	strides	22	15	15			15	15	17	17	17	133					
FINAL - 2023 Bislett Games (Oslo, NOR)															<i>Omega Timing (2023) - diamond league race analysis</i>			
date	15-Jun-23	time	6.36	10.44	14.72	19.15	23.66	28.29	33.11	38.17	43.30	48.43	54.46	4 / 3				
reaction time	0.198	interval	4.08	4.28	4.43	4.51	4.63	4.82	5.06	5.13	5.13	6.03				12.79	13.96	15.32
		velocity	7.08	8.58	8.18	7.90	7.76	7.56	7.26	6.92	6.82	6.82	6.63	7.34		8.21	7.52	6.85
H1 lead leg	L	strides	22	15	15	15	15	15	15	16	16	17	19	180				
FINAL - 2023 Golden Gala Pietro Mennea (Firenze, ITA)															<i>Omega Timing (2023) - diamond league race analysis</i>			
date	02-Jun-23	time	6.32	10.39	14.66	19.04	23.51	28.04	32.82	37.81	42.96	48.30	54.59	3 / 4				
reaction time	0.184	interval	4.07	4.27	4.38	4.47	4.53	4.78	4.99	5.15	5.34	6.29				12.72	13.78	15.48
		velocity	7.12	8.60	8.20	7.99	7.83	7.73	7.32	7.01	6.80	6.55	6.36	7.33		8.25	7.62	6.78
H1 lead leg	L	strides	22	15	15	15	15	15	15	16	16	17	19.5	180.5				
FINAL - 2023 Meeting International Mohammed VI d'Athlétisme (Rabat, MAR)															<i>Omega Timing (2023) - diamond league race analysis</i>			
date	28-May-23	time	6.34	10.32	14.55	19.04	23.67	28.45	33.58	38.86	44.14	49.53	55.74	2 / 6				
reaction time	0.201	interval	3.98	4.23	4.49	4.63	4.78	5.13	5.28	5.28	5.39	6.21				12.70	14.54	15.95
		velocity	7.10	8.79	8.27	7.80	7.56	7.32	6.82	6.63	6.63	6.49	6.44	7.18		8.27	7.22	6.58
H1 lead leg	R	strides	22	14		15	15	15	16			16	19	132				
FINAL - 2022 Weltklasse (Zürich, SUI) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	08-Sep-22	time	6.31	10.28		23.26	25.12	27.76	32.46		42.27	47.57	53.72	3 / 2				
reaction time	0.203	interval	3.97			12.98		4.50	4.70		9.81	5.30	6.15					15.11
		velocity	7.13	8.82		8.09	7.96	7.78	7.45		7.14	6.60	6.50	7.45				6.95
H1 lead leg	L	strides	23	15				15	15			16	19.2	103.2				
FINAL - 2022 Athletissima (Lausanne, SUI) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	26-Aug-22	time	6.33	10.26		18.90	23.36	25.26	27.97	32.86	37.90	43.13	48.56	54.97	8 / 5			
reaction time	0.193	interval	3.93			8.64	4.46		4.61	4.89	5.04	5.23	5.43	6.41				12.57
		velocity	7.11	8.91		8.10	7.85	7.92	7.59	7.16	6.94	6.69	6.45	6.24	7.28			8.35
H1 lead leg	L	strides	23	15			15		15	15	16	16	17	19.5	151.5			6.69
FINAL - 2022 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	10-Aug-22	time	6.30	10.33	14.53	18.83	23.33	25.28	27.86	32.53	37.40	42.47	47.73	54.13	4 / 3			
reaction time	0.203	interval	4.03	4.20	4.30	4.50		4.53	4.67	4.87	5.07	5.26	6.40					12.53
		velocity	7.14	8.68	8.33	8.14	7.78	7.91	7.73	7.49	7.19	6.90	6.65	6.25	7.39			8.38
H1 lead leg	L	strides	23	15	15	15	15		15		16	16	17	19.5	166.5			6.91
FINAL - 2022 Gyulai István Memorial (Székesfehérvár, HUN) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	08-Aug-22	time	6.50	10.53	14.93	19.47	24.10	28.83	33.73	38.90	44.10	49.46	55.73	6 / 4				
reaction time	0.234	interval	4.03	4.40	4.54	4.63		4.73	4.90	5.17	5.20	5.36	6.27					12.97
		velocity	6.92	8.68	7.95	7.71	7.56	7.40	7.14	6.77	6.73	6.53	6.38	7.18				8.10
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	17	147					6.68
FINAL - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	22-Jul-22	time	6.43	10.63	14.83	19.30	23.88	25.81	28.46	33.30	38.07	43.20	54.75	7 / 7				
reaction time	0.177	interval	4.20	4.20	4.47	4.58		4.58	4.84	4.77	5.13							12.87
		velocity	7.00	8.33	8.33	7.83	7.64	7.75	7.64	7.23	7.34	6.82	7.31					8.16
H1 lead leg	R	strides	23	16	15	15	15		15	16	16	16	147					7.50
Semi-Final 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	20-Jul-22	time	6.30	10.47	14.70	19.10	23.62	25.60	28.23	32.93	37.86	42.73	47.83	53.69	7 / 2			
reaction time	0.211	interval	4.17	4.23	4.40	4.52		4.61	4.70	4.93	4.87	5.10	5.86	AR PB				12.80
																		13.83
																		14.90

H1 lead leg	L	velocity	7.14	8.39	8.27	7.95	7.74	7.81	7.59	7.45	7.10	7.19	6.86	6.83	7.45	8.20	7.59	7.05
		strides	23	15	15	15	15		15	15	16	16	17	19.2	181.2			
Heat 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>		
date	19-Jul-22	time	6.33	10.46	14.73	19.07	23.53	25.56	28.10	32.96	37.97	43.27	48.70		55.21	6 / 3		
reaction time	0.185	interval		4.13	4.27	4.34	4.46		4.57	4.86	5.01	5.30	5.43	6.51		12.74	13.89	15.74
		velocity	7.11	8.47	8.20	8.06	7.85	7.82	7.66	7.20	6.99	6.60	6.45	6.14	7.25	8.24	7.56	6.67
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	17	17	20	184			
FINAL - 2022 Music City Track Carnival (Nashville, TN) (TV Analysis) (H5 5m long)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>		
date	05-Jun-22	time	6.45	10.54	14.80	19.23	24.40		28.54	33.36	38.36	43.32		54.63	6 / 3			
reaction time		interval		4.09	4.26	4.43	5.17		4.14	4.82	5.00	4.96				12.78	14.13	
		velocity	6.98	8.56	8.22	7.90	7.74		8.45	7.26	7.00	7.06		7.32		8.22	7.43	
H1 lead leg	L	strides	23	15	15	15	17		13	16	16	16		130				
FINAL - 2022 Müller Birmingham Diamond League (Birmingham, GBR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>		
date	21-May-22	time	6.50	10.50	14.80	19.17	23.80	25.62	28.57	33.50	38.70	43.87	49.25		55.43	7 / 5		
reaction time	0.218	interval		4.00	4.30	4.37	4.63		4.77	4.93	5.20	5.17	5.38	6.18		12.67	14.33	15.75
		velocity	6.92	8.75	8.14	8.01	7.56	7.81	7.34	7.10	6.73	6.77	6.51	6.47	7.22	8.29	7.33	6.67
H1 lead leg	L	strides	23	15	15	15	15		15	15	16	16	17	20	182			
FINAL - 2021 Weltklasse (Zürich, SUI) (TV Analysis)																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>		
date	09-Sep-21	time	6.36	10.32		18.96	23.48	25.4	28.16	32.96	37.92	43.00	48.28		54.50	2 / 5		
reaction time	0.192	interval		3.96		8.64	4.52		4.68	4.80	4.96	5.08	5.28	6.22		12.60	14.00	15.32
		velocity	7.08	8.84		8.10	7.74	7.87	7.48	7.29	7.06	6.89	6.63	6.43	7.34	8.33	7.50	6.85
H1 lead leg	L	strides	23	15		15			15	15	16	16	19.2	134.2				
FINAL - 2021 Meeting de Paris (Paris, FRA) (TV Analysis)																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>		
date	28-Aug-21	time	6.33	10.52	14.92		23.92		28.53	33.28	38.07	43.12	48.35		54.44	7 / 1		
reaction time	0.206	interval		4.19	4.40		9.00		4.61	4.75	4.79	5.05	5.23	6.09				15.07
		velocity	7.11	8.35	7.95		7.78		7.59	7.37	7.31	6.93	6.69	6.57	7.35			6.97
H1 lead leg	L	strides	23	15	15	15			15	15	15	16	16	19.5	164.5			
FINAL - 2021 Prefontaine Classic (Eugene, OR) (TV Analysis)																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>		
date	21-Aug-21	time	6.40	10.44	14.64	18.96	23.38	25.4	28.00	32.84	37.68	42.72	47.88		54.20	8 / 3		
reaction time	0.249	interval		4.04	4.20	4.32	4.42		4.62	4.84	4.84	5.04	5.16	6.32	NR PB	12.56	13.88	15.04
		velocity	7.03	8.66	8.33	8.10	7.92	7.87	7.58	7.23	7.23	6.94	6.78	6.33	7.38	8.36	7.56	6.98
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	16	16	19.2	179.2			
FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>		
date	04-Aug-21	time	6.44	10.54	14.84	19.32	23.88		28.52	33.40	38.44				55.84	9 / 8 7		
reaction time	0.235	interval		4.10	4.30	4.48	4.56		4.64	4.88	5.04						12.88	14.08
		velocity	6.99	8.54	8.14	7.81	7.68		7.54	7.17	6.94			7.16		8.15	7.46	
H1 lead leg	L	strides	23	15	15	15	15		15	15	15			128				
Semi-Final 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>		
date	02-Aug-21	time	6.46	10.56	14.67	18.96	23.43		28.03	32.80	37.93	43.07	48.30		54.22	4 / 2		
reaction time	0.207	interval		4.10	4.11	4.29	4.47		4.60	4.77	5.13	5.14	5.23	5.92	AR PB	12.50	13.84	15.50
		velocity	6.97	8.54	8.52	8.16	7.83		7.61	7.34	6.82	6.81	6.69	6.76	7.38	8.40	7.59	6.77
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	16	16	19	179			
Heat 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>		
date	31-Jul-21	time	6.60	10.76	15.06	19.50	24.03		28.75	33.70	38.83	44.06	49.45		55.49	7 / 2		
reaction time	0.268	interval		4.16	4.30	4.44	4.53		4.72	4.95	5.13	5.23	5.39	6.04		12.90	14.20	15.75
		velocity	6.82	8.41	8.14	7.88	7.73		7.42	7.07	6.82	6.69	6.49	6.62	7.21	8.14	7.39	6.67
H1 lead leg	L	strides	23	15	15	15	15		15	15	16	16	17	19	181			
Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)																<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>		
date	02-Oct-19	time	6.34	10.37	14.61		23.59			33.50	38.57	43.78	49.21		55.61	2 / 6		
reaction time	0.223	interval		4.03	4.24		8.98			9.91	5.07	5.21	5.43	6.40	AR			15.71
		velocity	7.10	8.68	8.25		7.80			7.06	6.90	6.72	6.45	6.25	7.19			6.68
H1 lead leg	L	strides	23	15	15						16	17	17	20	123			
Wright, Jessica (USA) (2000)																		
Semi-Final 3 - 2024 USA Olympic Trials (Eugene, OR)																<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>		
date	29-Jun-24	time	6.62	10.60	14.86	19.32	23.89	25.95	28.54	33.50	38.67	44.11	49.57		55.88	4 / 5		
reaction time		interval		3.98	4.26	4.46	4.57		4.65	4.96	5.17	5.44	5.46	6.31		12.70	14.18	16.07
		velocity	6.80	8.79	8.22	7.85	7.66	7.71	7.53	7.06	6.77	6.43	6.41	6.34	7.16	8.27	7.40	6.53
H1 lead leg	L	strides	24	15	16	16	16		16	17	17	18	18	22	195			
Heat 4 - 2024 USA Olympic Trials (Eugene, OR)																<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>		
date	27-Jun-24	time	6.85	11.04	15.47	20.09	24.74	26.82	29.54	34.43	39.71	45.05	50.55		56.90	8 / 3		
reaction time		interval		4.19	4.43	4.62	4.65		4.80	4.89	5.28	5.34	5.50	6.35		13.24	14.34	16.12
		velocity	6.57	8.35	7.90	7.58	7.53	7.46	7.29	7.16	6.63	6.55	6.36	6.30	7.03	7.93	7.32	6.51
H1 lead leg	L	strides	24	16	16	16	17		17	17	18	18	18	22	199			
Semi-Final 1 - 2022 USATF National Championships (Eugene, OR)																<i>USATF (2022) - Results powered by Karmarush</i>		

date	24-Jun-22	time	6.74	11.03	15.57	20.41	25.25	27.34	30.13	35.01	40.17	45.53	50.85	57.09	57.09	3 / 7			
reaction time		interval		4.29	4.54	4.84	4.84		4.88	4.88	5.16	5.36	5.32	6.24			13.67	14.60	15.84
		velocity	6.68	8.16	7.71	7.23	7.23	7.32	7.17	7.17	6.78	6.53	6.58	6.41	7.01		7.68	7.19	6.63
H1 lead leg	R	strides	24	16	17	17	17				17	18			126				

Wu Fangfang (CHN) (1997)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2021 Chinese National Championships (Chongqing, CHN)																			
CAA Hurdle Development (2021)																			
date	26-Jun-21	time	7.06	11.79	16.62	21.56	26.63		31.96	37.42	42.91	48.48	54.15		60.29	4 / 5			
reaction time	0.308	interval		4.73	4.83	4.94	5.07		5.33	5.46	5.49	5.57	5.67	6.14			14.50	15.86	16.73
		velocity	6.37	7.40	7.25	7.09	6.90		6.57	6.41	6.38	6.28	6.17	6.51	6.63		7.24	6.62	6.28
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	17	17	21	194				

FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)

CAA Hurdle Development (2019)																			
date	03-Aug-19	time	6.96	11.65	16.32	21.12	26.11		31.35	36.65	42.16	47.73	53.52		60.01	5 / 5			
reaction time	0.244	interval		4.69	4.67	4.80	4.99		5.24	5.30	5.51	5.57	5.79	6.49			14.16	15.53	16.87
		velocity	6.47	7.46	7.49	7.29	7.01		6.68	6.60	6.35	6.28	6.04	6.16	6.67		7.42	6.76	6.22
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	17	17	21.5	194.5				

Heat 1 - 2019 Chinese World Championship Trials (Shenyang, CHN)

CAA Hurdle Development (2019)																			
date	03-Aug-19	time	7.19	12.04	17.00	22.09	27.68		33.58	39.51	45.71	52.10	58.41		65.54	5 / 2			
reaction time	0.247	interval		4.85	4.96	5.09	5.59		5.90	5.93	6.20	6.39	6.31	7.13			14.90	17.42	18.90
		velocity	6.26	7.22	7.06	6.88	6.26		5.93	5.90	5.65	5.48	5.55	5.61	6.10		7.05	6.03	5.56
H1 lead leg	L	strides	24	16	16	16	18		19	17	19	19	19	21.2	204.2				

FINAL - 2019 Chinese National Championships (Shenyang, CHN)

CAA Hurdle Development (2019)																			
date	10-Jul-19	time	6.92	11.51	16.15	20.90	25.72		30.78	35.98	41.34	46.79	52.45		58.84	1 / 5			
reaction time	0.225	interval		4.59	4.64	4.75	4.82		5.06	5.20	5.36	5.45	5.66	6.39	PB		13.98	15.08	16.47
		velocity	6.50	7.63	7.54	7.37	7.26		6.92	6.73	6.53	6.42	6.18	6.26	6.80		7.51	6.96	6.38
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	17	17	22	195				

Heat 3 - 2019 Chinese National Championships (Shenyang, CHN)

CAA Hurdle Development (2019)																			
date	09-Jul-19	time	6.99	11.71	16.41	21.28	26.24		31.40	36.62	41.94	47.64	53.13		59.64	5 / 3			
reaction time	0.226	interval		4.72	4.70	4.87	4.96		5.16	5.22	5.32	5.70	5.49	6.51			14.29	15.34	16.51
		velocity	6.44	7.42	7.45	7.19	7.06		6.78	6.70	6.58	6.14	6.38	6.14	6.71		7.35	6.84	6.36
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	17	17	21.5	194.5				

FINAL - 2019 Chinese National Grand Prix 4 (Luoyang, CHN)

CAA Hurdle Development (2019)																			
date	29-May-19	time	7.29	11.99	16.71	21.58	26.59		31.86	37.38	43.06	48.90	55.18		61.76	8 / 5			
reaction time		interval		4.70	4.72	4.87	5.01		5.27	5.52	5.68	5.84	6.28	6.58			14.29	15.80	17.80
		velocity	6.17	7.45	7.42	7.19	6.99		6.64	6.34	6.16	5.99	5.57	6.08	6.48		7.35	6.65	5.90
H1 lead leg	L	strides	24	16	16	17	16		17	17	17	17	19	21.2	197.2				

Heat 3 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)

CAA Hurdle Development (2019)																			
date	07-Apr-19	time	7.12	11.91	16.74	21.67	26.69		32.00	37.49	43.11	48.76	54.76		61.04	7 / 1			
reaction time	0.319	interval		4.79	4.83	4.93	5.02		5.31	5.49	5.62	5.65	6.00	6.28			14.55	15.82	17.27
		velocity	6.32	7.31	7.25	7.10	6.97		6.59	6.38	6.23	6.19	5.83	6.37	6.55		7.22	6.64	6.08
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	17	19	22	197				

FINAL - 2018 Chinese National Championships (Taiyuan, CHN)

Henson (2018) - coaching observations																			
date	16-Sep-18	time	7.06	11.70	16.36	21.14	26.07		31.23	36.64	42.21	47.81	53.36		60.44	2 / 7			
reaction time		interval		4.64	4.66	4.78	4.93		5.16	5.41	5.57	5.60	10.55	2.08			14.08	15.50	21.72
		velocity	6.37	7.54	7.51	7.32	7.10		6.78	6.47	6.28	6.25	3.32	19.23	6.62		7.46	6.77	4.83
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	17	19	23	197				

Heat 2 - 2018 Chinese National Championships (Taiyuan, CHN)

Henson (2018) - coaching observations																			
date	15-Sep-18	time	7.00	11.60	16.27	21.05	26.00		31.28	36.74	42.21	47.81	53.52		59.88	3 / 3			
reaction time		interval		4.60	4.67	4.78	4.95		5.28	5.46	5.47	5.60	5.71	6.36			14.05	15.69	16.78
		velocity	6.43	7.61	7.49	7.32	7.07		6.63	6.41	6.40	6.25	6.13	6.29	6.68		7.47	6.69	6.26
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	17	17	21.5	194.5				

Wu Xueting (CHN) (1995)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2021 Chinese National Championships (Chongqing, CHN)																			
CAA Hurdle Development (2021)																			
date	26-Jun-21	time	7.10	11.67	16.30	21.06	26.01		31.20	36.58	42.05	47.61	53.25		59.63	5 / 1			
reaction time	0.248	interval		4.57	4.63	4.76	4.95		5.19	5.38	5.47	5.56	5.64	6.38			13.96	15.52	16.67
		velocity	6.34	7.66	7.56	7.35	7.07		6.74	6.51	6.40	6.29	6.21	6.27	6.71		7.52	6.77	6.30
H1 lead leg	L	strides	22	15	15	15	16		16	17	17	17	17	20.5	187.5				

FINAL - 2021 East China District Meeting (Zhaoqing, CHN)

CAA Hurdle Development (2021)																			
date	25-Apr-21	time	6.94	11.46	16.16	20.92	25.94		31.11	36.52	42.04	47.55	53.07		59.25	2 / 3			
reaction time	0.239	interval		4.52	4.70	4.76	5.02		5.17	5.41	5.52	5.51	5.52	6.18			13.98	15.60	16.55
		velocity	6.48	7.74	7.45	7.35	6.97		6.77	6.47	6.34	6.35	6.34	6.47	6.75		7.51	6.73	6.34
H1 lead leg	L	strides	22	15	15	15	16		16	17	17	17	17	20	187				

Heat 2 - 2021 East China District Meeting (Zhaoqing, CHN)

CAA Hurdle Development (2021)																			
date	25-Apr-21	time	7.00	11.60	16.25	21.02	26.06		31.31	36.72	42.28	48.02	54.04		60.99	7 / 2			
reaction time	0.265	interval		4.60	4.65	4.77	5.04		5.25	5.41	5.56	5.74	6.02	6.95			14.02	15.70	17.32
		velocity	6.43	7.61	7.53	7.34	6.94		6.67	6.47	6.29	6.10	5.81	5.76	6.56		7.49	6.69	6.06

H1 lead leg	L	strides	22	15	15	15	16	16	17	17	17	18	21	189							
FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)																			<i>CAA Hurdle Development (2019)</i>		
date	12-Apr-19	time	7.00	11.52	16.34	21.24	26.30	31.44	36.88	42.70	48.50	54.42		60.92	4 / 2						
reaction time	0.224	interval		4.52	4.82	4.90	5.06	5.14	5.44	5.82	5.80	5.92	6.50			14.24	15.64	17.54			
		velocity	6.43	7.74	7.26	7.14	6.92	6.81	6.43	6.01	6.03	5.91	6.15	6.57		7.37	6.71	5.99			
H1 lead leg	L	strides	23	16	16	16	16	16	17	18	18	18	21	195							
Heat 2 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)																			<i>CAA Hurdle Development (2019)</i>		
date	12-Apr-19	time	7.03	11.63	16.47	21.40	26.51	31.73	37.12	42.76	48.63	54.54		61.24	9 / 1						
reaction time	0.309	interval		4.60	4.84	4.93	5.11	5.22	5.39	5.64	5.87	5.91	6.70			14.37	15.72	17.42			
		velocity	6.40	7.61	7.23	7.10	6.85	6.70	6.49	6.21	5.96	5.92	5.97	6.53		7.31	6.68	6.03			
H1 lead leg	L	strides	23	16	16	16	16	16	17	17	18	18	21.2	194.2							
Heat 3 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																			<i>CAA Hurdle Development (2019)</i>		
date	07-Apr-19	time	6.94	11.60	16.50	21.45	26.59	31.87	37.44	43.21	49.09	55.32		62.34	9 / 4						
reaction time	0.345	interval		4.66	4.90	4.95	5.14	5.28	5.57	5.77	5.88	6.23	7.02			14.51	15.99	17.88			
		velocity	6.48	7.51	7.14	7.07	6.81	6.63	6.28	6.07	5.95	5.62	5.70	6.42		7.24	6.57	5.87			
H1 lead leg	L	strides	22	16	16	16	16	16	17	18	18	18	21.5	194.5							
FINAL - 2018 Chinese National Championships (Taiyuan, CHN)																			<i>Henson (2018) - coaching observations</i>		
date	16-Sep-18	time	6.86	11.27	15.75	20.37	25.23	30.28	35.47	40.82	46.31	52.00		58.65	4 / 3						
reaction time		interval		4.41	4.48	4.62	4.86	5.05	5.19	5.35	5.49	5.69	6.65			13.51	15.10	16.53			
		velocity	6.56	7.94	7.81	7.58	7.20	6.93	6.74	6.54	6.38	6.15	6.02	6.82		7.77	6.95	6.35			
H1 lead leg	L	strides	22	15	15	15	16	16	17	17	17	18	21.5	189.5							
Heat 2 - 2018 Chinese National Championships (Taiyuan, CHN)																			<i>Henson (2018) - coaching observations</i>		
date	15-Sep-18	time	6.86	11.26	15.83	20.51	25.41	30.53	35.87	41.32	46.85	52.47		58.81	5 / 1						
reaction time		interval		4.40	4.57	4.68	4.90	5.12	5.34	5.45	5.53	5.62	6.34			13.65	15.36	16.60			
		velocity	6.56	7.95	7.66	7.48	7.14	6.84	6.55	6.42	6.33	6.23	6.31	6.80		7.69	6.84	6.33			
H1 lead leg	L	strides	22	15	15	15	16	16	17	17	17	17	21	188							
Xiao Xia (CHN) (1991)																					
		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
Heat 2 - 2021 Chinese National Championships (Chongqing, CHN)																			<i>CAA Hurdle Development (2021)</i>		
date	26-Jun-21	time	6.76	11.38	16.25	21.30	26.41	31.76	37.17	42.71	48.35	53.97		60.42	3 / 5						
reaction time	0.296	interval		4.62	4.87	5.05	5.11	5.35	5.41	5.54	5.64	5.62	6.45			14.54	15.87	16.80			
		velocity	6.66	7.58	7.19	6.93	6.85	6.54	6.47	6.32	6.21	6.23	6.20	6.62		7.22	6.62	6.25			
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	17	20.5	192.5							
Heat 1 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)																			<i>CAA Hurdle Development (2019)</i>		
date	12-Apr-19	time	7.04	11.82	16.75	21.82	26.94	32.41	37.92	43.67	49.46	55.17		61.97	9 / 1						
reaction time	0.399	interval		4.78	4.93	5.07	5.12	5.47	5.51	5.75	5.79	5.71	6.80			14.78	16.10	17.25			
		velocity	6.39	7.32	7.10	6.90	6.84	6.40	6.35	6.09	6.04	6.13	5.88	6.45		7.10	6.52	6.09			
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	17	21.2	193.2							
Heat 3 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																			<i>CAA Hurdle Development (2019)</i>		
date	07-Apr-19	time	7.11	11.96	17.12	22.41	27.86	33.42	39.12	44.85	50.47	56.27		63.02	1 / 6						
reaction time	0.370	interval		4.85	5.16	5.29	5.45	5.56	5.70	5.73	5.62	5.80	6.75			15.30	16.71	17.15			
		velocity	6.33	7.22	6.78	6.62	6.42	6.29	6.14	6.11	6.23	6.03	5.93	6.35		6.86	6.28	6.12			
H1 lead leg	L	strides	22	16	16	17	17	17	17	17	17	17	21	194							
Xie Hanmeng (CHN) (2001)																					
		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
U20 Heat 2 - 2019 Chinese National Youth Games (Taiyuan, CHN)																			<i>CAA Hurdle Development (2019)</i>		
date	17-Aug-19	time	7.36	12.16	17.20	22.58	28.38	34.82	41.86			66.74		76.27	2 / 6						
reaction time	0.232	interval		4.80	5.04	5.38	5.80	6.44	7.04			24.88	9.53			15.22	19.28	24.88			
		velocity	6.11	7.29	6.94	6.51	6.03	5.43	4.97			4.22	4.20	5.24		6.90	5.45	4.22			
H1 lead leg	L	strides	24	17	17	17	18	19	20	21				153							
Xiong Yiqi (CHN) (2002)																					
		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)																			<i>CAA Hurdle Development (2019)</i>		
date	17-Aug-19	time	7.20	12.02	16.92	21.92	27.14	32.64	38.26	44.00	49.90	55.78		62.41	8 / 2						
reaction time	0.223	interval		4.82	4.90	5.00	5.22	5.50	5.62	5.74	5.90	5.88	6.63			14.72	16.34	17.52			
		velocity	6.25	7.26	7.14	7.00	6.70	6.36	6.23	6.10	5.93	5.95	6.03	6.41		7.13	6.43	5.99			
H1 lead leg	L	strides	25	17	17	17	17	19	19	19	19	19	23.2	211.2							
Yagura, Yume (JPN)																					
		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
FINAL - 2019 Shimane High School Championships (Izumo, JPN)																			<i>Shimizu (2019) - shimane high school championships 2019 - biomechanics data analysis</i>		
date	25-May-19	time	7.72	12.89	18.71	24.78	30.68	36.58	42.49	48.51	54.53	60.68		67.74	3 / 2						
reaction time		interval		5.17	5.82	6.07	5.90	5.90	5.91	6.02	6.02	6.15	7.06			17.06	17.71	18.19			
		velocity	5.83	6.77	6.01	5.77	5.93	5.93	5.92	5.81	5.81	5.69	5.67	5.90		6.15	5.93	5.77			
H1 lead leg		strides	25	17	19	19	19	19	19	19	19	19	23	217							
Yajima, Aki (JPN) (2007)																					
		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10			
FINAL - 2024 Japanese National High School Championships (Fukuoka, JPN)																			<i>Takashima (2024) - national high school sports festival - biomechanics data</i>		
date	30-Jul-24	time	6.87	11.56	16.43	21.27	26.16	31.23	36.50	41.86	47.50	53.20		59.49	2 / 3						
reaction time	0.196	interval		4.69	4.87	4.84	4.89	5.07	5.27	5.36	5.64	5.70	6.29			14.40	15.23	16.70			
		velocity	6.55	7.46	7.19	7.23	7.16	6.90	6.64	6.53	6.21	6.14	6.36	6.72		7.29	6.89	6.29			

H1 lead leg	strides	23	17	17	17	17	17	17	17	17	17	19	22	200					
Yamaga, Nagi (JPN) (2006)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2024 Japanese National High School Championships (Fukuoka, JPN)		<i>Takashima (2024) - national high school sports festival - biomechanics data</i>																	
date	30-Jul-24	time	7.09	12.01	17.17	22.27	27.58	33.20	38.81	44.44	50.12	55.84		62.16	9 / 8				
reaction time	0.199	interval	4.92	5.16	5.10	5.31	5.62	5.61	5.63	5.68	5.72	6.32				15.18	16.54	17.03	
		velocity	6.35	7.11	6.78	6.86	6.59	6.23	6.24	6.22	6.16	6.12	6.33	6.44		6.92	6.35	6.17	
H1 lead leg	strides	22	16	16	16	16	16	16	17	18	18	18	22	195					
Yamamoto, Ami (JPN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 Japanese National Championships (Osaka, JPN)		<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																	
date	04-Jun-23	time	6.64	11.08	15.52	20.09	24.76	29.53	34.43	39.42	44.54	49.83		56.06	5 / 1				
reaction time	0.196	interval	4.44	4.44	4.57	4.67	4.77	4.90	4.99	5.12	5.29	6.23		PB		13.45	14.34	15.40	
		velocity	6.78	7.88	7.88	7.66	7.49	7.34	7.14	7.01	6.84	6.62	6.42	7.14		7.81	7.32	6.82	
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	17	21	194					
A FINAL - 2023 Michitaka Kinami Memorial (Osaka, JPN)		<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																	
date	06-May-23	time	6.66	11.15	15.77	20.50	25.36	30.43	35.54	40.74	46.05	51.55		57.92	6 / 1				
reaction time	0.154	interval	4.49	4.62	4.73	4.86	5.07	5.11	5.20	5.31	5.50	6.37				13.84	15.04	16.01	
		velocity	6.76	7.80	7.58	7.40	7.20	6.90	6.85	6.73	6.59	6.36	6.28	6.91		7.59	6.98	6.56	
H1 lead leg		strides	16	16	16	17	17	17	17	17	17	17	150						
B FINAL - 2023 Shizuoka International Meeting (Fukuoi, JPN)		<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																	
date	03-May-23	time	6.93	11.50	16.25	21.06	26.01	31.08	36.25	41.50	46.92	52.43		58.63	5 / 2				
reaction time	0.262	interval	4.57	4.75	4.81	4.95	5.07	5.17	5.25	5.42	5.51	6.20				14.13	15.19	16.18	
		velocity	6.49	7.66	7.37	7.28	7.07	6.90	6.77	6.67	6.46	6.35	6.45	6.82		7.43	6.91	6.49	
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	17	21	194					
FINAL - 2022 Japanese National Championships (Osaka, JPN)		<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																	
date	12-Jun-22	time	6.82	11.24	15.75	20.37	25.03	29.81	34.77	39.81	44.93	50.20		56.38	6 / 1				
reaction time	0.219	interval	4.42	4.51	4.62	4.66	4.78	4.96	5.04	5.12	5.27	6.18		PB		13.55	14.40	15.43	
		velocity	6.60	7.92	7.76	7.58	7.51	7.32	7.06	6.94	6.84	6.64	6.47	7.09		7.75	7.29	6.80	
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	17	21	194					
FINAL - 2022 Shizuoka International Athletics Meeting (Fukuoi, JPN)		<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																	
date	03-May-22	time	6.86	11.39	16.10	20.87	25.76	30.81	36.04	41.21	46.46	51.77		57.98	6 / 4				
reaction time	0.220	interval	4.53	4.71	4.77	4.89	5.05	5.23	5.17	5.25	5.31	6.21				14.01	15.17	15.73	
		velocity	6.56	7.73	7.43	7.34	7.16	6.93	6.69	6.77	6.67	6.59	6.44	6.90		7.49	6.92	6.68	
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	17	21	193					
A Race - 2022 Michitaka Kinami Memorial (Osaka, JPN)		<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																	
date	30-Apr-22	time	6.79	11.23	15.85	20.51	25.36	30.51	35.77	41.12	46.53	51.94		58.11	5 / 3				
reaction time	0.182	interval	4.44	4.62	4.66	4.85	5.15	5.26	5.35	5.41	5.41	6.17				13.72	15.26	16.17	
		velocity	6.63	7.88	7.58	7.51	7.22	6.80	6.65	6.54	6.47	6.47	6.48	6.88		7.65	6.88	6.49	
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	17	21	194					
FINAL - 2021 Japanese National Championships (Osaka, JPN)		<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																	
date	27-Jun-21	time	6.82	11.29	15.85	20.49	25.24	30.11	35.09	40.22	45.63	51.15		57.30	5 / 1				
reaction time	0.193	interval	4.47	4.56	4.64	4.75	4.87	4.98	5.13	5.41	5.52	6.15				13.67	14.60	16.06	
		velocity	6.60	7.83	7.68	7.54	7.37	7.19	7.03	6.82	6.47	6.34	6.50	6.98		7.68	7.19	6.54	
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21.5	196.5					
Heat 1 - 2021 Japanese National Championships (Osaka, JPN)		<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																	
date	26-Jun-21	time	6.86	11.34	15.83	20.39	25.06	30.00	35.14	40.32	45.60	51.00		57.04	6 / 1				
reaction time	0.232	interval	4.48	4.49	4.56	4.67	4.94	5.14	5.18	5.28	5.40	6.04		PB		13.53	14.75	15.86	
		velocity	6.56	7.81	7.80	7.68	7.49	7.09	6.81	6.76	6.63	6.48	6.62	7.01		7.76	7.12	6.62	
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	17	20.7	193.7					
FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN)		<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																	
date	01-Jun-21	time	6.84	11.34	15.89	20.59	25.43	30.45	35.64	40.89	46.45	52.12		58.48	2 / 3				
reaction time	0.257	interval	4.50	4.55	4.70	4.84	5.02	5.19	5.25	5.56	5.67	6.36				13.75	15.05	16.48	
		velocity	6.58	7.78	7.69	7.45	7.23	6.97	6.74	6.67	6.29	6.17	6.29	6.84		7.64	6.98	6.37	
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21.5	196.5					
FINAL - 2020 Japanese High School National Championships (Hiroshima, JPN)		<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																	
date	25-Oct-20	time	6.69	11.11	15.72	20.34	25.06	30.05	35.25	40.44	45.83	51.32		57.51	3 / 1				
reaction time	0.208	interval	4.42	4.61	4.62	4.72	4.99	5.20	5.19	5.39	5.49	6.19				13.65	14.91	16.07	
		velocity	6.73	7.92	7.59	7.58	7.42	7.01	6.73	6.74	6.49	6.38	6.46	6.96		7.69	7.04	6.53	
H1 lead leg		strides	16	16	16	16	17	17	17	17	18	18	151						
FINAL - 2020 Japanese National Championships (Niigata, JPN)		<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																	
date	03-Oct-20	time	6.57	11.01	15.53	20.14	24.91	29.90	34.97	40.21	45.63	51.12		57.43	5 / 4				
reaction time	0.156	interval	4.44	4.52	4.61	4.77	4.99	5.07	5.24	5.42	5.49	6.31		PB		13.57	14.83	16.15	
		velocity	6.85	7.88	7.74	7.59	7.34	7.01	6.90	6.68	6.46	6.38	6.34	6.97		7.74	7.08	6.50	
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	22	197					
Youth FINAL - 2019 National Sports Festival (Hitachinaka, JPN)		<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																	

date	05-Oct-19	time	6.71	11.19	15.82	20.54	25.38		30.35	35.44	40.61	46.03	51.53		57.77	4 / 1			
reaction time	0.211	interval		4.48	4.63	4.72	4.84		4.97	5.09	5.17	5.42	5.50	6.24	PB		13.83	14.90	16.09
		velocity	6.71	7.81	7.56	7.42	7.23		7.04	6.88	6.77	6.46	6.36	6.41	6.92		7.59	7.05	6.53
H1 lead leg		strides		17	17	17	17		17	17	17	18	18		155				

Yang Qi (CHN) (2000)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2021 Chinese National Championships (Chongqing, CHN)																			
CAA Hurdle Development (2021)																			
date	26-Jun-21	time	6.81	11.45	16.19	21.05	26.01		31.33	36.68	42.00	47.76	53.53		59.85	6 / 3			
reaction time	0.194	interval		4.64	4.74	4.86	4.96		5.32	5.35	5.32	5.76	5.77	6.32			14.24	15.63	16.85
		velocity	6.61	7.54	7.38	7.20	7.06		6.58	6.54	6.58	6.08	6.07	6.33	6.68		7.37	6.72	6.23
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	18	18	21	196				

FINAL - 2020 Chinese Olympic Trials (Shaoxing, CHN)

CAA Hurdle Development (2021)																			
date	13-Jun-21	time	6.67	11.43	16.10	20.85	25.73		31.06	36.45	42.11	48.40	54.60		61.08	6 / 5			
reaction time	0.261	interval		4.76	4.67	4.75	4.88		5.33	5.39	5.66	6.29	6.20	6.48			14.18	15.60	18.15
		velocity	6.75	7.35	7.49	7.37	7.17		6.57	6.49	6.18	5.56	5.65	6.17	6.55		7.40	6.73	5.79
H1 lead leg	L	strides	24	16	16	16	16		16	17	18	19	19	21.5	198.5				

Yang Xinyue (CHN) (2001)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 Heat 1 - 2019 Chinese National Youth Games (Taiyuan, CHN)																			
CAA Hurdle Development (2019)																			
date	17-Aug-19	time	7.10	11.96	16.90	21.82	26.96		32.32	38.12	44.34	50.68	57.28		65.56	8 / 6			
reaction time	0.174	interval		4.86	4.94	4.92	5.14		5.36	5.80	6.22	6.34	6.60	8.28			14.72	16.30	19.16
		velocity	6.34	7.20	7.09	7.11	6.81		6.53	6.03	5.63	5.52	5.30	4.83	6.10		7.13	6.44	5.48
H1 lead leg	L	strides	24	17	17	17	17		17	19	19	19	19		185				

Ye Xiulan (CHN) (1998)

			H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Philippe Cup Athletics Invitational (Wuhan, CHN)																		
CAA Hurdle Development (2021)																		
date	20-May-21	time	7.11	11.76	16.68	21.62	26.71		32.10	37.57	43.46	49.31		62.68	7 / 6			
reaction time	0.338	interval		4.65	4.92	4.94	5.09		5.39	5.47	5.89	5.85					14.51	15.95
		velocity	6.33	7.53	7.11	7.09	6.88		6.49	6.40	5.94	5.98		6.38			7.24	6.58
H1 lead leg	R	strides	24	16	17	17	17		18	18	18	18		163				

Heat 4 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)

CAA Hurdle Development (2019)																			
date	07-Apr-19	time	6.99	11.60	16.50	21.39	26.53		31.78	37.37	43.12	48.93	54.89		61.91	3 / 4			
reaction time	0.252	interval		4.61	4.90	4.89	5.14		5.25	5.59	5.75	5.81	5.96	7.02			14.40	15.98	17.52
		velocity	6.44	7.59	7.14	7.16	6.81		6.67	6.26	6.09	6.02	5.87	5.70	6.46		7.29	6.57	5.99
H1 lead leg	R	strides	24	16	17	16	17		17	18	18	18	18	22.5	201.5				

Yokota, Karen (JPN) (1999)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A FINAL - 2023 Shizuoka International Meeting (Fukuroi, JPN)																			
Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season																			
date	03-May-23	time	6.75	11.24	15.85	20.59	25.38		30.33	35.40	40.61	46.09	51.99		58.73	5 / 3			
reaction time	0.188	interval		4.49	4.61	4.74	4.79		4.95	5.07	5.21	5.48	5.90	6.74			13.84	14.81	16.59
		velocity	6.67	7.80	7.59	7.38	7.31		7.07	6.90	6.72	6.39	5.93	5.93	6.81		7.59	7.09	6.33
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	17	17	22	194				

FINAL - 2022 Shizuoka International Athletics Meeting (Fukuroi, JPN)

Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season																			
date	03-May-22	time	6.74	11.26	15.92	20.72	25.59		30.61	35.70	40.91	46.28	51.90		58.37	8 / 5			
reaction time	0.183	interval		4.52	4.66	4.80	4.87		5.02	5.09	5.21	5.37	5.62	6.47			13.98	14.98	16.20
		velocity	6.68	7.74	7.51	7.29	7.19		6.97	6.88	6.72	6.52	6.23	6.18	6.85		7.51	7.01	6.48
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	17	17		172				

A Race - 2022 Michitaka Kinami Memorial (Osaka, JPN)

Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season																			
date	30-Apr-22	time	6.62	11.03	15.60	20.30	25.14		30.21	35.42	40.77	46.35	52.45		59.39	6 / 6			
reaction time	0.158	interval		4.41	4.57	4.70	4.84		5.07	5.21	5.35	5.58	6.10	6.94			13.68	15.12	17.03
		velocity	6.80	7.94	7.66	7.45	7.23		6.90	6.72	6.54	6.27	5.74	5.76	6.74		7.68	6.94	6.17
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	17	18		173				

FINAL - 2021 Japanese National Championships (Osaka, JPN)

Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																			
date	27-Jun-21	time	6.66	11.16	15.72	20.47	25.33		30.33	35.47	40.79	46.30	52.09		58.79	6 / 5			
reaction time	0.182	interval		4.50	4.56	4.75	4.86		5.00	5.14	5.32	5.51	5.79	6.70			13.81	15.00	16.62
		velocity	6.76	7.78	7.68	7.37	7.20		7.00	6.81	6.58	6.35	6.04	5.97	6.80		7.60	7.00	6.32
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	17	17	21.7	193.7				

FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)

Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																			
date	06-Jun-21	time	6.81	11.39	16.05	20.85	25.83		30.80	35.87	41.11	46.53	52.05		58.37	8 / 3			
reaction time		interval		4.58	4.66	4.80	4.98		4.97	5.07	5.24	5.42	5.52	6.32			14.04	15.02	16.18
		velocity	6.61	7.64	7.51	7.29	7.03		7.04	6.90	6.68	6.46	6.34	6.33	6.85		7.48	6.99	6.49
H1 lead leg	R	strides	24	16	16	16	17		17	17	17	17	17		174				

B FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN)

Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																			
date	01-Jun-21	time	6.69	11.21	15.87	20.67	25.56		30.63	35.82	41.09	46.50	52.15		58.71	3 / 1			
reaction time	0.189	interval		4.52	4.66	4.80	4.89		5.07	5.19	5.27	5.41	5.65	6.56			13.98	15.15	16.33
		velocity	6.73	7.74	7.51	7.29	7.16		6.90	6.74	6.64	6.47	6.19	6.10	6.81		7.51	6.93	6.43
H1 lead leg	L	strides	23	16	16	16	17		17	17	17	17	17	21.7	194.7				

FINAL - 2021 Ready Steady Tokyo (Tokyo, JPN)

Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																			
date	09-May-21	time	6.74	11.26	15.88	20.66	25.56		30.48	35.54	40.71	45.98	51.50		58.00	3 / 3			

reaction time	0.178	interval	4.52	4.62	4.78	4.90	4.92	5.06	5.17	5.27	5.52	6.50	PB	13.92	14.88	15.96		
		velocity	6.68	7.74	7.58	7.32	7.14	7.11	6.92	6.77	6.64	6.34	6.15	6.90	7.54	7.06	6.58	
H1 lead leg	L	strides	23	16	16	17	17	17	17	17	17	17	21.7	195.7				
B FINAL - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN)																		
<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																		
date	03-May-21	time	6.84	11.51	16.27	21.17	26.18	31.18	36.34	41.59	47.20	53.09	59.83	7 / 2				
reaction time	0.185	interval	4.67	4.76	4.90	5.01	5.00	5.16	5.25	5.61	5.89	6.74			14.33	15.17	16.75	
		velocity	6.58	7.49	7.35	7.14	6.99	7.00	6.78	6.67	6.24	5.94	5.93	6.69	7.33	6.92	6.27	
H1 lead leg	L	strides	23	16	16	17	17	17	17	17	17	17	22.2	196.2				
B FINAL - 2020 Michtaka Kinami Memorial (Osaka, JPN)																		
<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																		
date	24-Oct-20	time	6.79	11.36	16.05	20.94	25.96	31.20	36.49	41.89	47.65	53.69	60.50	3 / 6				
reaction time		interval	4.57	4.69	4.89	5.02	5.24	5.29	5.40	5.76	6.04	6.81			14.15	15.55	17.20	
		velocity	6.63	7.66	7.46	7.16	6.97	6.68	6.62	6.48	6.08	5.79	5.87	6.61	7.42	6.75	6.10	
H1 lead leg		strides	16	16	17	17	17	17	17	17	19	19	153					
Yoneda, Tomomi (JPN) (1990)																		
H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10																		
FINAL - 2012 Japanese National Championships (Osaka, JPN)																		
<i>Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions</i>																		
date	10-Jun-12	time	6.91	11.31	15.80	20.30	24.92	29.64	34.54	39.60	44.84	50.25	56.62	6 / 2				
reaction time		interval	4.40	4.49	4.50	4.62	4.72	4.90	5.06	5.24	5.41	6.37			13.39	14.24	15.71	
		velocity	6.51	7.95	7.80	7.78	7.58	7.42	7.14	6.92	6.68	6.47	6.28	7.06	7.84	7.37	6.68	
H1 lead leg	R	strides	23	15	15	15	15	16	16	16	16	17	21	185				
A FINAL - 2012 Shizuoka International Athletics Meeting (Fukuroi, JPN)																		
<i>Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions</i>																		
date	03-May-12	time	6.92	11.39	15.98	20.58	25.22	30.02	34.99	40.10	45.36	50.68	56.80	1 / 4				
reaction time		interval	4.47	4.59	4.60	4.64	4.80	4.97	5.11	5.26	5.32	6.12	PB		13.66	14.41	15.69	
		velocity	6.50	7.83	7.63	7.61	7.54	7.29	7.04	6.85	6.65	6.58	6.54	7.04	7.69	7.29	6.69	
H1 lead leg		strides	15	15	15	15	16	16	16	16	16	17	141					
FINAL - 2008 Japanese National High School Championships (Kumagaya, JPN)																		
<i>Abe (2008) - 61st high school championships: JAF scientific committee- biomechanics data</i>																		
date	31-Jul-08	time	7.06	11.75	16.58	21.45	26.48	31.58	36.94	42.39	47.95	53.59	59.95	1 / 3				
reaction time		interval	4.69	4.83	4.87	5.03	5.10	5.36	5.45	5.56	5.64	6.36			14.39	15.49	16.65	
		velocity	6.37	7.46	7.25	7.19	6.96	6.86	6.53	6.42	6.29	6.21	6.29	6.67	7.30	6.78	6.31	
H1 lead leg		strides	17	17	17	17	17	17	17	17	18	18	155					
Yoshida, Kasumi (JPN) (1999)																		
H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10																		
A FINAL - 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN)																		
<i>Kobayashi (2019) - research on athlete performance and technique- 2019 data book</i>																		
date	03-May-19	time	6.77	11.28	15.82	20.54	25.44	30.50	35.74	41.21	47.03	53.07	59.90	1 / 4				
reaction time		interval	4.51	4.54	4.72	4.90	5.06	5.24	5.47	5.82	6.04	6.83			13.77	15.20	17.33	
		velocity	6.65	7.76	7.71	7.42	7.14	6.92	6.68	6.40	6.01	5.79	5.86	6.68	7.63	6.91	6.06	
H1 lead leg		strides	16	16	16	16	17	17	17	17	19	19	153					
Yoshida, Makiko (JPN) (1976)																		
H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10																		
FINAL - 2005 Osaka Grand Prix (Osaka, JPN)																		
<i>Yasunori (2006) - race pattern analysis of top Japanese 400m hurdlers</i>																		
date	07-May-05	time	6.76	11.18	15.77	20.51	25.43	30.44	35.46	40.53	45.74	51.18	57.29	1 / 3				
reaction time		interval	4.42	4.59	4.74	4.92	5.01	5.02	5.07	5.21	5.44	6.11			13.75	14.95	15.72	
		velocity	6.66	7.92	7.63	7.38	7.11	6.99	6.97	6.90	6.72	6.43	6.55	6.98	7.64	7.02	6.68	
H1 lead leg		strides	16	16	16	16	17	17	17	17	17	18	150					
FINAL - 2004 Seiko Super Grand Prix (Yokohama, JPN)																		
<i>Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers</i>																		
date	23-Sep-04	time	6.76	11.13	15.72	20.39	25.18	30.12	35.13	40.32	45.58	51.05	57.32	1 / 5				
reaction time		interval	4.37	4.59	4.67	4.79	4.94	5.01	5.19	5.26	5.47	6.27			13.63	14.74	15.92	
		velocity	6.66	8.01	7.63	7.49	7.31	7.09	6.99	6.74	6.65	6.40	6.38	6.98	7.70	7.12	6.60	
H1 lead leg		strides	16	16	16	16	17	17	17	17	17	18	150					
Young, Milan (USA) (1999)																		
H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10																		
Semi-Final 3 - 2024 USA Olympic Trials (Eugene, OR)																		
<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																		
date	29-Jun-24	time	6.39	10.51	14.85	19.28	23.90	26.07	28.79	33.89	39.35	45.33	51.72	59.43	3 / 8			
reaction time		interval	4.12	4.34	4.43	4.62	4.89	5.10	5.46	5.98	6.39	7.71			12.89	14.61	17.83	
		velocity	7.04	8.50	8.06	7.90	7.58	7.67	7.16	6.86	6.41	5.85	5.48	5.19	6.73	8.15	7.19	5.89
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	18	21	168				
Heat 4 - 2024 USA Olympic Trials (Eugene, OR)																		
<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																		
date	27-Jun-24	time	6.73	11.02	15.48	20.12	24.82	26.89	29.61	34.52	39.73	45.18	50.70	57.29	6 / 4			
reaction time		interval	4.29	4.46	4.64	4.70	4.79	4.91	5.21	5.45	5.52	6.59			13.39	14.40	16.18	
		velocity	6.69	8.16	7.85	7.54	7.45	7.44	7.31	7.13	6.72	6.42	6.34	6.07	6.98	7.84	7.29	6.49
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	17	20	181			
Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)																		
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																		
date	26-Jun-21	time	6.40	10.57	14.95	19.45	24.19	29.06	34.26	39.60	45.38	51.72	59.39	4 / 8				
reaction time	0.187	interval	4.17	4.38	4.50	4.74	4.87	5.20	5.34	5.78					13.05	14.81		
		velocity	7.03	8.39	7.99	7.78	7.38	7.19	6.73	6.55	6.06				6.74	8.05	7.09	
H1 lead leg	R	strides	22	15	15	15	15	16	16	17				131				
FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)																		
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																		
date	12-Jun-21	time	6.47	15.13	19.73	24.50				38.90	43.83	49.13	56.23	9 / 5				
reaction time	0.218	interval		8.66	4.60	4.77				14.40	4.93	5.30	7.10	PB	13.26			

H1 lead leg	R	velocity	6.96	8.08	7.61	7.34		7.29	7.10	6.60	5.63	7.11		7.92					
		strides	23		15	15			15	16	21.5	105.5							
Young, Natalie (USA)																			
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)																			
<i>USATF Women's Sprint Development (2003)</i>																			
date	22-Jun-03	time	6.76	11.19	15.88	20.45	25.23		30.36	35.94	41.89	47.85		60.99	2 / 5				
reaction time		interval		4.43	4.69	4.57	4.78		5.13	5.58	5.95	5.96				13.69	15.49		
		velocity	6.66	7.90	7.46	7.66	7.32		6.82	6.27	5.88	5.87		6.56		7.67	6.78		
H1 lead leg		strides																	
Yu Qian (CHN)																			
U20 FINAL - 2022 Shandong Provincial Games (Rizhao, CHN)																			
<i>Shandong Athletics Sport Science (2022)</i>																			
date	03-Sep-22	time	6.86	11.53	16.27	21.24	26.33		31.65	37.07	42.75	48.87	55.42		62.89	5 / 2			
reaction time	0.239	interval		4.67	4.74	4.97	5.09		5.32	5.42	5.68	6.12	6.55	7.47		14.38	15.83	18.35	
		velocity	6.56	7.49	7.38	7.04	6.88		6.58	6.46	6.16	5.72	5.34	5.35	6.36		7.30	6.63	5.72
H1 lead leg	L	strides	25	17	17	17	17		18	18	19	20	21	24.5		213.5			
Yukich, Alanah (AUS) (1998)																			
Semi-Final 3 - 2024 Olympic Games (Paris, FRA)																			
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																			
date	06-Aug-24	time	6.37	10.51	14.90	19.36	23.91		28.59	33.47	38.68	44.04	49.38		55.49	1 / 7			
reaction time	0.161	interval		4.14	4.39	4.46	4.55		4.68	4.88	5.21	5.36	5.34	6.11		12.99	14.11	15.91	
		velocity	7.06	8.45	7.97	7.85	7.69		7.48	7.17	6.72	6.53	6.55	6.55	7.21		8.08	7.44	6.60
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	144					
Repechage 1 - 2024 Olympic Games (Paris, FRA)																			
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																			
date	05-Aug-24	time	6.31	10.44	14.82	19.32	23.90		28.59	33.41	38.49	43.72	49.03		55.11	3 / 2			
reaction time	0.147	interval		4.13	4.38	4.50	4.58		4.69	4.82	5.08	5.23	5.31	6.08		13.01	14.09	15.62	
		velocity	7.13	8.47	7.99	7.78	7.64		7.46	7.26	6.89	6.69	6.59	6.58	7.26		8.07	7.45	6.72
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	19.5		179.5			
Heat 3 - 2024 Olympic Games (Paris, FRA)																			
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																			
date	04-Aug-24	time	6.28	10.37	14.59	18.99	23.51		28.16	33.13	38.27	43.54	48.92		55.46	9 / 7			
reaction time	0.148	interval		4.09	4.22	4.40	4.52		4.65	4.97	5.14	5.27	5.38	6.54		12.71	14.14	15.79	
		velocity	7.17	8.56	8.29	7.95	7.74		7.53	7.04	6.81	6.64	6.51	6.12	7.21		8.26	7.43	6.65
H1 lead leg	R	strides	22	15	15	15	15		15	16	16	16	17	20		182			
Yusuf Jamal, Aminat (BRN) (1997)																			
FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)																			
<i>Henson (2021) - Athlete First: 2018 year end hurdle report</i>																			
date	09-Sep-18	time	6.20	10.32	14.52	18.72	23.04		27.64	32.64	37.80	43.16	48.84		55.65	3 / 5			
reaction time	0.194	interval		4.12	4.20	4.20	4.32		4.60	5.00	5.16	5.36	5.68	6.81		12.52	13.92	16.20	
		velocity	7.26	8.50	8.33	8.33	8.10		7.61	7.00	6.78	6.53	6.16	5.87	7.19		8.39	7.54	6.48
H1 lead leg	R	strides	23	15	15	15	15		15	16	17	17	18	21.5		187.5			
Zapletalová, Emma (SVK) (2000)																			
Heat 3 - 2022 European Athletics Championships (Munich, GER)																			
<i>European Athletics (2022) - european athletics championships race analysis</i>																			
date	17-Aug-22	time	6.49	10.62	14.86	19.19	23.77	25.82	28.54	33.74	39.18	44.92	51.12		58.65	4 / 8			
reaction time	0.398	interval		4.13	4.24	4.33	4.58		4.77	5.20	5.44	5.74	6.20	7.53		12.70	14.55	17.38	
		velocity	6.93	8.47	8.25	8.08	7.64	7.75	7.34	6.73	6.43	6.10	5.65	5.31	6.82		8.27	7.22	6.04
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	18	22		189			
FINAL - 2022 Gyulai István Memorial (Székesfehérvár, HUN) (TV Analysis)																			
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																			
date	08-Aug-22	time	6.57	11.03	15.57	20.27		29.93		40.50	46.17			59.00	2 / 8				
reaction time	0.160	interval		4.46	4.54	4.70		29.93		10.57	5.67					13.70			
		velocity	6.85	7.85	7.71	7.45		1.17		6.62	6.17			6.78		7.66			
H1 lead leg	R	strides	23	16	16	16	16				17			104					
FINAL - 2021 Meeting de Paris (Paris, FRA) (TV Analysis)																			
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																			
date	28-Aug-21	time	6.42	10.70	15.12		23.95		28.50	33.23	38.20	43.46	49.00		55.61	8 / 6			
reaction time	0.138	interval		4.28	4.42		8.83		4.55	4.73	4.97	5.26	5.54	6.61					15.77
		velocity	7.01	8.18	7.92		7.93		7.69	7.40	7.04	6.65	6.32	6.05	7.19				6.66
H1 lead leg	R	strides	23	15	15		15		15	15	16	16	16	20.2		150.2			
Semi-Final 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																			
<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>																			
date	02-Aug-21	time	6.50	10.75	14.96	19.36	23.83		28.50	33.36	38.58	44.06	49.60		55.79	2 / 6			
reaction time	0.136	interval		4.25	4.21	4.40	4.47		4.67	4.86	5.22	5.48	5.54	6.19		12.86	14.00	16.24	
		velocity	6.92	8.24	8.31	7.95	7.83		7.49	7.20	6.70	6.39	6.32	6.46	7.17		8.16	7.50	6.47
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	17	17	19		182			
Heat 5 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																			
<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>																			
date	31-Jul-21	time	6.46	10.62	14.76	19.15	23.73		28.36	33.16		43.80	49.06		55.00	7 / 6			
reaction time	0.166	interval		4.16	4.14	4.39	4.58		4.63	4.80		10.64	5.26	5.94		12.69	14.01	15.90	
		velocity	6.97	8.41	8.45	7.97	7.64		7.56	7.29		6.58	6.65	6.73	7.27		8.27	7.49	6.60
H1 lead leg	R	strides	23	15	15	15	15		15	15	16		16	19		164			
FINAL - 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																			
<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>																			
date	17-Sep-20	time	6.48	10.72	15.00	19.40	23.96	26.0	28.60	33.52	38.68	44.16	49.72		56.02	7 / 7			
reaction time	0.135	interval		4.24	4.28	4.40	4.56		4.64	4.92	5.16	5.48	5.56	6.30		12.92	14.12	16.20	

H1 lead leg	R	velocity	6.94	8.25	8.18	7.95	7.68	7.69	7.54	7.11	6.78	6.39	6.29	6.35	7.14	8.13	7.44	6.48	
		strides	23	15	15	15	15	15	15	16	16	17	17	19.7	183.7				
FINAL - 2020 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)															<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>				
date	19-Aug-20	time	6.60			19.76	24.32		29.04	33.92	39.36	44.96	50.44		56.68	1 / 5			
reaction time	0.129	interval				13.16	4.56		4.72	4.88	5.44	5.60	5.48	6.24	NR NUR		13.16	14.16	16.52
		velocity	6.82			7.98	7.68		7.42	7.17	6.43	6.25	6.39	6.41	7.06		7.98	7.42	6.36
H1 lead leg	R	strides	23			15			15	15	16	17	16	20	137				
Zelentsova, Tatyana (URS) (1948)															<i>Breiser (1990) - tendencies in the development of women for 400m races with hurdles</i>				
FINAL - 1978 European Championships (Prague, TCH)															<i>Shandong Athletics Sport Science (2022)</i>				
date	02-Sep-78	time	6.8	11.3	15.7	20.3	24.9	26.9	29.4	34.1	38.9	43.8	48.9		54.89	4 / 1			
reaction time		interval		4.50	4.40	4.60	4.60		4.50	4.70	4.80	4.90	5.10	5.99	WR		13.50	13.80	14.80
		velocity	6.62	7.78	7.95	7.61	7.61	7.43	7.78	7.45	7.29	7.14	6.86	6.68	7.29		7.78	7.61	7.09
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	17	17	21	198				
Zhang Jiaxuan (CHN)															<i>Shandong Athletics Sport Science (2022)</i>				
U18 FINAL - 2022 Shandong Provincial Games (Rizhao, CHN)															<i>Shandong Athletics Sport Science (2022)</i>				
date	03-Sep-22	time	7.46	12.65	17.92	23.38	29.33		35.49	41.80	48.30	54.97	61.67		68.68	5 / 3			
reaction time	0.252	interval		5.19	5.27	5.46	5.95		6.16	6.31	6.50	6.67	6.70	7.01			15.92	18.42	19.87
		velocity	6.03	6.74	6.64	6.41	5.88		5.68	5.55	5.38	5.25	5.22	5.71	5.82		6.60	5.70	5.28
H1 lead leg	L	strides	25	18	18	18	19		19	19	20	20	20	23	219				
Zhang Rui (CHN)															<i>Shandong Athletics Sport Science (2022)</i>				
U18 FINAL - 2022 Shandong Provincial Games (Rizhao, CHN)															<i>Shandong Athletics Sport Science (2022)</i>				
date	03-Sep-22	time	7.95	13.17	18.46	23.98	29.83		35.97	42.46	49.14	56.09	63.08		70.21	8 / 6			
reaction time	0.211	interval		5.22	5.29	5.52	5.85		6.14	6.49	6.68	6.95	6.99	7.13			16.03	18.48	20.62
		velocity	5.66	6.70	6.62	6.34	5.98		5.70	5.39	5.24	5.04	5.01	5.61	5.70		6.55	5.68	5.09
H1 lead leg	L	strides	25	17	17	17	17		18	19	19	20	20	22.7	211.7				
Zhang Yixuan (CHN)															<i>Shandong Athletics Sport Science (2022)</i>				
U20 FINAL - 2022 Shandong Provincial Games (Rizhao, CHN)															<i>Shandong Athletics Sport Science (2022)</i>				
date	03-Sep-22	time	7.08	11.77	16.52	21.38	26.33		31.47	36.79	42.36	48.40	54.96		62.92	3 / 3			
reaction time	0.259	interval		4.69	4.75	4.86	4.95		5.14	5.32	5.57	6.04	6.56	7.96			14.30	15.41	18.17
		velocity	6.36	7.46	7.37	7.20	7.07		6.81	6.58	6.28	5.79	5.34	5.03	6.36		7.34	6.81	5.78
H1 lead leg	L	strides	23	17	17	17	17		17	17	18	19	20	24	206				
Zheng Liyuan (CHN) (1974)															<i>Xu (1993) - training about Zhen Liyuan in 400m hurdles</i>				
FINAL - 1993 Chinese National Games (Beijing, CHN)															<i>Xu (1993) - training about Zhen Liyuan in 400m hurdles</i>				
date	09-Sep-93	time	6.56	10.90	15.39	19.80	24.51		29.29	34.25	39.19	44.26	49.69		55.72	1 / 5			
reaction time		interval		4.34	4.49	4.41	4.71		4.78	4.96	4.94	5.07	5.43	6.03			13.24	14.45	15.44
		velocity	6.86	8.06	7.80	7.94	7.43		7.32	7.06	7.09	6.90	6.45	6.63	7.18		7.93	7.27	6.80
H1 lead leg		strides	23	15	15	15	15		16	16	17	17	17	166					
Zhou Lin (CHN) (1998)															<i>CAA Hurdle Development (2021)</i>				
Heat 2 - 2021 Chinese National Championships (Chongqing, CHN)															<i>CAA Hurdle Development (2021)</i>				
date	26-Jun-21	time	6.89	11.48	16.17	20.94	25.85		30.91	36.34	41.74	47.32	53.14		60.26	8 / 4			
reaction time	0.224	interval		4.59	4.69	4.77	4.91		5.06	5.43	5.40	5.58	5.82	7.12			14.05	15.40	16.80
		velocity	6.53	7.63	7.46	7.34	7.13		6.92	6.45	6.48	6.27	6.01	5.62	6.64		7.47	6.82	6.25
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	17	18	22	194				
Zhou Xiaohan (CHN) (2002)															<i>CAA Hurdle Development (2019)</i>				
U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)															<i>CAA Hurdle Development (2019)</i>				
date	17-Aug-19	time	6.82	11.36	16.16	20.98	25.92		31.00	36.20	41.72	47.22	52.82		59.37	5 / 1			
reaction time	0.236	interval		4.54	4.80	4.82	4.94		5.08	5.20	5.52	5.50	5.60	6.55			14.16	15.22	16.62
		velocity	6.60	7.71	7.29	7.26	7.09		6.89	6.73	6.34	6.36	6.25	6.11	6.74		7.42	6.90	6.32
H1 lead leg	R	strides	24	16	16	17	17		17	18	18	18	19	23	203				
Zhou Yu (CHN) (1999)															<i>CAA Hurdle Development (2019)</i>				
FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)															<i>CAA Hurdle Development (2019)</i>				
date	23-Aug-19	time	6.91	11.41	fell										dnf	6 / --			
reaction time	0.238	interval		4.50															
		velocity	6.51	7.78															
H1 lead leg	L	strides	24	16											40				
Heat 2 - 2019 Chinese National Grand Prix Final (Daqing, CHN)															<i>CAA Hurdle Development (2019)</i>				
date	22-Aug-19	time	7.00	11.53	16.28	21.09	26.01		31.08	36.44	41.89	47.56	53.29		59.70	4 / 1			
reaction time	0.233	interval		4.53	4.75	4.81	4.92		5.07	5.36	5.45	5.67	5.73	6.41			14.09	15.35	16.85
		velocity	6.43	7.73	7.37	7.28	7.11		6.90	6.53	6.42	6.17	6.11	6.24	6.70		7.45	6.84	6.23
H1 lead leg	L	strides	24	16	16	16	16		16	17	17	18	18	21.8	195.8				
Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN)															<i>CAA Hurdle Development (2019)</i>				
date	03-Aug-19	time	7.09	11.86	16.75	21.71	26.78		32.23	37.76	43.57	49.56	55.67		62.55	5 / 7			
reaction time	0.236	interval		4.77	4.89	4.96	5.07		5.45	5.53	5.81	5.99	6.11	6.88			14.62	16.05	17.91
		velocity	6.35	7.34	7.16	7.06	6.90		6.42	6.33	6.02	5.84	5.73	5.81	6.39		7.18	6.54	5.86
H1 lead leg	R	strides	25	16	16	16	16		17	17	18	19	19	22	201				

FINAL - 2019 Chinese National Championships (Shenyang, CHN)

														CAA Hurdle Development (2019)					
date	10-Jul-19	time	6.72	11.14	15.80	20.53	25.39		30.30	35.35	40.52	46.00	51.60		58.04	5 / 2			
reaction time	0.210	interval		4.42	4.66	4.73	4.86		4.91	5.05	5.17	5.48	5.60	6.44	PB		13.81	14.82	16.25
		velocity	6.70	7.92	7.51	7.40	7.20		7.13	6.93	6.77	6.39	6.25	6.21			7.60	7.09	6.46
H1 lead leg	L	strides	24	16	16	16	16		16	17	17	18	18	22.2					

Heat 1 - 2019 Chinese National Championships (Shenyang, CHN)

														CAA Hurdle Development (2019)					
date	09-Jul-19	time	6.82	11.32	15.98	20.72	25.57		30.53	35.68	41.00	46.56	52.17		58.71	8 / 1			
reaction time	0.239	interval		4.50	4.66	4.74	4.85		4.96	5.15	5.32	5.56	5.61	6.54			13.90	14.96	16.49
		velocity	6.60	7.78	7.51	7.38	7.22		7.06	6.80	6.58	6.29	6.24	6.12	6.81		7.55	7.02	6.37
H1 lead leg	L	strides	24	16	16	16	16		16	17	17	18	18	21.5	195.5				

FINAL - 2019 Chinese National Grand Prix 4 (Luoyang, CHN)

														CAA Hurdle Development (2019)					
date	29-May-19	time	6.95	11.52	16.14	20.77	25.57		30.54	35.83	41.17	46.74	52.33		58.48	6 / 1			
reaction time		interval		4.57	4.62	4.63	4.80		4.97	5.29	5.34	5.57	5.59	6.15	PB		13.82	15.06	16.50
		velocity	6.47	7.66	7.58	7.56	7.29		7.04	6.62	6.55	6.28	6.26	6.50	6.84		7.60	6.97	6.36
H1 lead leg	L	strides	24	16	16	16	16		16	17	17	18	18	21.2	195.2				

FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)

														CAA Hurdle Development (2019)					
date	12-Apr-19	time	6.95	11.63	16.40	21.29	26.24		31.38	36.60	41.97	47.53	53.40		61.11	7 / 5			
reaction time	0.205	interval		4.68	4.77	4.89	4.95		5.14	5.22	5.37	5.56	5.87	7.71			14.34	15.31	16.80
		velocity	6.47	7.48	7.34	7.16	7.07		6.81	6.70	6.52	6.29	5.96	5.19	6.55		7.32	6.86	6.25
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	18	19	23	199				

Heat 3 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)

														CAA Hurdle Development (2019)					
date	12-Apr-19	time	6.97	11.66	16.50	21.39	26.39		31.63	36.91	42.17	47.71	53.54		59.98	9 / 1			
reaction time	0.252	interval		4.69	4.84	4.89	5.00		5.24	5.28	5.26	5.54	5.83	6.44	PB		14.42	15.52	16.63
		velocity	6.46	7.46	7.23	7.16	7.00		6.68	6.63	6.65	6.32	6.00	6.21	6.67		7.28	6.77	6.31
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	18	19	22.2	198.2				

Zhuang Dongmei (CHN) (2000)

														CAA Hurdle Development (2021)					
Heat 1 - 2021 East China District Meeting (Zhaoqing, CHN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	25-Apr-21	time	6.82	11.41	16.17	21.10	26.28		31.78	37.70	43.66	49.90	56.12		62.82	5 / 5			
reaction time	0.216	interval		4.59	4.76	4.93	5.18		5.50	5.92	5.96	6.24	6.22	6.70			14.28	16.60	18.42
		velocity	6.60	7.63	7.35	7.10	6.76		6.36	5.91	5.87	5.61	5.63	5.97	6.37		7.35	6.33	5.70
H1 lead leg	L	strides	24	17	17	17	17		19	19	19	19	19	21	208				

Heat 1 - 2019 Chinese National Championships (Shenyang, CHN)

														CAA Hurdle Development (2019)					
date	09-Jul-19	time	6.70	11.19	15.78	20.49	25.44		30.76	36.40	42.39	49.03	56.07		64.93	5 / 5			
reaction time	0.250	interval		4.49	4.59	4.71	4.95		5.32	5.64	5.99	6.64	7.04	8.86			13.79	15.91	19.67
		velocity	6.72	7.80	7.63	7.43	7.07		6.58	6.21	5.84	5.27	4.97	4.51	6.16		7.61	6.60	5.34
H1 lead leg	L	strides	24	17	17	17	17		18	18	19	20	20	25.7	212.7				

FINAL - 2019 Chinese National Grand Prix 4 (Luoyang, CHN)

														CAA Hurdle Development (2019)					
date	29-May-19	time	6.82	11.42	16.06	20.82	25.88		31.09	36.57	42.42	48.78	55.30		61.94	2 / 6			
reaction time		interval		4.60	4.64	4.76	5.06		5.21	5.48	5.85	6.36	6.52	6.64			14.00	15.75	18.73
		velocity	6.60	7.61	7.54	7.35	6.92		6.72	6.39	5.98	5.50	5.37	6.02	6.46		7.50	6.67	5.61
H1 lead leg	L	strides	24	17	17	17	17		17	17	19	20	20	22.2	207.2				

Zhuang Yilan (CHN) (2000)

														CAA Hurdle Development (2021)					
Heat 1 - 2021 Chinese National Championships (Chongqing, CHN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	26-Jun-21	time	6.83	11.40	16.21	21.04	26.14		31.43	36.99	42.90	49.16	55.66		63.20	8 / 7			
reaction time	0.293	interval		4.57	4.81	4.83	5.10		5.29	5.56	5.91	6.26	6.50	7.54			14.21	15.95	18.67
		velocity	6.59	7.66	7.28	7.25	6.86		6.62	6.29	5.92	5.59	5.38	5.31	6.33		7.39	6.58	5.62
H1 lead leg	L	strides	24	17	17	17	17		17	17	19	19	19	23	206				

Heat 3 - 2018 Chinese National Championships (Taiyuan, CHN)

														Henson (2018) - coaching observations					
date	15-Sep-18	time	6.87	11.38	16.11	21.00	26.11		31.38	36.85	42.55	48.41	54.52		61.38	6 / 5			
reaction time		interval		4.51	4.73	4.89	5.11		5.27	5.47	5.70	5.86	6.11	6.86			14.13	15.85	17.67
		velocity	6.55	7.76	7.40	7.16	6.85		6.64	6.40	6.14	5.97	5.73	5.83	6.52		7.43	6.62	5.94
H1 lead leg	L	strides	25	15	17	17	17		17	17	17	19	19	21.5	201.5				

Zhuang Yuxuan (CHN)

														Shandong Athletics Sport Science (2022)					
U20 FINAL - 2022 Shandong Provincial Games (Rizhao, CHN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	03-Sep-22	time	7.14	12.13	17.12	22.24	27.93		33.79	39.63	46.03	52.71	59.41		66.84	8 / 6			
reaction time	0.310	interval		4.99	4.99	5.12	5.69		5.86	5.84	6.40	6.68	6.70	7.43			15.10	17.39	19.78
		velocity	6.30	7.01	7.01	6.84	6.15		5.97	5.99	5.47	5.24	5.22	5.38	5.98		6.95	6.04	5.31
H1 lead leg	L	strides	24	16	16	16	16		17	17	19	19	19	22	201				

Zou Yifan (CHN) (2000)

														CAA Hurdle Development (2021)					
FINAL - 2021 Chinese National Championships (Chongqing, CHN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	26-Jun-21	time	6.74	11.23	15.81	20.50	25.32		30.30	35.42	40.69	46.04	51.68		57.97	4 / 2			
reaction time	0.257	interval		4.49	4.58	4.69	4.82		4.98	5.12	5.27	5.35	5.64	6.29			13.76	14.92	16.26
		velocity	6.68	7.80	7.64	7.46	7.26		7.03	6.84	6.64	6.54	6.21	6.36	6.90		7.63	7.04	6.46
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	17	18	21	199				

Heat 1 - 2021 Chinese National Championships (Chongqing, CHN)

CAA Hurdle Development (2021)

date	26-Jun-21	time	6.94	11.44	16.10	20.80	25.62		30.65	35.75	41.02	46.58	52.27		58.74	3 / 1			
reaction time	0.348	interval		4.50	4.66	4.70	4.82		5.03	5.10	5.27	5.56	5.69	6.47			13.86	14.95	16.52
		velocity	6.48	7.78	7.51	7.45	7.26		6.96	6.86	6.64	6.29	6.15	6.18	6.81		7.58	7.02	6.36
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	18	18	21	200				

FINAL - 2020 Chinese Olympic Trials (Shaoxing, CHN)

date	13-Jun-21	time	6.76	11.34	16.00	20.72	25.56		30.48	35.57	40.86	46.43	52.08		58.18	5 / 1			
reaction time	0.208	interval		4.58	4.66	4.72	4.84		4.92	5.09	5.29	5.57	5.65	6.10			13.96	14.85	16.51
		velocity	6.66	7.64	7.51	7.42	7.23		7.11	6.88	6.62	6.28	6.19	6.56	6.88		7.52	7.07	6.36
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	18	18	20.7	199.7				

*CAA Hurdle Development (2021)***FINAL - 2021 Philippe Cup Athletics Invitational (Wuhan, CHN)**

date	20-May-21	time	6.81	11.21	15.76	20.37	25.17		30.06	35.15	40.39	45.73	51.32		57.62	3 / 1			
reaction time	0.242	interval		4.40	4.55	4.61	4.80		4.89	5.09	5.24	5.34	5.59	6.30	PB		13.56	14.78	16.17
		velocity	6.61	7.95	7.69	7.59	7.29		7.16	6.88	6.68	6.55	6.26	6.35	6.94		7.74	7.10	6.49
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	17	17	21	198				

*CAA Hurdle Development (2021)***FINAL - 2021 East China District Meeting (Zhaoqing, CHN)**

date	25-Apr-21	time	6.74	11.26	15.85	20.57	25.47		30.56	35.79	41.02	46.33	51.77		57.78	6 / 2			
reaction time	0.243	interval		4.52	4.59	4.72	4.90		5.09	5.23	5.23	5.31	5.44	6.01			13.83	15.22	15.98
		velocity	6.68	7.74	7.63	7.42	7.14		6.88	6.69	6.69	6.59	6.43	6.66	6.92		7.59	6.90	6.57
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	17	17	20	197				

*CAA Hurdle Development (2021)***Heat 1 - 2021 East China District Meeting (Zhaoqing, CHN)**

date	25-Apr-21	time	6.76	11.21	15.72	20.32	25.09		30.01	35.08	40.26	45.81	51.43		57.63	4 / 1			
reaction time	0.247	interval		4.45	4.51	4.60	4.77		4.92	5.07	5.18	5.55	5.62	6.20	PB		13.56	14.76	16.35
		velocity	6.66	7.87	7.76	7.61	7.34		7.11	6.90	6.76	6.31	6.23	6.45	6.94		7.74	7.11	6.42
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	18	18	21	200				

*CAA Hurdle Development (2021)***U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)**

date	17-Aug-19	time	7.14	11.66	16.18	20.82	25.66		30.74	36.08	41.68	47.38	53.22		59.56	4 / 3			
reaction time	0.314	interval		4.52	4.52	4.64	4.84		5.08	5.34	5.60	5.70	5.84	6.34	PB		13.68	15.26	17.14
		velocity	6.30	7.74	7.74	7.54	7.23		6.89	6.55	6.25	6.14	5.99	6.31	6.72		7.68	6.88	6.13
H1 lead leg	R	strides	24	16	17	17	17		17	18	18	18	18	21	201				

*CAA Hurdle Development (2019)***U20 Heat 2 - 2019 Chinese National Youth Games (Taiyuan, CHN)**

date	17-Aug-19	time	7.24	11.86	16.54	21.32	26.26		31.38	36.78	42.30	48.20	54.36		61.15	4 / 1			
reaction time	0.269	interval		4.62	4.68	4.78	4.94		5.12	5.40	5.52	5.90	6.16	6.79			14.08	15.46	17.58
		velocity	6.22	7.58	7.48	7.32	7.09		6.84	6.48	6.34	5.93	5.68	5.89	6.54		7.46	6.79	5.97
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	19	19	21.2	202.2				

*CAA Hurdle Development (2019)***Heat 1 - 2018 Chinese National Championships (Taiyuan, CHN)**

date	15-Sep-18	time	7.06	11.68	16.42	21.17	26.03		31.11	36.40	42.00	47.88	53.94		60.48	4 / 5			
reaction time		interval		4.62	4.74	4.75	4.86		5.08	5.29	5.60	5.88	6.06	6.54			14.11	15.23	17.54
		velocity	6.37	7.58	7.38	7.37	7.20		6.89	6.62	6.25	5.95	5.78	6.12	6.61		7.44	6.89	5.99
H1 lead leg	L	strides	24	17	17	17	17		17	17	18	20	20	164					

*Henson (2018) - coaching observations***Zupin, Agata (SLO) (1998)**

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																			
date	09-Jun-24	time	6.46	10.72	15.33	20.04	24.88		29.99	35.02	40.26	45.70	51.46		57.83	8 / 6			
reaction time	0.209	interval		4.26	4.61	4.71	4.84		5.11	5.03	5.24	5.44	5.76	6.37			13.58	14.98	16.44
		velocity	6.97	8.22	7.59	7.43	7.23		6.85	6.96	6.68	6.43	6.08	6.28	6.92		7.73	7.01	6.39
H1 lead leg		strides																	

National FINAL - 2023 Bauhaus Galan (Stockholm, SWE)

date	02-Jul-23	time	6.31	10.60	14.99	19.53	24.24		29.08	34.14	39.49	45.24	51.26		58.18	7 / 3			
reaction time	0.164	interval		4.29	4.39	4.54	4.71		4.84	5.06	5.35	5.75	6.02	6.92			13.22	14.61	17.12
		velocity	7.13	8.16	7.97	7.71	7.43		7.23	6.92	6.54	6.09	5.81	5.78	6.88		7.94	7.19	6.13
H1 lead leg		strides																	

*Omega Timing (2023) - diamond league race analysis***Heat 2 - 2022 European Athletics Championships (Munich, GER)**

date	17-Aug-22	time	6.28	10.63	15.07	19.69	24.38	26.46	29.16	34.14	39.38	45.08	50.96		57.42	6 / 7			
reaction time	0.183	interval		4.35	4.44	4.62	4.69		4.78	4.98	5.24	5.70	5.88	6.46			13.41	14.45	16.82
		velocity	7.17	8.05	7.88	7.58	7.46	7.56	7.32	7.03	6.68	6.14	5.95	6.19	6.97		7.83	7.27	6.24
H1 lead leg	R	strides	22	15			15		15	15	16	17	17	19.7	151.7				

European Athletics (2022) - european athletics championships race analysis