Women's 400m Hurdles Touchdown Times - by athlete

LAST UPDATE: 18-May-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)																*Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*			
date	28-Sep-88	time	6.53	10.69	14.98	19.30	23.82		28.43	33.11	37.95	43.04	48.28		54.04	8 / 6			
reaction time	0.316	interval		4.16	4.29	4.32	4.52		4.61	4.68	4.84	5.09	5.24	5.76	**PB**		12.77	13.81	15.17
		velocity	6.89	8.41	8.16	8.10	7.74		7.59	7.48	7.23	6.88	6.68	6.94	7.40		8.22	7.60	6.92
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	16	16	19	179				
Semi-Final 2 - 1988 Olympic Games (Seoul, KOR)																*Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*			
date	26-Sep-88	time	6.51	10.67	14.94	19.30	23.76		28.45	33.27	38.30	43.40	48.70		54.52	5 / 3			
reaction time	0.346	interval		4.16	4.27	4.36	4.46		4.69	4.82	5.03	5.10	5.30	5.82	**PB**		12.79	13.97	15.43
		velocity	6.91	8.41	8.20	8.03	7.85		7.46	7.26	6.96	6.86	6.60	6.87	7.34		8.21	7.52	6.80
H1 lead leg		strides	23	15	15	15	15		15	15	16	16	16	19	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)																*Shimizu (2022) - shimane high school championships 2022 - biomechanics data analysis*			
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)																*Henson (2004) USATF OTC sport science*			
date	08-May-04	time	6.06	10.92	15.38	19.91	24.65		29.47	34.48	39.53	44.87	50.33		56.59	/ 1			
reaction time		interval		4.86	4.46	4.53	4.74		4.82	5.01	5.05	5.34	5.46	6.26			13.85	14.57	15.85
		velocity	7.43	7.20	7.85	7.73	7.38		7.26	6.99	6.93	6.55	6.41	6.39	7.07		7.58	7.21	6.62
H1 lead leg		strides																	
FINAL - 2004 UCLA (Los Angeles, CA)																*Henson (2004) USATF OTC sport science*			
date	10-Apr-04	time	7.10	11.22	15.51	19.86	24.35		28.97	33.66	38.67	43.96	49.41		56.13	/ 2			
reaction time		interval		4.12	4.29	4.35	4.49		4.62	4.69	5.01	5.29	5.45	6.72	**PB**		12.76	13.80	15.75
		velocity	6.34	8.50	8.16	8.05	7.80		7.58	7.46	6.99	6.62	6.42	5.95	7.13		8.23	7.61	6.67
H1 lead leg		strides																	

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)																*Henson (2024) - Athlete First: 2024 year end hurdle report*			
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)																*Shandong Athletics Sport Science (2023)*			
date	03-Oct-23	time	6.30	10.30	14.43	18.63	23.03		27.57	32.33	37.43	42.80	48.37		54.45	5 / 1			
reaction time	0.196	interval		4.00	4.13	4.20	4.40		4.54	4.76	5.10	5.37	5.57	6.08			12.33	13.70	16.04
		velocity	7.14	8.75	8.47	8.33	7.95		7.71	7.35	6.86	6.52	6.28	6.58	7.35		8.52	7.66	6.55
H1 lead leg	R	strides		15	15	15	15		15	15	15	16	17	19.7	157.7				
FINAL - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date	24-Aug-23	time	6.34	10.41	14.48	18.55	22.82		27.23	31.73	36.64	41.74	47.18		53.09	7 / 4			
reaction time	0.207	interval		4.07	4.07	4.07	4.27		4.41	4.50	4.91	5.10	5.44	5.91	**AR**		12.21	13.18	15.45
		velocity	7.10	8.60	8.60	8.60	8.20		7.94	7.78	7.13	6.86	6.43	6.77	7.53		8.60	7.97	6.80
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	17	20	182				
Semi-Final 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date	22-Aug-23	time	6.34	10.37	14.48	18.68	22.99			32.10	36.91	41.98	47.35		53.39	6 / 2			
reaction time	0.195	interval		4.03	4.11	4.20	4.31			9.11	4.81	5.07	5.37	6.04	**AR**		12.34	13.42	15.25
		velocity	7.10	8.68	8.52	8.33	8.12			7.68	7.28	6.90	6.52	6.62	7.49		8.51	7.82	6.89
H1 lead leg	R	strides	23	15	15	15	15				15	16	17	19.7	150.7				
Heat 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date	21-Aug-23	time	6.40	10.30	14.36	18.37	22.73		27.30	31.90	36.73	42.00	47.38		53.56	8 / 1			
reaction time	0.191	interval		3.90	4.06	4.01	4.36		4.57	4.60	4.83	5.27	5.38	6.18	**AR**		11.97	13.53	15.48
		velocity	7.03	8.97	8.62	8.73	8.03		7.66	7.61	7.25	6.64	6.51	6.47	7.47		8.77	7.76	6.78
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	17	17	19.5	182.5				
FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date	31-May-18	time	6.40	10.56	14.80	19.12	23.72		28.84	34.16	39.60	45.12	50.68		56.83	1 / 9			
reaction time	0.186	interval		4.16	4.24	4.32	4.60		5.12	5.32	5.44	5.52	5.56	6.15			12.72	15.04	16.52
		velocity	7.03	8.41	8.25	8.10	7.61		6.84	6.58	6.43	6.34	6.29	6.50	7.04		8.25	6.98	6.36
H1 lead leg	R	strides	23	15	15	15	16		17	17	17	17	17		169				
FINAL - 2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date	08-Jun-17	time	6.36	10.64	14.96	19.56	24.20		29.04	34.16	39.36	44.60	49.92		55.63	2 / 6			
reaction time	0.169	interval		4.28	4.32	4.60	4.64		4.84	5.12	5.20	5.24	5.32	5.71			13.20	14.60	15.76
		velocity	7.08	8.18	8.10	7.61	7.54		7.23	6.84	6.73	6.68	6.58	7.01	7.19		7.95	7.19	6.66

H1 lead leg	R	strides	23	15	16	16	16		17	17	17	17	17	19.7	190.7						

FINAL - 2016 Birmingham Diamond League (Birmingham, GBR) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	05-Jun-16	time	6.43	10.63	15.00	19.37	23.87		28.67	33.57	38.70	43.97	49.27		55.28	6 / 5					
reaction time	0.195	interval		4.20	4.37	4.37	4.50		4.80	4.90	5.13	5.27	5.30	6.01					12.94	14.20	15.70
		velocity	7.00	8.33	8.01	8.01	7.78		7.29	7.14	6.82	6.64	6.60	6.66	7.24				8.11	7.39	6.69
H1 lead leg	R	strides	24	15	16	16	16		16	16	17	17	17	20	190						

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

date	02-Jun-16	time	6.28	10.48		19.00	23.44		28.12	33.00	38.08	43.44	49.04		55.48	8 / 5					
reaction time	0.176	interval		4.20		8.52	4.44		4.68	4.88	5.08	5.36	5.60	6.44					12.72	14.00	16.04
		velocity	7.17	8.33		8.22	7.88		7.48	7.17	6.89	6.53	6.25	6.21	7.21				8.25	7.50	6.55
H1 lead leg	R	strides	24	16			16			17	17		18	21	129						

FINAL - 2016 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	22-May-16	time	6.40	10.76	15.12	19.56	24.04		28.72	33.60	38.72	43.92	49.28		55.33	6 / 5					
reaction time	0.180	interval		4.36	4.36	4.44	4.48		4.68	4.88	5.12	5.20	5.36	6.05					13.16	14.04	15.68
		velocity	7.03	8.03	8.03	7.88	7.81		7.48	7.17	6.84	6.73	6.53	6.61	7.23				7.98	7.48	6.70
H1 lead leg	L	strides	24	16	16	16	16		16	17	17	17	17	20.2	192.2						

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

date	06-May-16	time	6.52	10.84	15.16	19.56	24.12		28.76	33.56	38.64	43.88	49.16		54.87	2 / 2					
reaction time	0.178	interval		4.32	4.32	4.40	4.56		4.64	4.80	5.08	5.24	5.28	5.71					13.04	14.00	15.60
		velocity	6.90	8.10	8.10	7.95	7.68		7.54	7.29	6.89	6.68	6.63	7.01	7.29				8.05	7.50	6.73
H1 lead leg	L	strides	24	15	15	15	15		15	15	17	17	17	19.5	184.5						

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)																*Shimizu (2023) - shimane high school championships 2023 - biomechanics data analysis*			
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				

Aho, Aada (FIN) (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 European Athletics U23 Championships (Espoo, FIN)																*European Athletics (2023) - european athletics U23 championships results book*			
date	16-Jul-23	time	6.47	10.75	15.13	19.65	24.27		29.13	34.16	39.74	45.17	51.14		58.14	1 / 8			
reaction time	0.156	interval		4.28	4.38	4.52	4.62		4.86	5.03	5.58	5.43	5.97	7.00			13.18	14.51	16.98
		velocity	6.96	8.18	7.99	7.74	7.58		7.20	6.96	6.27	6.45	5.86	5.71	6.88		7.97	7.24	6.18
H1 lead leg		strides													0				

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)																*Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers*			
date	23-Sep-04	time	6.62	10.82	15.17	19.64	24.26		29.13	34.12	39.39	44.80	50.26		56.53	/ 3			
reaction time		interval		4.20	4.35	4.47	4.62		4.87	4.99	5.27	5.41	5.46	6.27			13.02	14.48	16.14
		velocity	6.80	8.33	8.05	7.83	7.58		7.19	7.01	6.64	6.47	6.41	6.38	7.08		8.06	7.25	6.51
H1 lead leg		strides		15	15	15	15		16	16	16	16	16		140				

Torshina, Natalya (KAZ) (1968)

FINAL - 2002 IAAF World Cup (Madrid, ESP) *Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas*

date	20-Sep-02	time	6.41	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) *Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*

date	23-Aug-99	time	6.16	10.49	14.76	19.15	23.69		28.34	33.25	38.24	43.48	48.74		55.26	8 / 7					
reaction time	0.256	interval		4.33	4.27	4.39	4.54		4.65	4.91	4.99	5.24	5.26	6.52					12.99	14.10	15.49
		velocity	7.31	8.08	8.20	7.97	7.71		7.53	7.13	7.01	6.68	6.65	6.13	7.24				8.08	7.45	6.78
H1 lead leg	R	strides	22	15	15	15	15		15	16	17	17	17	20.5	184.5						

Semi-Final 2 - 1993 IAAF World Championships (Stuttgart, GER) *Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)*

date	17-Aug-93	time	6.53	10.79	15.12	19.52	23.93		28.57	33.43	38.40	43.45	48.65		54.53	4 / 3					
reaction time		interval		4.26	4.33	4.40	4.41		4.64	4.86	4.97	5.05	5.20	5.88	PB				12.99	13.91	15.22
		velocity	6.89	8.22	8.08	7.95	7.94		7.54	7.20	7.04	6.93	6.73	6.80	7.34				8.08	7.55	6.90
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	21	187						

Alonso, Mariam (ESP) (1970)

			H1	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 1998 Spanish National Championships (San Sebastián, ESP)																*Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas*			
date	02-Aug-98	time	6.63	11.23	15.82	20.60	25.60		30.67	35.92	41.38	47.09	52.94		60.10	6 / 3			
reaction time		interval		4.60	4.59	4.78	5.00		5.07	5.25	5.46	5.71	5.85	7.16			13.97	15.32	17.02
		velocity	6.79	7.61	7.63	7.32	7.00		6.90	6.67	6.41	6.13	5.98	5.59	6.66		7.52	6.85	6.17
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	18	18	22	195				

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)																			*Ewen (1985) - hurdles*
date	20-Aug-83	time			15.6	19.9	24.4		28.8	33.7	38.7	43.9	48.7		54.74	2 / 2			
reaction time		interval				4.30	4.50		4.40	4.90	5.00	5.20	4.80	6.04				13.80	15.00
		velocity			7.37	8.14	7.78		7.95	7.14	7.00	6.73	7.29	6.62	7.31			7.61	7.00

H1 lead leg	R	strides	24	15	15	15	16		16	17	17	17	17		169						

FINAL - 1983 IAAF World Championships (Helsinki, FIN) *McFarlane (1988) - The Science of Hurdling*

date	10-Aug-83	time	6.69	11.05	15.31	19.57	24.08		28.65	33.31	38.15	43.13	48.16		54.15	3 / 2					
reaction time		interval		4.36	4.26	4.26	4.51		4.57	4.66	4.84	4.98	5.03	5.99					12.88	13.74	14.85
		velocity	6.73	8.03	8.22	8.22	7.76		7.66	7.51	7.23	7.03	6.96	6.68	7.39				8.15	7.64	7.07
H1 lead leg	R	strides	24	16	16	16	16		16	16	17	17	17	20	191						

Anacharsis, Phara (FRA) (1983)

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

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

date	15-Jul-16	time	6.60	10.77		19.40	23.87		28.47		38.37	43.87	49.50		56.20	1 / 7					
reaction time	0.183	interval		4.17		8.63	4.47		4.60		9.90	5.50	5.63	6.70					12.80		
		velocity	6.82	8.39		8.11	7.83		7.61		7.07	6.36	6.22	5.97	7.12				8.20		
H1 lead leg	L	strides		15			15		15			17	17	20	99						

Angounou, Linda (CMR) (1992)

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

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

date	05-Aug-24	time	6.59	10.91	15.28	19.66	24.17		28.79	33.54	38.46	43.63	48.98		55.09	2 / 3					
reaction time	0.186	interval		4.32	4.37	4.38	4.51		4.62	4.75	4.92	5.17	5.35	6.11	NR PB				13.07	13.88	15.44
		velocity	6.83	8.10	8.01	7.99	7.76		7.58	7.37	7.11	6.77	6.54	6.55	7.26				8.03	7.56	6.80
H1 lead leg	R	strides	23			15	15		15	15	15	16	16	19.5	149.5						

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

date	04-Aug-24	time	6.45	10.74	15.10	19.54	24.14		28.83	33.71	38.80	44.12	49.42		55.69	7 / 8					
reaction time	0.153	interval		4.29	4.36	4.44	4.60		4.69	4.88	5.09	5.32	5.30	6.27	NR PB				13.09	14.17	15.71
		velocity	6.98	8.16	8.03	7.88	7.61		7.46	7.17	6.88	6.58	6.60	6.38	7.18				8.02	7.41	6.68
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	16	20.5	181.5						

Ankiewicz, Emilia (POL) (1990)

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

FINAL - 2016 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	22-May-16	time	6.64	11.12	15.72	20.36	25.12		29.96	35.00	40.32	45.64	51.08		57.25	2 / 6					
reaction time	0.148	interval		4.48	4.60	4.64	4.76		4.84	5.04	5.32	5.32	5.44	6.17					13.72	14.64	16.08
		velocity	6.78	7.81	7.61	7.54	7.35		7.23	6.94	6.58	6.58	6.43	6.48	6.99				7.65	7.17	6.53
H1 lead leg	L	strides	23	16	16	16	16		16	16	17	17	17	20.5	190.5						

Antkoviak, Hannah (USA) (2003)

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

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

date	29-Jun-24	time	6.72	11.01	15.29	19.73	24.38	26.41	29.20	34.29	39.56	45.06	50.45		56.45	7 / 5					
reaction time		interval		4.29	4.28	4.44	4.65		4.82	5.09	5.27	5.50	5.39	6.00					13.01	14.56	16.16
		velocity	6.70	8.16	8.18	7.88	7.53	7.57	7.26	6.88	6.64	6.36	6.49	6.67	7.09				8.07	7.21	6.50
H1 lead leg	L	strides	24	15	15	15	15		15	17	17	17	17		167						

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

date	27-Jun-24	time	6.65	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	6.49	7.09				8.16	7.19	6.52
H1 lead leg		strides																			

Antyukh, Natalya (RUS) (1981)

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

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

date	08-Aug-12	time	6.26	10.39	14.47	18.65	22.89	24.89	27.35	31.85	36.55	41.40	46.63		52.70	5 / ~~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	6.59	7.59				8.47	7.95	7.10
H1 lead leg	L	strides	23	15	15	15	15		15	15	16	16	17	20	182						

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

date	01-Sep-11	time	6.2	10.4	14.5	18.8	23.2		27.7	32.4	37.2	42.3	47.6		53.85	5 / 3					
reaction time	0.151	interval		4.20	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) *Graubner (2010) - http://www.fgs.uni-halle.de*

date	30-Jul-10	time	6.43	10.52	14.66	18.93	23.19		27.60	32.18	37.03	41.95	47.01		52.92	6 / 1					
reaction time	0.182	interval		4.09	4.14	4.27	4.26		4.41	4.58	4.85	4.92	5.06	5.91	CR				12.50	13.25	14.83
		velocity	7.00	8.56	8.45	8.20	8.22		7.94	7.64	7.22	7.11	6.92	6.77	7.56				8.40	7.92	7.08
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	16	16	19.5	179.5						

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

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

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

date	18-Aug-09	time	6.80	11.05	15.35	19.74	24.20		27.78	33.53	38.42	43.34	48.91		54.86	5 / 2					
reaction time	0.176	interval		4.25	4.30	4.39	4.46		3.58	5.75	4.89	4.92	5.57	5.95					12.94	13.79	15.38
		velocity	6.62	8.24	8.14	7.97	7.85		9.78	6.09	7.16	7.11	6.28	6.72	7.29				8.11	7.61	6.83

H1 lead leg	L	strides	22	15	15	15	15	15	16	16	16	17	19.7	181.7						

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

date	17-Aug-09	time	6.84	11.19	15.53	19.93	24.43	29.03	33.88	38.92	44.03	49.27		55.40	3 / 2					
reaction time	0.215	interval		4.35	4.34	4.40	4.50	4.60	4.85	5.04	5.11	5.24	6.13					13.09	13.95	15.39
		velocity	6.58	8.05	8.06	7.95	7.78	7.61	7.22	6.94	6.85	6.68	6.53	7.22				8.02	7.53	6.82
H1 lead leg		strides																		

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 Championsips (Osaka, JPN) *Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season*

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) *Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season*

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

date	12-Jun-22	time	6.64	10.96	15.48	20.05	24.79	29.73	34.98	40.37	46.00	51.75		58.38	3 / 6					
reaction time	0.220	interval		4.32	4.52	4.57	4.74	4.94	5.25	5.39	5.63	5.75	6.63					13.41	14.93	16.77
		velocity	6.78	8.10	7.74	7.66	7.38	7.09	6.67	6.49	6.22	6.09	6.03	6.85				7.83	7.03	6.26
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	17		174						

FINAL - 2022 Shizuoka International Athletics Meeting (Fukuroi, JPN) *Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*

date	03-May-22	time	6.76	11.18	15.67	20.29	25.06	29.98	35.24	40.52	46.15	51.97		58.56	2 / 6					
reaction time	0.215	interval		4.42	4.49	4.62	4.77	4.92	5.26	5.28	5.63	5.82	6.59					13.53	14.95	16.73
		velocity	6.66	7.92	7.80	7.58	7.34	7.11	6.65	6.63	6.22	6.01	6.07	6.83				7.76	7.02	6.28
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	18	18		174						

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

date	30-Apr-22	time	6.66	11.13	15.67	20.35	25.19	30.31	35.57	40.96	46.58	52.32		58.85	7 / 1					
reaction time	0.181	interval		4.47	4.54	4.68	4.84	5.12	5.26	5.39	5.62	5.74	6.53					13.69	15.22	16.75
		velocity	6.76	7.83	7.71	7.48	7.23	6.84	6.65	6.49	6.23	6.10	6.13	6.80				7.67	6.90	6.27
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	22	197						

FINAL - 2021 Japanese National Championships (Osaka, JPN) *Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*

date	27-Jun-21	time	6.76	11.21	15.75	20.44	25.24	30.23	35.49	40.87	46.51	52.34		58.82	2 / 6					
reaction time	0.236	interval		4.45	4.54	4.69	4.80	4.99	5.26	5.38	5.64	5.83	6.48					13.68	15.05	16.85
		velocity	6.66	7.87	7.71	7.46	7.29	7.01	6.65	6.51	6.21	6.00	6.17	6.80				7.68	6.98	6.23
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21.7	196.7						

B FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN) *Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*

date	01-Jun-21	time	6.76	11.19	15.75	20.42	25.31	30.38	35.69	41.22	46.78	52.47		58.77	7 / 2					
reaction time	0.189	interval		4.43	4.56	4.67	4.89	5.07	5.31	5.53	5.56	5.69	6.30					13.66	15.27	16.78
		velocity	6.66	7.90	7.68	7.49	7.16	6.90	6.59	6.33	6.29	6.15	6.35	6.81				7.69	6.88	6.26
H1 lead leg	L	strides	24	16	16	17	17	17	18	18	18	18	21.5	200.5						

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

date	25-Oct-20	time	6.94	11.53	16.20	21.02	26.06	31.16	36.42	41.89	47.45	52.92		59.02	5 / 2					
reaction time	0.202	interval		4.59	4.67	4.82	5.04	5.10	5.26	5.47	5.56	5.47	6.10					14.08	15.40	16.50
		velocity	6.48	7.63	7.49	7.26	6.94	6.86	6.65	6.40	6.29	6.40	6.56	6.78				7.46	6.82	6.36
H1 lead leg		strides		16	16	17	17	17	17	18	18	18		154						

FINAL - 2019 Japanese National High School Championships (Okinawa, JPN) *Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection*

date	06-Aug-19	time	6.83	11.39	16.05	20.80	25.78	30.91	36.07	41.42	46.97	52.71		58.94	8 / 4					
reaction time		interval		4.56	4.66	4.75	4.98	5.13	5.16	5.35	5.55	5.74	6.23					13.97	15.27	16.64
		velocity	6.59	7.68	7.51	7.37	7.03	6.82	6.78	6.54	6.31	6.10	6.42	6.79				7.52	6.88	6.31
H1 lead leg		strides		17	17	17	17	17	17	18	18	18		156						

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

date	19-May-19	time	6.74	11.09	15.65	20.35	25.28	30.43	35.62	40.97	46.55	52.17		58.45	1 / 9					
reaction time	0.167	interval		4.35	4.56	4.70	4.93	5.15	5.19	5.35	5.58	5.62	6.28	PB				13.61	15.27	16.55
		velocity	6.68	8.05	7.68	7.45	7.10	6.80	6.74	6.54	6.27	6.23	6.37	6.84				7.71	6.88	6.34
H1 lead leg	R	strides	23	16	17	17	17	17	17	18	18	19	21	200						

C FINAL - 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN) *Kobayashi (2019) - research on athlete performance and technique- 2019 data book*

date	03-May-19	time	7.01	11.49	16.10	20.80	25.66	30.78	36.14	41.71	47.38	53.07		59.25	/ 1					
reaction time		interval		4.48	4.61	4.70	4.86	5.12	5.36	5.57	5.67	5.69	6.18					13.79	15.34	16.93
		velocity	6.42	7.81	7.59	7.45	7.20	6.84	6.53	6.28	6.17	6.15	6.47	6.75				7.61	6.84	6.20
H1 lead leg		strides		17	17	17	17	17	18	18	18	18		157						

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

date	04-Aug-18	time	7.01	11.64	16.43	21.32	26.33	31.48	36.70	41.99	47.40	52.95		59.08	6 / 2					

reaction time		interval		4.63	4.79	4.89	5.01		5.15	5.22	5.29	5.41	5.55	6.13	PB		14.31	15.38	16.25
		velocity	6.42	7.56	7.31	7.16	6.99		6.80	6.70	6.62	6.47	6.31	6.53	6.77		7.34	6.83	6.46
H1 lead leg		strides		17	17	17	17		17	17	18	18	18		156				

Aoki, Sayaka (JPN) (1986)

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

FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN) — *Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*

date	20-Sep-20	time	6.97	11.70	16.52	21.49	26.53		31.68	36.92	42.29	47.75	53.40		59.81	3 / 3			
reaction time	0.252	interval		4.73	4.82	4.97	5.04		5.15	5.24	5.37	5.46	5.65	6.41			14.52	15.43	16.48
		velocity	6.46	7.40	7.26	7.04	6.94		6.80	6.68	6.52	6.41	6.19	6.24	6.69		7.23	6.80	6.37
H1 lead leg		strides		16	16	17	17		17	17	17	17	17		151				

FINAL - 2018 Japanese National Championships (Yamaguchi, JPN) — *Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018*

date	24-Jun-18	time	6.54	10.99	15.61	20.26	25.11		30.08	35.12	40.26	45.55	51.09		57.64	5 / 2			
reaction time	0.175	interval		4.45	4.62	4.65	4.85		4.97	5.04	5.14	5.29	5.54	6.55			13.72	14.86	15.97
		velocity	6.88	7.87	7.58	7.53	7.22		7.04	6.94	6.81	6.62	6.32	6.11	6.94		7.65	7.07	6.57
H1 lead leg	L		24	16	16	16	16		17	17	17	17	17	21.5	194.5				

FINAL - 2017 Japanese National Championships (Osaka, JPN) — *Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018*

date	24-Jun-17	time	6.52	10.91	15.31	19.85	24.52		29.39	34.36	39.37	44.56	49.95		56.35	/ 1			
reaction time	0.186	interval		4.39	4.40	4.54	4.67		4.87	4.97	5.01	5.19	5.39	6.40			13.33	14.51	15.59
		velocity	6.90	7.97	7.95	7.71	7.49		7.19	7.04	6.99	6.74	6.49	6.25	7.10		7.88	7.24	6.74
H1 lead leg		strides		16	16	16	16		17	17	17	17	17		149				

FINAL - 2010 Japanese National Championships (Marugume, JPN) — *Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*

date	06-Jun-10	time	6.55	10.99	15.44	20.01	24.65		29.49	34.55	39.66	44.87	50.29		56.90	/ 3			
reaction time		interval		4.44	4.45	4.57	4.64		4.84	5.06	5.11	5.21	5.42	6.61			13.46	14.54	15.74
		velocity	6.87	7.88	7.87	7.66	7.54		7.23	6.92	6.85	6.72	6.46	6.05	7.03		7.80	7.22	6.67
H1 lead leg		strides		16.00	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) — *Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*

date	27-Jun-09	time	6.64	11.16	15.81	20.60	25.42		30.43	35.45	40.62	45.84	51.18		57.56	6 / 2			
reaction time		interval		4.52	4.65	4.79	4.82		5.01	5.02	5.17	5.22	5.34	6.38			13.96	14.85	15.73
		velocity	6.78	7.74	7.53	7.31	7.26		6.99	6.97	6.77	6.70	6.55	6.27	6.95		7.52	7.07	6.68
H1 lead leg		strides		16	16	16	16		17	17	17	17	17		149				

FINAL - 2008 Japanese National Championships (Kawasaki, JPN) — *Yasunori (2009) - race pattern analysis of prestigious Japanese 400m hurdlers*

date	27-Jun-08	time	6.47	10.79	15.29	19.83	24.42		29.29	34.30	39.37	44.64	50.18		56.93	/ 2			
reaction time		interval		4.32	4.50	4.54	4.59		4.87	5.01	5.07	5.27	5.54	6.75			13.36	14.47	15.88
		velocity	6.96	8.10	7.78	7.71	7.63		7.19	6.99	6.90	6.64	6.32	5.93	7.03		7.86	7.26	6.61
H1 lead leg		strides		16	16	16	16		17	17	17	17	17		149				

Race 2 - 2008 Shizuoka International Athletics Meeting (Fukuroi, JPN) — *Yasunori (2009) - race pattern analysis of prestigious Japanese 400m hurdlers*

date	03-May-08	time	6.63	11.10	15.62	20.16	24.91		29.86	34.90	40.14	45.46	50.93		57.33	/ 2			
reaction time		interval		4.47	4.52	4.54	4.75		4.95	5.04	5.24	5.32	5.47	6.40			13.53	14.74	16.03
		velocity	6.79	7.83	7.74	7.71	7.37		7.07	6.94	6.68	6.58	6.40	6.25	6.98		7.76	7.12	6.55
H1 lead leg		strides		16	16	16	16		17	17	17	17	17		149				

Arashima, Yuri (JPN) (1997)

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

FINAL - 2015 Japanese National Junior Championships (Nagoya, JPN) — *Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan*

date	18-Oct-15	time	6.90	11.37	15.95	20.62	25.41		30.43	35.70	41.11	46.68	52.45		58.97	/ 2			
reaction time		interval		4.47	4.58	4.67	4.79		5.02	5.27	5.41	5.57	5.77	6.52			13.72	15.08	16.75
		velocity	6.52	7.83	7.64	7.49	7.31		6.97	6.64	6.47	6.28	6.07	6.13	6.78		7.65	6.96	6.27
H1 lead leg		strides		15	15	15	15		17	17	17	17	17		145				

FINAL - 2015 Japanese National High School Championships (Wakayama, JPN) — *Enomoto (2015) - 68th high school championships: JAF scientific committee- biomechanics data*

date	31-Jul-15	time	6.71	11.08	15.53	20.12	24.86		29.95	35.24	40.66	46.35	52.24		58.99	6 / 3			
reaction time		interval		4.37	4.45	4.59	4.74		5.09	5.29	5.42	5.69	5.89	6.75			13.41	15.12	17.00
		velocity	6.71	8.01	7.87	7.63	7.38		6.88	6.62	6.46	6.15	5.94	5.93	6.78		7.83	6.94	6.18
H1 lead leg		strides		15	15	15	15		17	17	17	17	17		145				

FINAL - 2014 Japanese National High School Championships (Kofu, JPN) — *Yanagiya (2014) - research on athlete performance and technique- 2014 data book*

date	01-Aug-14	time	6.77	11.19	15.66	20.18	24.92		30.03	35.35	40.79	46.41	52.17		58.76	/ 1			
reaction time		interval		4.42	4.47	4.52	4.74		5.11	5.32	5.44	5.62	5.76	6.59	PB		13.41	15.17	16.82
		velocity	6.65	7.92	7.83	7.74	7.38		6.85	6.58	6.43	6.23	6.08	6.07	6.81		7.83	6.92	6.24
H1 lead leg		strides		15	15	15	15		17	17	17	17	17		145				

FINAL - 2012 Japanese National High School Championships (Niigata, JPN) — *Yanagiya (2014) - research on athlete performance and technique- 2014 data book*

date	31-Jul-12	time	6.61	10.96	15.53	20.25	25.04		30.13	35.27	40.64	46.13	51.79		58.27	/ 1			
reaction time		interval		4.35	4.57	4.72	4.79		5.09	5.14	5.37	5.49	5.66	6.48	PB		13.64	15.02	16.52
		velocity	6.81	8.05	7.66	7.42	7.31		6.88	6.81	6.52	6.38	6.18	6.17	6.86		7.70	6.99	6.36
H1 lead leg		strides		17	17	17	17		18	18	19	19	19		161				

Arita, Asaki (JPN) (2000)

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

FINAL - 2017 Japanese National High School Championships (Yamagata, JPN) — *Kota (2017) - 70th high school championships: JAF scientific committee - biomechanics data collection*

date	31-Jul-17	time	6.94	11.59	16.42	21.44	26.71		32.22	38.12	43.96	49.80	55.72		62.23	3 / 8			
reaction time	0.176	interval		4.65	4.83	5.02	5.27		5.51	5.90	5.84	5.84	5.92	6.51			14.50	16.68	17.60
		velocity	6.48	7.53	7.25	6.97	6.64		6.35	5.93	5.99	5.99	5.91	6.14	6.43		7.24	6.29	5.97

H1 lead leg		strides		17	17	17	17		17	19	19	19	19		161				

Arnardóttir, Gudrún (ISL) (1971)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2000 Olympic Games (Sydney, AUS)														*Behm (2000) - Sydney 2000: Compte-rendu du 400m haies*			
date 27-Sep-00 time	6.6	10.9	15.2	19.5	24.0		28.6	33.5	38.5	43.5	48.7		54.63	2 / 7			
reaction time 0.238 interval		4.30	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	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				

Aubert, Ludivine (FRA) (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 European Athletics U20 Championships (Tallin, EST)														*European Athletics (2021) - european athletics U20 championships results book*			
date 18-Jul-21 time	6.68	11.24	15.82	20.67	25.79	28.11	30.94	36.14	41.56	47.00	52.92		60.33	3 / 8			
reaction time 0.251 interval		4.56	4.58	4.85	5.12		5.15	5.20	5.42	5.44	5.92	7.41			13.99	15.47	16.78
velocity	6.74	7.68	7.64	7.22	6.84	7.11	6.80	6.73	6.46	6.43	5.91	5.40	6.63		7.51	6.79	6.26
H1 lead leg L strides	24	16	17		17				18	18	19	22	151				

Bakhvalova, Yekaterina (RUS) (1972)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2002 European Championships (Munich, GER)														*Graubner (2009) - http://www.fgs.uni-halle.de*			
date 08-Aug-02 time	6.61	10.83	15.11	19.61	24.30		29.15	34.21	39.53	44.90	50.35		56.39	/ 5			
reaction time 0.250 interval		4.22	4.28	4.50	4.69		4.85	5.06	5.32	5.37	5.45	6.04			13.00	14.60	16.14
velocity	6.81	8.29	8.18	7.78	7.46		7.22	6.92	6.58	6.52	6.42	6.62	7.09		8.08	7.19	6.51
H1 lead leg strides																	
FINAL - 1997 European Cup (Munich, GER)														*Jung (2003) - http://www.fgs.uni-halle.de*			
date 21-Jun-97 time	6.78	11.14	15.52	20.03	24.72		29.50	34.45	39.57	44.83	50.01		55.66	/ 3			
reaction time interval		4.36	4.38	4.51	4.69		4.78	4.95	5.12	5.26	5.18	5.65			13.25	14.42	15.56
velocity	6.64	8.03	7.99	7.76	7.46		7.32	7.07	6.84	6.65	6.76	7.08	7.19		7.92	7.28	6.75
H1 lead leg strides																	
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	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		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																	

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																	
FINAL - 2023 USATF National Championships (Eugene, OR) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 09-Jul-23 time	6.44	10.64	15.05	19.65	24.32		29.26		39.57				57.51	1 / 8			

reaction time		interval		4.20	4.41	4.60	4.67		4.94		10.31			17.94				13.21	
		velocity	6.99	8.33	7.94	7.61	7.49		7.09		6.79			5.85	6.96			7.95	
H1 lead leg	R	strides	23	15	15	15	15					17			100				

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				

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	6.32	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				

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

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

Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

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

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

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) *European Athletics (2022) - european athletics championships race analysis*

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				

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

date	08-Aug-22	time	6.73	11.07	15.56	20.23			29.87		40.26	45.73			57.66	1 / 6			
reaction time	0.248	interval		4.34	4.49	4.67			29.87		10.39	5.47					13.50		
		velocity	6.69	8.06	7.80	7.49			1.17		6.74	6.40			6.94		7.78		
H1 lead leg	L	strides	24	16	16	16	16					18			106				

Barnes, Miriam (USA) (1983)

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

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

date	29-Jun-08	time	6.80	10.94	15.23	19.47	23.83		28.30	33.30	38.21	43.28	*fell on H9*		60.18	7 / ~~8~~			
reaction time		interval		4.14	4.29	4.24	4.36		4.47	5.00	4.91	5.07			DQ		12.67	13.83	
		velocity	6.62	8.45	8.16	8.25	8.03		7.83	7.00	7.13	6.90			6.65		8.29	7.59	
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17		164				

Bartl, Claudia (GDR) (1968)

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

FINAL - 1986 IAAF World Junor Championships (Athens, GRE) *Miskos (1986) - IAAF biomechanical research - Athens 1986 - hurdle races*

date	18-Jul-86	time	6.49	10.77	15.25	19.73	24.49		29.51	34.57	40.05	45.30	50.69		56.76	/ 1			
reaction time		interval		4.28	4.48	4.48	4.76		5.02	5.06	5.48	5.25	5.39	6.07	CR		13.24	14.84	16.12
		velocity	6.93	8.18	7.81	7.81	7.35		6.97	6.92	6.39	6.67	6.49	6.59	7.05		7.93	7.08	6.51
H1 lead leg		strides	23	15	15	15	16		17	17	17	17	17	20	189				

FINAL - 1985 European Junior Championships (Cottbus, GDR) *Warburton (1985) - 1985 european junior championships - hurdles*

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

Batten, Kim (USA) (1969)

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

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

date	08-Aug-97	time	6.57	10.66	14.86	19.10	23.46		27.88	32.46	37.34	42.36	47.46		53.52	5 / 3			
reaction time	0.170	interval		4.09	4.20	4.24	4.36		4.42	4.58	4.88	5.02	5.10	6.06			12.53	13.36	15.00

		velocity	6.85	8.56	8.33	8.25	8.03		7.92	7.64	7.17	6.97	6.86	6.60	7.47		8.38	7.86	7.00
H1 lead leg	L	strides	23	15	15	15	15		15	15	16	17	17	21	184				

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

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

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

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

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

date	11-Aug-95	time					23.0								52.61	5 / 1			
reaction time		interval													**WR**				
		velocity					8.04								7.60				
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	17	17	21	185				

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

date	19-Aug-93	time	6.40	10.56	14.89	19.19	23.76		28.12	32.99	37.86	42.87	47.93		53.84	7 / 4			
reaction time		interval		4.16	4.33	4.30	4.57		4.36	4.87	4.87	5.01	5.06	5.91	**PB**		12.79	13.80	14.94
		velocity	7.03	8.41	8.08	8.14	7.66		8.03	7.19	7.19	6.99	6.92	6.77	7.43		8.21	7.61	7.03
H1 lead leg	L	strides	24	16	16	16	16		16	17	17	17			155				

Semi-Final 2 - 1993 IAAF World Championships (Stuttgart, GER) *Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)*

date	17-Aug-93	time	6.58	10.85	15.19	19.56	24.11		28.76	33.51	38.39	43.33	48.39		54.20	6 / 2			
reaction time		interval		4.27	4.34	4.37	4.55		4.65	4.75	4.88	4.94	5.06	5.81			12.98	13.95	14.88
		velocity	6.84	8.20	8.06	8.01	7.69		7.53	7.37	7.17	7.09	6.92	6.88	7.38		8.09	7.53	7.06
H1 lead leg	L	strides	24	16	16	16	16		16	17	17	17	17	20.2	192.2				

Beaugeant, Chantal (FRA) (1961)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1988 Olympic Games (Seoul, KOR) *Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*																	
date 26-Sep-88	time	6.68	10.95	15.35	19.90	24.54		29.46	34.61	39.87	45.24	50.80		56.94	1 / 8			
reaction time 0.215	interval		4.27	4.40	4.55	4.64		4.92	5.15	5.26	5.37	5.56	6.14			13.22	14.71	16.19
	velocity	6.74	8.20	7.95	7.69	7.54		7.11	6.80	6.65	6.52	6.29	6.51	7.02		7.94	7.14	6.49
H1 lead leg	strides	22	15	15	15	15		16	16	16	17	17	20	184				

Beermann, Elke (FRG)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1971 West German Athletics - 400m Hurdles Test (Bonn, FRG) *Keydel (1971) - die 400m hürden machten das rennen*																	
date 15-May-71	time	7.5	13.0	18.6	24.2	29.8		35.3	40.8	46.3	51.6	56.9		62.6	/ 4			
reaction time	interval		5.50	5.60	5.60	5.60		5.50	5.50	5.50	5.30	5.30	5.70			16.70	16.60	16.10
	velocity	6.00	6.36	6.25	6.25	6.25		6.36	6.36	6.36	6.60	6.60	7.02	6.39		6.29	6.33	6.52
H1 lead leg	strides	24	19	19	19	19		19	19	19	19	19		195				

Beesley, Meghan (GBR) (1989)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis) *Henson (2024) - Athlete First: 2021 year end hurdle report*																	
date 31-Jul-21	time	6.40	10.50	14.93	19.33	24.07		28.87	33.80	38.93	44.17	49.57		55.91	5 / 7			
reaction time 0.165	interval		4.10	4.43	4.40	4.74		4.80	4.93	5.13	5.24	5.40	6.34			12.93	14.47	15.77
	velocity	7.03	8.54	7.90	7.95	7.38		7.29	7.10	6.82	6.68	6.48	6.31	7.15		8.12	7.26	6.66
H1 lead leg L	strides	24	16	16	16	16		17	17	17	18	18	22.5	197.5				

FINAL - 2021 Müller British Grand Prix (Gateshead, GBR) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	13-Jul-21	time	6.38	10.64	15.02	19.42	24.00	26.0	28.76	33.80	39.06	44.72	50.40		57.04	1 / 7			
reaction time	0.145	interval		4.26	4.38	4.40	4.58		4.76	5.04	5.26	5.66	5.68	6.64			13.04	14.38	16.60
		velocity	7.05	8.22	7.99	7.95	7.64	7.69	7.35	6.94	6.65	6.18	6.16	6.02	7.01		8.05	7.30	6.33
H1 lead leg	L	strides	24	16	16	16	16		17	18	18	19	19	23	202				

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

date	02-Oct-19	time	6.34	10.54	14.81		23.82		28.59	33.46	38.70	44.28	50.05		56.89	9 / 8			
reaction time	0.173	interval		4.20	4.27		9.01		4.77	4.87	5.24	5.58	5.77	6.84					16.59
		velocity	7.10	8.33	8.20		7.77		7.34	7.19	6.68	6.27	6.07	5.85	7.03				6.33
H1 lead leg	L	strides	24	16	16		16			17		19	19		127				

FINAL - 2019 The Match - Europe v USA (Minsk, BLR) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	10-Sep-19	time	6.34	10.54		19.18	23.72		28.46		38.53	43.84	49.25		55.49	2 / 3			
reaction time		interval		4.20		8.64	4.54		4.74		10.07	5.31	5.41	6.24			12.84		
		velocity	7.10	8.33		8.10	7.71		7.38		6.95	6.59	6.47	6.41	7.21		8.18		
H1 lead leg	L	strides		16	16		16		17			18	18	22.2	123.2				

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

date	21-Jul-19	time	6.44	10.64	15.00	19.40	23.92		28.60	33.44	38.48	43.80	49.12		55.20	8 / 6			
reaction time	0.152	interval		4.20	4.36	4.40	4.52		4.68	4.84	5.04	5.32	5.32	6.08			12.96	14.04	15.68
		velocity	6.99	8.33	8.03	7.95	7.74		7.48	7.23	6.94	6.58	6.58	6.58	7.25		8.10	7.48	6.70
H1 lead leg	R	strides	24	16	16	16	16			17	17	18	18	22.5	180.5				

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

date	13-Jun-19	time	6.40	10.64	15.00		24.16	26.1	28.80	33.96	39.12	44.64	50.36		57.13	1 / 8		
reaction time	0.166	interval		4.24	4.36		9.16		4.64	5.16	5.16	5.52	5.72	6.77				16.40
		velocity	7.03	8.25	8.03		7.64	7.66	7.54	6.78	6.78	6.34	6.12	5.91	7.00			6.40
H1 lead leg	R	strides	24	16	16				16	17	17	18	19	23.5	166.5			

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

date	03-May-19	time	6.34	10.51	14.88	19.18	23.79	25.7	28.53	33.50	38.84	44.28	49.75		56.01	3 / 6		
reaction time	0.157	interval		4.17	4.37	4.30	4.61		4.74	4.97	5.34	5.44	5.47	6.26			12.84	14.32	16.25
		velocity	7.10	8.39	8.01	8.14	7.59	7.78	7.38	7.04	6.55	6.43	6.40	6.39	7.14		8.18	7.33	6.46
H1 lead leg	L	strides	24	16	16	16	16		17	17	18	18	18	22.7	198.7				

FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis) *Henson (2021) - Athlete First: 2018 year end hurdle report*

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

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				

Bendová, Ester (CZE) (2003)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2023 European Athletics U23 Championships (Espoo, FIN)																	
European Athletics (2023) - european athletics U23 championships results book																	
date 15-Jul-23	time	6.97	11.47	16.07	20.65	25.36		30.33	35.39	40.94	46.15	51.50		57.82	4 / 5			
reaction time 0.228	interval		4.50	4.60	4.58	4.71		4.97	5.06	5.55	5.21	5.35	6.32			13.68	14.74	16.11
	velocity	6.46	7.78	7.61	7.64	7.43		7.04	6.92	6.31	6.72	6.54	6.33	6.92		7.68	7.12	6.52
H1 lead leg	strides													0				

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			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	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	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		
		velocity	7.03	8.14	8.14	8.14	7.78		7.61	7.29	7.00	6.60	6.48	6.60	7.28		8.14	7.55	6.69		
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	15	15		152						

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

date	25-Aug-04	time	6.6	10.7	14.9	19.4	23.9		28.6	33.3	38.3	43.3	48.5		54.18	7 / 6					
reaction time	0.322	interval		4.10	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)			**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 Michitaka Kinami Memorial (Osaka, JPN)																*Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season*					
date	12-May-24	time	6.84	11.28	15.73	20.29	24.94		29.63	34.38	39.22	44.39	49.70		55.72	6 / 1					
reaction time	0.171	interval		4.44	4.45	4.56	4.65		4.69	4.75	4.84	5.17	5.31	6.02			13.45	14.09	15.32		
		velocity	6.58	7.88	7.87	7.68	7.53		7.46	7.37	7.23	6.77	6.59	6.64	7.18		7.81	7.45	6.85		
H1 lead leg		strides		15	15	15	15		15	15	15	16	16		137						

A FINAL - 2024 Shizuoka International Meeting (Fukuroi, JPN) *Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season*

date	03-May-24	time	6.91	11.49	16.17	20.89	25.64		30.35	35.09	39.94	45.01	50.25		56.08	6 / 2					
reaction time	0.193	interval		4.58	4.68	4.72	4.75		4.71	4.74	4.85	5.07	5.24	5.83			13.98	14.20	15.16		
		velocity	6.51	7.64	7.48	7.42	7.37		7.43	7.38	7.22	6.90	6.68	6.86	7.13		7.51	7.39	6.93		
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	16	16	19	179						

FINAL - 2022 Commonwealth Games (Birmingham, GBR) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	06-Aug-22	time	6.53	10.63	14.63	18.97	23.43	25.6	28.32	33.22	38.17	43.47	49.17		56.36	9 / 7					
reaction time	0.173	interval		4.10	4.00	4.34	4.46		4.89	4.90	4.95	5.30	5.70	7.19			12.44	14.25	15.95		
		velocity	6.89	8.54	8.75	8.06	7.85	7.81	7.16	7.14	7.07	6.60	6.14	5.56	7.10		8.44	7.37	6.58		
H1 lead leg	R	strides	22	14	14	14	14		15	15	16		17	20.5	161.5						

Semi-Final 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	20-Jul-22	time	6.57	10.83	15.30	19.66	24.16	26.21	28.90		38.76	43.94	49.32		55.53	1 / 6					
reaction time	0.191	interval		4.26	4.47	4.36	4.50		4.74		9.86	5.18	5.38	6.21			13.09				
		velocity	6.85	8.22	7.83	8.03	7.78	7.63	7.38		7.10	6.76	6.51	6.44	7.20		8.02				
H1 lead leg	R	strides	22	14	14	14	14		15			16	16	19	144						

Blackett, Andrea (BAR) (1976)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**		
FINAL - 2005 IAAF World Championships (Helsinki, FIN)																*Behm (2005) - Helsinki 2005; Les haies - La revanche des lutins*					
date	13-Aug-05	time	6.3	10.5	14.7	19.1	23.7		28.3	33.1	38.2	43.4	48.8		55.06	2 / 6					
reaction time	0.146	interval		4.20	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) *Yasunori (2006) - race pattern analysis of top Japanese 400m hurdlers*

date	07-May-05	time	6.42	10.59	15.06	19.63	24.35		29.17	34.16	39.47	44.96	50.23		56.15	/ 1					
reaction time		interval		4.17	4.47	4.57	4.72		4.82	4.99	5.31	5.49	5.27	5.92			13.21	14.53	16.07		
		velocity	7.01	8.39	7.83	7.66	7.42		7.26	7.01	6.59	6.38	6.64	6.76	7.12		7.95	7.23	6.53		
H1 lead leg		strides		15.00	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) *Behm (2003) - Paris 2003:Le quatrache masculn - féminin*

date	28-Aug-03	time	6.2	10.2	14.5	19.0	23.6		28.2	33.0	38.3	43.5	48.8		54.79	7 / 6					
reaction time	0.149	interval		4.00	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) *Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*

date	25-Aug-99	time	6.20	10.31	14.59	18.98	23.49		28.20	33.00	37.81	42.70	47.71		53.36	6 / 4					
reaction time	0.178	interval		4.11	4.28	4.39	4.51		4.71	4.80	4.81	4.89	5.01	5.65	NR / PB		12.78	14.02	14.71		

		velocity	7.26	8.52	8.18	7.97	7.76	7.43	7.29	7.28	7.16	6.99	7.08	7.50		8.22	7.49	7.14
H1 lead leg	L	strides	23	15	15	15	15	16	16	16	16	16	18.5	182				

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

date	23-Aug-99	time	5.99	10.11	14.38	18.84	23.39	28.23	33.21	38.14	43.16	48.13		54.18	6 / 2			
reaction time	0.144	interval		4.12	4.27	4.46	4.55	4.84	4.98	4.93	5.02	4.97	6.05			12.85	14.37	14.92
		velocity	7.51	8.50	8.20	7.85	7.69	7.23	7.03	7.10	6.97	7.04	6.61	7.38		8.17	7.31	7.04
H1 lead leg	L	strides	23	15	15	15	16	16	16	16	16	16	19	183				

Blaszak, Genowefa (POL) (1957)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 1988 Olympic Games (Seoul, KOR)														*Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*			
date 26-Sep-88 time	6.67	10.86	15.16	19.56	24.37		29.25	34.24	39.34	44.60	50.13		56.76	7 / 7			
reaction time interval		4.19	4.30	4.40	4.81		4.88	4.99	5.10	5.26	5.53	6.63			12.89	14.68	15.89
velocity	6.75	8.35	8.14	7.95	7.28		7.17	7.01	6.86	6.65	6.33	6.03	7.05		8.15	7.15	6.61
H1 lead leg strides	23.00	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)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 Fridrott (Stockholm, SWE)														*Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx*			
date 07-Jun-11 time	7.16	11.82	16.56	21.56	26.80		32.04	37.38	42.94	48.80	54.64		61.35	/ 3			
reaction time interval		4.66	4.74	5.00	5.24		5.24	5.34	5.56	5.86	5.84	6.71			14.40	15.82	17.26
velocity	6.28	7.51	7.38	7.00	6.68		6.68	6.55	6.29	5.97	5.99	5.96	6.52		7.29	6.64	6.08
H1 lead leg L strides		16	16	17	17		17	17	17	18	18	22	175				

Boden, Lauren (AUS) (1988)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 02-Oct-19 time	6.47	10.71	15.01		23.86			33.33	38.47	43.78	49.31		55.94	3 / 8			
reaction time 0.173 interval		4.24	4.30		8.85			9.47	5.14	5.31	5.53	6.63					15.98
velocity	6.96	8.25	8.14		7.91			7.39	6.81	6.59	6.33	6.03	7.15				6.57
H1 lead leg L strides	22	15	15						16	16	17	20.5	121.5				

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

date	03-May-19	time	6.54	10.74	15.05	19.48	23.96	25.9	28.56	33.30	38.34	43.54	49.01		55.60	9 / 5		
reaction time	0.147	interval		4.20	4.31	4.43	4.48		4.60	4.74	5.04	5.20	5.47	6.59			12.94	13.82	15.71
		velocity	6.88	8.33	8.12	7.90	7.81	7.72	7.61	7.38	6.94	6.73	6.40	6.07	7.19		8.11	7.60	6.68
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	17	21	182				

Semi-Final 1 - 2006 IAAF Junior World Championships (Beijing, CHN) *Beckenham (2006) - Establishing an ideal stride pattern for a potential elite female 400m hurdler*

date	16-Aug-06	time	6.42	10.75	15.22	19.72	24.44	29.34	34.40	39.34	45.18	50.97		58.05	6 / 7			
reaction time	0.172	interval		4.33	4.47	4.50	4.72	4.90	5.06	4.94	5.84	5.79	7.08			13.30	14.68	16.57
		velocity	7.01	8.08	7.83	7.78	7.42	7.14	6.92	7.09	5.99	6.04	5.65	6.89		7.89	7.15	6.34
H1 lead leg		strides																

Heat 1 - 2006 IAAF Junior World Championships (Beijing, CHN) *Beckenham (2006) - Establishing an ideal stride pattern for a potential elite female 400m hurdler*

date	15-Aug-06	time	6.66	10.95	15.40	19.95	24.54	29.29	34.31	39.67	45.23	51.10		57.95	3 / 2			
reaction time	0.194	interval		4.29	4.45	4.55	4.59	4.75	5.02	5.36	5.56	5.87	6.85			13.29	14.36	16.79
		velocity	6.76	8.16	7.87	7.69	7.63	7.37	6.97	6.53	6.29	5.96	5.84	6.90		7.90	7.31	6.25
H1 lead leg		strides																

Heat 5 - 2006 Commonwealth Games (Melbourne, AUS) *Beckenham (2006) - Establishing an ideal stride pattern for a potential elite female 400m hurdler*

date	22-Mar-06	time	6.76	11.12	15.72	20.32	25.08	29.88	35.00	40.36	45.88	51.38		57.77	/ 5			
reaction time		interval		4.36	4.60	4.60	4.76	4.80	5.12	5.36	5.52	5.50	6.39			13.56	14.68	16.38
		velocity	6.66	8.03	7.61	7.61	7.35	7.29	6.84	6.53	6.34	6.36	6.26	6.92		7.74	7.15	6.41
H1 lead leg		strides																

FINAL - 2006 Telstra A Series (Canberra, AUS) *Beckenham (2006) - Establishing an ideal stride pattern for a potential elite female 400m hurdler*

date	26-Jan-06	time	6.78	11.18	15.66	20.26	24.96	29.80	34.76	40.01	45.36	50.96		57.45	/ 3			
reaction time		interval		4.40	4.48	4.60	4.70	4.84	4.96	5.25	5.35	5.60	6.49	PB		13.48	14.50	16.20
		velocity	6.64	7.95	7.81	7.61	7.45	7.23	7.06	6.67	6.54	6.25	6.16	6.96		7.79	7.24	6.48
H1 lead leg		strides																

Semi-Final 1 - 2005 IAAF Youth World Championships (Marrakech, MAR) *Beckenham (2006) - Establishing an ideal stride pattern for a potential elite female 400m hurdler*

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) *Beckenham (2006) - Establishing an ideal stride pattern for a potential elite female 400m hurdler*

date	06-Mar-05	time	7.32	11.98	16.68	21.50	26.48	31.58	36.82	42.04	47.34	52.68		58.59	/ 1			
reaction time		interval		4.66	4.70	4.82	4.98	5.10	5.24	5.22	5.30	5.34	5.91	PB		14.18	15.32	15.86
		velocity	6.15	7.51	7.45	7.26	7.03	6.86	6.68	6.70	6.60	6.55	6.77	6.83		7.40	6.85	6.62
H1 lead leg		strides																

Bol, Femke (NED) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Memorial van damme (Brussels, BEL)														*Omega Timing (2024) - diamond league race analysis*			
date 14-Sep-24 time	6.27	10.30	14.42	18.63	22.95		27.41	32.01	36.83	41.78	46.72		52.45	5 / 1			
reaction time 0.213 interval		4.03	4.12	4.21	4.32		4.46	4.60	4.82	4.95	4.94	5.73			12.36	13.38	14.71
velocity	7.18	8.68	8.50	8.31	8.10		7.85	7.61	7.26	7.07	7.09	6.98	7.63		8.50	7.85	7.14

H1 lead leg	L	strides	21	14	14	14	14	14	14	15	15	15	19	169					

FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL) *Omega Timing (2024) - diamond league race analysis*

date	25-Aug-24	time	6.28	10.30	14.38	18.63	23.00	27.47	32.14	36.93	41.81	46.67		52.13	6 / 1				
reaction time	0.158	interval		4.02	4.08	4.25	4.37	4.47	4.67	4.79	4.88	4.86	5.46			12.35	13.51	14.53	
		velocity	7.17	8.71	8.58	8.24	8.01	7.83	7.49	7.31	7.17	7.20	7.33	7.67		8.50	7.77	7.23	
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	18.2	169.2					

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

date	22-Aug-24	time	6.25	10.30	14.42	18.61	22.92	27.40	31.98	36.72	41.55	46.53		52.25	5 / 1				
reaction time	0.182	interval		4.05	4.12	4.19	4.31	4.48	4.58	4.74	4.83	4.98	5.72			12.36	13.37	14.55	
		velocity	7.20	8.64	8.50	8.35	8.12	7.81	7.64	7.38	7.25	7.03	6.99	7.66		8.50	7.85	7.22	
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	18.7	169.7					

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

date	08-Aug-24	time	6.13	10.00	13.93	17.99	22.16	26.48	31.00	35.74	40.70	45.90		52.15	6 / 3				
reaction time	0.165	interval		3.87	3.93	4.06	4.17	4.32	4.52	4.74	4.96	5.20	6.25			11.86	13.01	14.90	
		velocity	7.34	9.04	8.91	8.62	8.39	8.10	7.74	7.38	7.06	6.73	6.40	7.67		8.85	8.07	7.05	
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	16	19	171					

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

date	06-Aug-24	time	6.24	10.18	14.24	18.35	22.61	27.03	31.64	36.50	41.55	46.62		52.57	6 / 1				
reaction time	0.194	interval		3.94	4.06	4.11	4.26	4.42	4.61	4.86	5.05	5.07	5.95			12.11	13.29	14.98	
		velocity	7.21	8.88	8.62	8.52	8.22	7.92	7.59	7.20	6.93	6.90	6.72	7.61		8.67	7.90	7.01	
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	18	169					

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

date	04-Aug-24	time	6.34	10.40	14.52	18.65	22.92	27.41	32.14	37.06	42.14	47.30		53.38	4 / 1				
reaction time	0.196	interval		4.06	4.12	4.13	4.27	4.49	4.73	4.92	5.08	5.16	6.08			12.31	13.49	15.16	
		velocity	7.10	8.62	8.50	8.47	8.20	7.80	7.40	7.11	6.89	6.78	6.58	7.49		8.53	7.78	6.93	
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	18	170					

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

date	20-Jul-24	time	6.22	10.14	14.10	18.13	22.32	26.71	31.21	35.88	40.70	45.55		51.30	6 / 1				
reaction time	0.175	interval		3.92	3.96	4.03	4.19	4.39	4.50	4.67	4.82	4.85	5.75			11.91	13.08	14.34	
		velocity	7.23	8.93	8.84	8.68	8.35	7.97	7.78	7.49	7.26	7.22	6.96	7.80		8.82	8.03	7.32	
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	19	170					

A FINAL - 2024 Resisprint International (La Chaux-de-Fonds, SUI) (TV Analysis) *Henson (2024) - Athlete First: 2024 year end hurdle report*

date	14-Jul-24	time	6.16	10.09	14.16	18.20	22.40	26.68	31.10	35.77	40.50	45.33		50.95	4 / 1				
reaction time		interval		3.93	4.07	4.04	4.20	4.28	4.42	4.67	4.73	4.83	5.62	AR		12.04	12.90	14.23	
		velocity	7.31	8.91	8.60	8.66	8.33	8.18	7.92	7.49	7.40	7.25	7.12	7.85		8.72	8.14	7.38	
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	19	170					

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

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

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) *Omega Timing (2024) - diamond league race analysis*

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) *Omega Timing (2023) - diamond league race analysis*

date	17-Sep-23	time	6.25	10.32	14.46	18.63	22.96	27.45	32.03	36.74	41.54	46.44		51.98	6 / 1				
reaction time	0.158	interval		4.07	4.14	4.17	4.33	4.49	4.58	4.71	4.80	4.90	5.54			12.38	13.40	14.41	
		velocity	7.20	8.60	8.45	8.39	8.08	7.80	7.64	7.43	7.29	7.14	7.22	7.70		8.48	7.84	7.29	
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	18.2	169.2					

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

date	08-Sep-23	time	6.27	10.23	14.33	18.52	22.83	27.32	32.00	36.77	41.61	46.55		52.11	5 / 1				
reaction time	0.203	interval		3.96	4.10	4.19	4.31	4.49	4.68	4.77	4.84	4.94	5.56			12.25	13.48	14.55	
		velocity	7.18	8.84	8.54	8.35	8.12	7.80	7.48	7.34	7.23	7.09	7.19	7.68		8.57	7.79	7.22	
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	18.2	169.2					

FINAL - 2023 Galà Dei Castelli (Bellinzona, ITA) (TV Analysis) *Henson (2023) - Athlete First: 2023 year end hurdle report*

date	04-Sep-23	time	6.36	10.52	14.68	18.92	23.28	27.80	32.48	37.32	42.28	47.28		52.79	4 / 1				
reaction time		interval		4.16	4.16	4.24	4.36	4.52	4.68	4.84	4.96	5.00	5.51			12.56	13.56	14.80	

		velocity	7.08	8.41	8.41	8.25	8.03	7.74	7.48	7.23	7.06	7.00	7.26	7.58		8.36	7.74	7.09
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	18.2	169.2				

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

date	24-Aug-23	time	6.37	10.44	14.41	18.41	22.66	27.03	31.53	36.24	41.07	46.01		51.70	6 / 1			
reaction time	0.202	interval		4.07	3.97	4.00	4.25	4.37	4.50	4.71	4.83	4.94	5.69			12.04	13.12	14.48
		velocity	7.06	8.60	8.82	8.75	8.24	8.01	7.78	7.43	7.25	7.09	7.03	7.74		8.72	8.00	7.25
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	18.5	169.5				

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

date	22-Aug-23	time	6.31	10.44	14.45	18.45	22.75	27.20	31.79	36.57	41.60	46.71		52.95	8 / 1			
reaction time	0.199	interval		4.13	4.01	4.00	4.30	4.45	4.59	4.78	5.03	5.11	6.24			12.14	13.34	14.92
		velocity	7.13	8.47	8.73	8.75	8.14	7.87	7.63	7.32	6.96	6.85	6.41	7.55		8.65	7.87	7.04
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	18.5	169.5				

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

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

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

date	23-Jul-23	time	6.25	10.26	14.30	18.43	22.65	27.05	31.58	36.26	41.09	45.88		51.45	6 / 1			
reaction time	0.187	interval		4.01	4.04	4.13	4.22	4.40	4.53	4.68	4.83	4.79	5.57	**AR PB**		12.18	13.15	14.30
		velocity	7.20	8.73	8.66	8.47	8.29	7.95	7.73	7.48	7.25	7.31	7.18	7.77		8.62	7.98	7.34
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	19	170				

FINAL - 2023 Athletissima (Lausanne, SUI) *Omega Timing (2023) - diamond league race analysis*

date	30-Jun-23	time	6.14	10.09	14.11	18.16	22.38	26.76	31.43	36.35	41.36	46.61		52.76	5 / 1			
reaction time	0.169	interval		3.95	4.02	4.05	4.22	4.38	4.67	4.92	5.01	5.25	6.15			12.02	13.27	15.18
		velocity	7.33	8.86	8.71	8.64	8.29	7.99	7.49	7.11	6.99	6.67	6.50	7.58		8.74	7.91	6.92
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	19.7	170.7				

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		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	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	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	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	19.5	161.5				

FINAL - 2022 Golden Spike (Ostrava, CZE) (TV Analysis) (300m Hurdles) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	31-May-22	time	6.87	10.50		18.57	22.78		27.27	31.77					36.86	5 / 1			
reaction time	0.215	interval		3.63		8.07	4.21		4.49	4.50				5.09	**WB PB**		11.70	13.20	
		velocity	7.28	9.64		8.67	8.31		7.80	7.78				7.86	8.14		8.97	7.95	
H1 lead leg	L	strides	24	15			15		15	15				18.5	102.5				

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

date	09-Sep-21	time	6.36	10.40		18.88	23.24	25.0	27.80	32.52	37.24	42.16	47.20		52.80	4 / 1			
reaction time	0.172	interval		4.04		8.48	4.36		4.56	4.72	4.72	4.92	5.04	5.60			12.52	13.64	14.68
		velocity	7.08	8.66		8.25	8.03	8.00	7.68	7.42	7.42	7.11	6.94	7.14	7.58		8.39	7.70	7.15
H1 lead leg	L	strides	22	15			15		15	15	15	15	15	18.7	145.7				

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

date	26-Aug-21	time	6.32	10.36	14.48		23.24		27.84	32.60	37.40	42.32	47.32		53.05	4 / 1			
reaction time	0.186	interval		4.04	4.12		8.76		4.60	4.76	4.80	4.92	5.00	5.73					14.72
		velocity	7.12	8.66	8.50		7.99		7.61	7.35	7.29	7.11	7.00	6.98	7.54				7.13
H1 lead leg	L	strides	22	15	15				15	15	15	15	15	18.7	145.7				

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

date	04-Aug-21	time	6.28	10.26	14.28	18.36	22.56		26.96	31.60	36.28	41.16	46.16		52.03	5 / 3			
reaction time	0.165	interval		3.98	4.02	4.08	4.20		4.40	4.64	4.68	4.88	5.00	5.87	**AR**		12.08	13.24	14.56
		velocity	7.17	8.79	8.71	8.58	8.33		7.95	7.54	7.48	7.17	7.00	6.81	7.69		8.69	7.93	7.21
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19	176				

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	14.83	19.13	23.46		28.00	32.63	37.43	42.36	47.40		53.91	5 / 1			
reaction time	0.215	interval		4.13	4.20	4.30	4.33		4.54	4.63	4.80	4.93	5.04	6.51			12.63	13.50	14.77
		velocity	6.92	8.47	8.33	8.14	8.08		7.71	7.56	7.29	7.10	6.94	6.14	7.42		8.31	7.78	7.11
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19	176				

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

date	31-Jul-21	time	6.53	10.55	14.76	19.03	23.46		27.96	32.60	37.43	42.60	47.93		54.43	8 / 1			
reaction time	0.194	interval		4.02	4.21	4.27	4.43		4.50	4.64	4.83	5.17	5.33	6.50			12.50	13.57	15.33
		velocity	6.89	8.71	8.31	8.20	7.90		7.78	7.54	7.25	6.77	6.57	6.15	7.35		8.40	7.74	6.85
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	19	178				

FINAL - 2021 Müller British Grand Prix (Gateshead, GBR) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	13-Jul-21	time	6.38	10.42	14.60	18.90	23.30	25.2	27.78	32.42	37.28	42.28	47.38		53.24	5 / 1			
reaction time	0.214	interval		4.04	4.18	4.30	4.40		4.48	4.64	4.86	5.00	5.10	5.86			12.52	13.52	14.96
		velocity	7.05	8.66	8.37	8.14	7.95	7.94	7.81	7.54	7.20	7.00	6.86	6.83	7.51		8.39	7.77	7.02
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19	176				

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

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

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

date	04-Jul-21	time	6.24	10.24	14.26	18.45	22.78	24.8	27.31	31.96	36.72	41.58	46.60		52.37	5 / 1				
reaction time	0.195	interval		4.00	4.02	4.19	4.33		4.53	4.65	4.76	4.86	5.02	5.77	NR PB		12.21	13.51	14.64	
		velocity	7.21	8.75	8.71	8.35	8.08	8.06	7.73	7.53	7.35	7.20	6.97	6.93	7.64		8.60	7.77	7.17	
H1 lead leg	L	strides		15	15	15	15		15	15	15	15	15	19	154					

FINAL - 2021 Bislett Games (Oslo, NOR) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	01-Jul-21	time	6.32	10.44	14.56	18.80	23.20		27.64	32.32	37.16	42.12	47.32		53.33	4 / 1				
reaction time	0.199	interval		4.12	4.12	4.24	4.40		4.44	4.68	4.84	4.96	5.20	6.01	NR PB		12.48	13.52	15.00	
		velocity	7.12	8.50	8.50	8.25	7.95		7.88	7.48	7.23	7.06	6.73	6.66	7.50		8.41	7.77	7.00	
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19.2	176.2					

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

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

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

date	17-Sep-20	time	6.40	10.52	14.68	19.00	23.48	25.4	28.08	32.80	37.72	42.84	48.04		53.90	5 / 1				
reaction time	0.178	interval		4.12	4.16	4.32	4.48		4.60	4.72	4.92	5.12	5.20	5.86			12.60	13.80	15.24	
		velocity	7.03	8.50	8.41	8.10	7.81	7.87	7.61	7.42	7.11	6.84	6.73	6.83	7.42		8.33	7.61	6.89	
H1 lead leg	L	strides	21	15	15	15	15		15	15	15	16	16	18.5	176.5					

FINAL - 2020 Galà dei Castelli (Bellinzona, SUI) (TV Analysis) *Henson (2020) - Athlete First: 2020 year end hurdle report*

date	15-Sep-20	time	6.60	10.76	15.00	19.32	23.72		28.32	33.08	38.04	43.28	48.56		54.33	3 / 1				
reaction time		interval		4.16	4.24	4.32	4.40		4.60	4.76	4.96	5.24	5.28	5.77			12.72	13.76	15.48	
		velocity	6.82	8.41	8.25	8.10	7.95		7.61	7.35	7.06	6.68	6.63	6.93	7.36		8.25	7.63	6.78	
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	19	178					

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

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

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			9.71	5.03	5.48	5.50	6.39			13.01	14.32	16.01	
		velocity	6.78	8.25	8.14	7.83	7.59			7.21	6.96	6.39	6.36	6.26	7.10		8.07	7.33	6.56	
H1 lead leg	L	strides	22				15					16	16		69					

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				124					

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

date	27-Jun-21	time	6.54	10.64	14.84	19.18	23.79		28.49	33.46		44.17			56.90	2 / ~~7~~ 6				
reaction time	0.349	interval		4.10	4.20	4.34	4.61		4.70	4.97		10.71					13.15	9.67		
		velocity	6.88	8.54	8.33	8.06	7.59		7.45	7.04		6.54			7.03		7.98	10.86		
H1 lead leg	R	strides		16	16	16	17			18					83					

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

date	20-Jun-82	time	6.70	10.80	15.36	20.00	24.74	29.40	34.34	39.46	44.86	50.74	57.49	/ 3			
reaction time		interval		4.10	4.56	4.64	4.74	4.66	4.94	5.12	5.40	5.88	6.75		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	5.93	6.96	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 - 1982 TAC National Championships (Knoxville, TN) *Mann (1987) - the elite athlete program biomechanical analysis of the long hurdles: tac championship meet*

date	20-Jun-82	time	6.36	11.12	15.66	19.96	24.78	29.54	34.70	39.98	45.44	51.14	57.44	/ 2			
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) *USATF Women's Sprint Development (1996)*

date	16-Jun-96	time	6.43	10.70	15.05	19.60	24.27	26.26	29.07	34.05	39.17	44.37	49.51	55.69	6 / 5		
reaction time		interval		4.27	4.35	4.55	4.67		4.80	4.98	5.12	5.20	5.14	6.18		13.17	14.45	15.46
		velocity	7.00	8.20	8.05	7.69	7.49	7.62	7.29	7.03	6.84	6.73	6.81	6.47	7.18	7.97	7.27	6.79
H1 lead leg	R	strides	23	15	15	16	16		16	16	16	17	17	20	187			

Buford-Bailey, Tonja (USA) (1970)

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

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

date	08-Aug-01	time	6.3	10.6	14.9	19.3	23.7	28.4	33.2	38.3	43.4	48.7	54.55	6 / 4			
reaction time	0.146	interval		4.30	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 (Ahtens, GRE) *Hommel (1999) - biomechanical research project, athens 1997: final report*

date	08-Aug-97	time	6.60	10.72	14.92	19.21	23.60	28.22	32.92	37.92	43.14	48.54	54.77	2 / 6			
reaction time	0.238	interval		4.12	4.20	4.29	4.39	4.62	4.70	5.00	5.22	5.40	6.23		12.61	13.71	15.62
		velocity	6.82	8.50	8.33	8.16	7.97	7.58	7.45	7.00	6.70	6.48	6.42	7.30	8.33	7.66	6.72
H1 lead leg		strides															

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

date	31-Jul-96	time	6.38	10.34	14.39	18.58	22.90	27.43	32.07	36.96	41.96	47.10	53.22	4 / 3			
reaction time	0.274	interval		3.96	4.05	4.19	4.32	4.53	4.64	4.89	5.00	5.14	6.12		12.20	13.49	15.03
		velocity	7.05	8.84	8.64	8.35	8.10	7.73	7.54	7.16	7.00	6.81	6.54	7.52	8.61	7.78	6.99
H1 lead leg		strides	23	15	15	15	15	15	16	16	16	16		162			

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

date	16-Jun-96	time	6.47	10.67	14.85	19.17	23.57	25.45	28.08	32.95	37.85	42.87	47.78	53.92	3 / 2		
reaction time		interval		4.20	4.18	4.32	4.40		4.51	4.87	4.90	5.02	4.91	6.14		12.70	13.78	14.83
		velocity	6.96	8.33	8.37	8.10	7.95	7.86	7.76	7.19	7.14	6.97	7.13	6.51	7.42	8.27	7.62	7.08
H1 lead leg	L	strides	23	15	15	15	15		15	16	17	17	17	19	184			

FINAL - 1995 IAAF World Championships (Goteborg, SWE) *Winckler/USATF (2001) - Level II: sprints, hurdles, and relays*

date	11-Aug-95	time	6.47	10.50	14.60	18.77	23.07	27.47	32.17	36.97	41.94	47.00	52.62	3 / 2			
reaction time		interval		4.03	4.10	4.17	4.30	4.40	4.70	4.80	4.97	5.06	5.62	PB	12.30	13.40	14.83
		velocity	6.96	8.68	8.54	8.39	8.14	7.95	7.45	7.29	7.04	6.92	7.12	7.60	8.54	7.84	7.08

H1 lead leg	L	strides	23	15	15	15	15		15	16	16	17	17	19.5	184						

FINAL - 1993 IAAF World Championships (Stuttgart, GER) *Winckler (1994) - principles for development of the 400m hurdle program*

date	19-Aug-93	time	6.64	10.67	14.89	19.24	23.71		28.44	33.24	38.31	43.42	48.66		54.55	2 / 5					
reaction time		interval		4.03	4.22	4.35	4.47		4.73	4.80	5.07	5.11	5.24	5.89					12.60	14.00	15.42
		velocity	6.78	8.68	8.29	8.05	7.83		7.40	7.29	6.90	6.85	6.68	6.79	7.33				8.33	7.50	6.81
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	16	17		164						

Semi-Final 1 - 1993 IAAF World Championships (Stuttgart, GER) *Winckler (1994) - principles for development of the 400m hurdle program*

date	17-Aug-93	time	6.83	11.06	15.39	19.79	24.32		29.03	33.75	38.66	43.60	48.81		54.38	5 / 2					
reaction time		interval		4.23	4.33	4.40	4.53		4.71	4.72	4.91	4.94	5.21	5.57	PB				12.96	13.96	15.06
		velocity	6.59	8.27	8.08	7.95	7.73		7.43	7.42	7.13	7.09	6.72	7.18	7.36				8.10	7.52	6.97
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	16	17	19.7	184						

Heat 4 - 1992 Olympic Games (Barcelona, ESP) *Lyle (1992) - miscellaneous coaching notes*

date	02-Aug-92	time	6.54	10.71	14.94	19.30	23.89		28.78	33.77	38.89	44.23	49.89		56.35	2 / 3					
reaction time		interval		4.17	4.23	4.36	4.59		4.89	4.99	5.12	5.34	5.66	6.46					12.76	14.47	16.12
		velocity	6.88	8.39	8.27	8.03	7.63		7.16	7.01	6.84	6.55	6.18	6.19	7.10				8.23	7.26	6.51
H1 lead leg		strides																			

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

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																			

FINAL - 2023 European Athletics U23 Championships (Espoo, FIN) *European Athletics (2023) - european athletics U23 championships results book*

date	16-Jul-23	time	6.61	10.93	15.21	19.61	24.17		29.00	33.92	39.27	44.78	50.45		56.92	2 / 6					
reaction time	0.185	interval		4.32	4.28	4.40	4.56		4.83	4.92	5.35	5.51	5.67	6.47	PB				13.00	14.31	16.53
		velocity	6.81	8.10	8.18	7.95	7.68		7.25	7.11	6.54	6.35	6.17	6.18	7.03				8.08	7.34	6.35
H1 lead leg		strides													0						

Semi-Final 1 - 2023 European Athletics U23 Championships (Espoo, FIN) *European Athletics (2023) - european athletics U23 championships results book*

date	15-Jul-23	time	6.53	10.69	15.16	19.89	24.66		29.60	34.67	40.23	45.46	50.95		57.57	7 / 4					
reaction time	0.236	interval		4.16	4.47	4.73	4.77		4.94	5.07	5.56	5.23	5.49	6.62					13.36	14.78	16.28
		velocity	6.89	8.41	7.83	7.40	7.34		7.09	6.90	6.29	6.69	6.38	6.04	6.95				7.86	7.10	6.45
H1 lead leg		strides													0						

Busch, Sabine (GDR) (1962)

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

FINAL - 1988 Olympic Games (Seoul, KOR) *Gill (1990) - atletismo (I) carreras y marcha*

date	28-Sep-88	time	6.61	10.68	14.86	19.18	23.62		28.19	32.79	37.56	42.57	47.76		53.89	7 / 4					
reaction time	0.283	interval		4.07	4.18	4.32	4.44		4.57	4.60	4.77	5.01	5.19	6.13					12.57	13.61	14.97
		velocity	6.81	8.60	8.37	8.10	7.88		7.66	7.61	7.34	6.99	6.74	6.53	7.42				8.35	7.71	7.01
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	16	16	20	180						

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

date	26-Sep-88	time	6.63	10.53	15.15	19.54	24.11		28.77	33.57	38.48	43.60	48.83		54.71	7 / 4					
reaction time	0.230	interval		3.90	4.62	4.39	4.57		4.66	4.80	4.91	5.12	5.23	5.88					12.91	14.03	15.26
		velocity	6.79	8.97	7.58	7.97	7.66		7.51	7.29	7.13	6.84	6.69	6.80	7.31				8.13	7.48	6.88
H1 lead leg		strides	23	15	15	15	15		15	15	15	16	16	19	179						

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

date	03-Sep-87	time	6.60	10.81	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) *Sušanka (1990) - time analyis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)*

date	01-Sep-87	time	6.80	11.04	15.37	19.80	24.29		28.93	33.70	38.66	43.67	48.75		54.41	6 / 1					
reaction time		interval		4.24	4.33	4.43	4.49		4.64	4.77	4.96	5.01	5.08	5.66					13.00	13.90	15.05
		velocity	6.62	8.25	8.08	7.90	7.80		7.54	7.34	7.06	6.99	6.89	7.07	7.35				8.08	7.55	6.98
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	16	16	18.5	178.5						

Heat 1 - 1987 IAAF World Championships (Rome, ITA) *Sušanka (1990) - time analyis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)*

date	31-Aug-87	time	6.84	11.04	15.39	19.85	24.45		29.14	34.05	39.07	44.26	49.46		55.51	/ 1					
reaction time		interval		4.20	4.35	4.46	4.60		4.69	4.91	5.02	5.19	5.20	6.05					13.01	14.20	15.41
		velocity	6.58	8.33	8.05	7.85	7.61		7.46	7.13	6.97	6.74	6.73	6.61	7.21				8.07	7.39	6.81
H1 lead leg		strides	23	15	15	15	15		15	15	15	16	16	18.8	178.8						

FINAL - 1987 East German National Championships (Potsdam, GDR) *König (1989) - present state of development, and questions of future development, 400m hurdles for women*

date	21-Aug-87	time	6.57	10.66	14.94	19.28	23.75		28.33	32.94	37.68	42.65	47.67		53.24	/ 1					
reaction time		interval		4.09	4.28	4.34	4.47		4.58	4.61	4.74	4.97	5.02	5.57	NR				12.71	13.66	14.73
		velocity	6.85	8.56	8.18	8.06	7.83		7.64	7.59	7.38	7.04	6.97	7.18	7.51				8.26	7.69	7.13
H1 lead leg		strides																			

FINAL - 1986 European Championships (Stuttgart, FRG) *Breiser (1990) - tendencies in the development of women for 400m races with hurdles*

date	30-Aug-86	time	6.56	10.72	15.06	19.42	23.90		28.47	33.11	37.93	42.76	47.76		53.60	/ 2				
reaction time		interval		4.16	4.34	4.36	4.48		4.57	4.64	4.82	4.83	5.00	5.84			12.86	13.69	14.65	
		velocity	6.86	8.41	8.06	8.03	7.81		7.66	7.54	7.26	7.25	7.00	6.85	7.46		8.16	7.67	7.17	
H1 lead leg		strides	22	15	15	15	15		15	15	15	15	15	19	176					

Caravelli, Marzia (ITA) (1981)

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

FINAL - 2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis) — *Henson (2020) - Athlete First: 2017 year end hurdle report*

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)

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

Long Hurdles - 2025 Grand Slam Track Miami (Miramar, FL) — *Grand Slam Track (2025) - results and splits by race*

date	03-May-25	time	6.47	10.66	14.95	19.32	23.89	25.96	28.63	33.44	38.44	43.60	48.88		54.93	8 / 5				
reaction time	0.300	interval		4.19	4.29	4.37	4.57		4.74	4.81	5.00	5.16	5.28	6.05			12.85	14.12	15.44	
		velocity	6.96	8.35	8.16	8.01	7.66	7.70	7.38	7.28	7.00	6.78	6.63	6.61	7.28		8.17	7.44	6.80	
H1 lead leg	L	strides	23	15	15				16	16	16				101					

Repechage 3 - 2024 Olympic Games (Paris, FRA) — *Paris 2024 Olympic Games - Results Book (2024)*

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) — *Paris 2024 Olympic Games - Results Book (2024)*

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

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

date	20-Jul-22	time	6.40	10.66	15.10	19.53	24.17	26.39	29.13	34.10	39.16	44.36	49.63		55.57	7 / 7				
reaction time	0.257	interval		4.26	4.44	4.43	4.64		4.96	4.97	5.06	5.20	5.27	5.94			13.13	14.57	15.53	
		velocity	7.03	8.22	7.88	7.90	7.54	7.58	7.06	7.04	6.92	6.73	6.64	6.73	7.20		8.00	7.21	6.76	
H1 lead leg	L	strides	23	15	15	15	16		16	16	17	17	17	19.7	186.7					

Heat 4 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis) — *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	19-Jul-22	time	6.53	10.90	15.43	19.93	24.73	26.74		34.50	39.53	44.70	49.90		55.89	4 / 3				
reaction time	0.279	interval		4.37	4.53	4.50	4.80			9.77	5.03	5.17	5.20	5.99			13.40	14.57	15.40	
		velocity	6.89	8.01	7.73	7.78	7.29	7.48		7.16	6.96	6.77	6.73	6.68	7.16		7.84	7.21	6.82	
H1 lead leg	L	strides	23	15	15	15	16				16	17	17	19.2	153.2					

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

date	31-Jul-21	time	6.33	10.51	14.80	19.40	24.43		29.56	34.77	40.13	45.63			56.93	6 / 5				
reaction time	0.167	interval		4.18	4.29	4.60	5.03		5.13	5.21	5.36	5.50					13.07	15.37		
		velocity	7.11	8.37	8.16	7.61	6.96		6.82	6.72	6.53	6.36			7.03		8.03	6.83		
H1 lead leg	L	strides	23	15	15	15	16		16	16	17	17			150					

Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis) — *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	02-Oct-19	time	6.36	10.52	14.80	19.24	23.88		28.76	33.68	38.72	44.00	49.36		55.43	2 / 7				
reaction time	0.167	interval		4.16	4.28	4.44	4.64		4.88	4.92	5.04	5.28	5.36	6.07	PB		12.88	14.44	15.68	
		velocity	7.08	8.41	8.18	7.88	7.54		7.17	7.11	6.94	6.63	6.53	6.59	7.22		8.15	7.27	6.70	
H1 lead leg	L	strides	23	15	15	15	15		16	16	16		17	20	168					

Carothers, Keina (JPN) (1997)

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

B FINAL - 2019 Kinami Memorial (Osaka, JPN) — *Matsubayashi (2019) - research on athlete performance and technique- 2019 data book*

date	06-May-19	time	6.81	11.34	16.00	20.77	25.59		30.63	35.77	41.14	46.61	52.32		58.90	3 / 3				
reaction time		interval		4.53	4.66	4.77	4.82		5.04	5.14	5.37	5.47	5.71	6.58	PB		13.96	15.00	16.55	
		velocity	6.61	7.73	7.51	7.34	7.26		6.94	6.81	6.52	6.40	6.13	6.08	6.79		7.52	7.00	6.34	
H1 lead leg	R	strides		16	16	16	16		17	17	17	17	17	21.7	170.7					

Carter, Kori (USA) (1992)

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

FINAL - 2019 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis) — *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	12-Jul-19	time	6.28	10.48	14.80	19.16	23.72	25.7		33.44	38.56	43.80	49.20		55.63	7 / 7				
reaction time	0.140	interval		4.20	4.32	4.36	4.56			9.72	5.12	5.24	5.40	6.43			12.88	14.28	15.76	
		velocity	7.17	8.33	8.10	8.03	7.68	7.78		7.20	6.84	6.68	6.48	6.22	7.19		8.15	7.35	6.66	
H1 lead leg	L	strides	23	15	15	15	15				17	17	17	20.2	154.2					

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

date	05-Jul-19	time	6.36	10.56	14.84	19.20	23.72	25.8	28.60	33.52	38.68	43.96	49.28		55.55	6 / 7				

reaction time	0.129	interval		4.20	4.28	4.36	4.52		4.88	4.92	5.16	5.28	5.32	6.27			12.84	14.32	15.76
		velocity	7.08	8.33	8.18	8.03	7.74	7.75	7.17	7.11	6.78	6.63	6.58	6.38	7.20		8.18	7.33	6.66
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	17	17		165				

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

date	13-Jun-19	time	6.24	10.28	14.40		23.08	25.0	27.76	32.80	38.00	43.44	49.12		55.67	3 / 4			
reaction time	0.137	interval		4.04	4.12		8.68		4.68	5.04	5.20	5.44	5.68	6.55					16.32
		velocity	7.21	8.66	8.50		8.06	8.00	7.48	6.94	6.73	6.43	6.16	6.11	7.19				6.43
H1 lead leg	L	strides	23	15	15				16	17	17	18	18	20.7	159.7				

FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	06-Jun-19	time	6.32	10.36	14.60	18.92	23.44		28.12	33.00	38.08	43.20	48.56		55.09	2 / 4			
reaction time	0.153	interval		4.04	4.24	4.32	4.52		4.68	4.88	5.08	5.12	5.36	6.53			12.60	14.08	15.56
		velocity	7.12	8.66	8.25	8.10	7.74		7.48	7.17	6.89	6.84	6.53	6.13	7.26		8.33	7.46	6.75
H1 lead leg	L	strides	23	15	16	16	16		16	16	17	17	18	21	191				

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

date	10-Aug-17	time	6.20	10.28	14.28	18.48	22.92		27.32	32.00	36.92	41.92	47.04		53.07	9 / 1			
reaction time	0.151	interval		4.08	4.00	4.20	4.44		4.40	4.68	4.92	5.00	5.12	6.03			12.28	13.52	15.04
		velocity	7.26	8.58	8.75	8.33	7.88		7.95	7.48	7.11	7.00	6.84	6.63	7.54		8.55	7.77	6.98
H1 lead leg	L	strides	24	15	15	15	16		16	16	17	17	17	20	188				

FINAL - 2017 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis) *Henson (2020) - Athlete First: 2017 year end hurdle report*

date	21-Jul-17	time	6.20	10.32	14.48	18.68	23.04		27.52	32.36	37.12	42.12	47.24		53.36	6 / 1			
reaction time	0.142	interval		4.12	4.16	4.20	4.36		4.48	4.84	4.76	5.00	5.12	6.12			12.48	13.68	14.88
		velocity	7.26	8.50	8.41	8.33	8.03		7.81	7.23	7.35	7.00	6.84	6.54	7.50		8.41	7.68	7.06
H1 lead leg	L	strides	24	15	15	15	15		15	16	16	16	16	19.2	182.2				

FINAL - 2017 USATF Championships (Sacramento, CA) (TV Analysis) *Henson (2021) - Athlete First: 2017 year end hurdle report*

date	25-Jun-17	time	6.34	10.31	14.25	18.28	22.49		27.09	32.13	37.10	42.04	47.08		52.95	7 / 3			
reaction time	0.244	interval		3.97	3.94	4.03	4.21		4.60	5.04	4.97	4.94	5.04	5.87	PB		11.94	13.85	14.95
		velocity	7.10	8.82	8.88	8.68	8.31		7.61	6.94	7.04	7.09	6.94	6.81	7.55		8.79	7.58	7.02
H1 lead leg	L	strides	24	15	15	15	115		17	17	17	17	17	20	289				

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

date	27-May-17	time	6.43	10.66	14.96	19.36	24.06		28.83	33.56	38.36	43.46	48.66		54.98	8 / 7			
reaction time	0.280	interval		4.23	4.30	4.40	4.70		4.77	4.73	4.80	5.10	5.20	6.32			12.93	14.20	15.10
		velocity	7.00	8.27	8.14	7.95	7.45		7.34	7.40	7.29	6.86	6.73	6.33	7.28		8.12	7.39	6.95
H1 lead leg	R	strides	23	15	15	15	16		16	16	16	16	16	19.7	183.7				

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

date	10-Jul-16	time	6.47	10.61	14.88	19.12	23.46		28.03	32.73	37.64	42.81	48.18		54.47	3 / 4			
reaction time	0.192	interval		4.14	4.27	4.24	4.34		4.57	4.70	4.91	5.17	5.37	6.29			12.65	13.61	15.45
		velocity	6.96	8.45	8.20	8.25	8.06		7.66	7.45	7.13	6.77	6.52	6.36	7.34		8.30	7.71	6.80
H1 lead leg	L	strides	24	15	15	15	15		16	16	16	17	17	21	187				

Cavalleri, Valentina (ITA) (1995)

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

FINAL - 2020 Galà dei Castelli (Bellinzona, SUI) (TV Analysis) *Henson (2020) - Athlete First: 2020 year end hurdle report*

date	15-Sep-20	time	6.76	11.20	15.88				30.42	35.32		46.08	51.60		57.80	1 / 6			
reaction time		interval		4.44	4.68				14.54	4.90		10.76	5.52	6.20					16.28
		velocity	6.66	7.88	7.48				7.22	7.14		6.51	6.34	6.45	6.92				6.45
H1 lead leg	L	strides	23	16	16					16			17	20.5	108.5				

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) *Veney - split times from PJ*

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) *Veney - split times from PJ*

date	05-Jun-90	time	6.0	10.1	14.3	18.7	23.2		28.2	33.6	39.6	45.0	51.1		58.63	/ 7			
reaction time		interval		4.08	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) *Henson (2020) - Athlete First: 2017 year end hurdle report*

date	21-Jul-17	time	6.40	10.64		19.68	24.44			34.24	39.44	44.84	50.64		57.32	1 / 7			
reaction time	0.202	interval		4.24		9.04	4.76			9.80	5.20	5.40	5.80	6.68			13.28	14.56	16.40
		velocity	7.03	8.25		7.74	7.35			7.14	6.73	6.48	6.03	5.99	6.98		7.91	7.21	6.40
H1 lead leg	L	strides	24	16			16				17	17	18		108				

Chen Dongmei (CHN) (1963)

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

FINAL - 1990 Asian Games Test (Beijing, CHN) *Fan (1992) - implementing Chen Dongmei's four-year training plan: regularities of 400m hurdles*

date	24-Jun-90	time	6.40	10.86	15.07	19.46	23.92		28.82	33.50	38.58	43.84	49.19		55.68	/ 2			
reaction time		interval		4.46	4.21	4.39	4.46		4.90	4.68	5.08	5.26	5.35	6.49			13.06	14.04	15.69

		velocity	7.03	7.85	8.31	7.97	7.85	7.14	7.48	6.89	6.65	6.54	6.16	7.18		8.04	7.48	6.69
H1 lead leg		strides	23	16	16	16	16	17	17	17	17	18	22	195				

FINAL - 1989 ??? (???) *Fan (1992) - implementing Chen Dongmei's four-year training plan: regularities of 400m hurdles*

date	???	time	6.63	11.17	15.75	20.48	25.14	30.16	35.01	40.09	45.32	50.48		56.63	???			
reaction time		interval		4.54	4.58	4.73	4.66	5.02	4.85	5.08	5.23	5.16	6.15	NR		13.85	14.53	15.47
		velocity	6.79	7.71	7.64	7.40	7.51	6.97	7.22	6.89	6.69	6.78	6.50	7.06		7.58	7.23	6.79
H1 lead leg		strides	24	17	17	17	17	17	17	17	18	17	22	200				

Chen Juying (CHN) (1963)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1990 Asian Games Test (Beijing, CHN)																*Guo (2007) - study on relationship between the rhythm and performance of 400m hurdles*			
date	24-Jun-90	time	6.56	10.82	15.19	19.71	24.30		29.02	33.87	38.89	44.05	49.28		55.12	/ 1			
reaction time		interval		4.26	4.37	4.52	4.59		4.72	4.85	5.02	5.16	5.23	5.84			13.15	14.16	15.41
		velocity	6.86	8.22	8.01	7.74	7.63		7.42	7.22	6.97	6.78	6.69	6.85	7.26		7.98	7.42	6.81
H1 lead leg		strides	23	15	15	15	15		15	15	15	17	17		162				

FINAL - 1987 ??? (???) *Cui (2008) - research on the rhythm characteristics of outstanding female 400m hurdlers in China*

date	???	time	6.80	11.25	15.61	20.12	24.72	29.50	34.53	39.80	45.15	50.48		56.78	???			
reaction time		interval		4.45	4.36	4.51	4.60	4.78	5.03	5.27	5.35	5.33	6.30			13.32	14.41	15.95
		velocity	6.62	7.87	8.03	7.76	7.61	7.32	6.96	6.64	6.54	6.57	6.35	7.04		7.88	7.29	6.58
H1 lead leg		strides	23	15	15	15	15	15	17	17	17	17	22	188				

Chen Leyi (CHN) (2003)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2021 East China District Meeting (Zhaoqing, CHN)																*CAA Hurdle Development (2021)*			
date	25-Apr-21	time	7.10	11.81	16.77	22.02	27.46		33.06	38.92	44.80	50.68	56.64		63.15	6 / 3			
reaction time	0.339	interval		4.71	4.96	5.25	5.44		5.60	5.86	5.88	5.88	5.96	6.51			14.92	16.90	17.72
		velocity	6.34	7.43	7.06	6.67	6.43		6.25	5.97	5.95	5.95	5.87	6.14	6.33		7.04	6.21	5.93
H1 lead leg	L	strides	25	17	17	18	18		18	19	19	19	19	22	211				

U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN) *CAA Hurdle Development (2019)*

date	17-Aug-19	time	7.24	11.94	16.80	21.76	26.82	32.20	37.70	43.48	49.40	55.42		62.45	4 / 3			
reaction time	0.397	interval		4.70	4.86	4.96	5.06	5.38	5.50	5.78	5.92	6.02	7.03			14.52	15.94	17.72
		velocity	6.22	7.45	7.20	7.06	6.92	6.51	6.36	6.06	5.91	5.81	5.69	6.41		7.23	6.59	5.93
H1 lead leg	R	strides	26	17	17	17	17	18	18	19	19	19	23	210				

Chen Lin (CHN) (2004)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Philippe Cup Athletics Invitational (Wuhan, CHN)																*CAA Hurdle Development (2021)*			
date	20-May-21	time	7.47	12.33	17.33	22.42	27.66		33.23	38.94	44.79	50.85			64.20	8 / 7			
reaction time	0.243	interval		4.86	5.00	5.09	5.24		5.57	5.71	5.85	6.06					14.95	16.52	
		velocity	6.02	7.20	7.00	6.88	6.68		6.28	6.13	5.98	5.78			6.23		7.02	6.36	
H1 lead leg	R	strides	25	17	17	17	17		18	18	18	19			166				

FINAL - 2021 National Grand Prix (Chengdu, CHN) *CAA Hurdle Development (2021)*

date	02-Apr-21	time	6.95	11.63	16.46	21.46	26.56	31.77	37.29	42.87	48.52	54.17		60.69	3 / 1			
reaction time	0.207	interval		4.68	4.83	5.00	5.10	5.21	5.52	5.58	5.65	5.65	6.52			14.51	15.83	16.88
		velocity	6.47	7.48	7.25	7.00	6.86	6.72	6.34	6.27	6.19	6.19	6.13	6.59		7.24	6.63	6.22
H1 lead leg	L	strides	24	17	17	17	17	17	18	18	18	18	22	203				

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)																*Shandong Athletics Sport Science (2024)*			
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) *Shandong Athletics Sport Science (2024)*

date	29-May-24	time	6.81	11.24	15.83	20.44	25.42	30.71	36.10	41.81	47.97	54.40		61.41	2 / 7			
reaction time	0.216	interval		4.43	4.59	4.61	4.98	5.29	5.39	5.71	6.16	6.43	7.01			13.63	15.66	18.30
		velocity	6.61	7.90	7.63	7.59	7.03	6.62	6.49	6.13	5.68	5.44	5.71	6.51		7.70	6.70	5.74
H1 lead leg	R	strides	24	16	16	16	16	17	17	18	20	20	22	202				

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

date	26-Jun-21	time	6.86	11.40	16.06	20.84	25.74	30.88	36.24	41.66	47.36	53.36		59.94	6 / 6			
reaction time	0.202	interval		4.54	4.66	4.78	4.90	5.14	5.36	5.42	5.70	6.00	6.58			13.98	15.40	17.12
		velocity	6.56	7.71	7.51	7.32	7.14	6.81	6.53	6.46	6.14	5.83	6.08	6.67		7.51	6.82	6.13
H1 lead leg	R	strides	24	16	16	16	16	17	17	17	18	19	21.7	197.7				

Heat 4 - 2021 Chinese National Championships (Chongqing, CHN) *CAA Hurdle Development (2021)*

date	26-Jun-21	time	6.79	11.33	15.99	20.74	25.59	30.64	35.88	41.26	46.81	52.70		59.20	7 / 2			
reaction time	0.208	interval		4.54	4.66	4.75	4.85	5.05	5.24	5.38	5.55	5.89	6.50	PB		13.95	15.14	16.82
		velocity	6.63	7.71	7.51	7.37	7.22	6.93	6.68	6.51	6.31	5.94	6.15	6.76		7.53	6.94	6.24
H1 lead leg	R	strides	24	16	16	16	16	17	17	17	18	19	21.7	197.7				

FINAL - 2020 Chinese Olympic Trials (Shaoxing, CHN) *CAA Hurdle Development (2021)*

date	13-Jun-21	time	6.56	10.98	15.70	20.62	25.71	30.86	36.29	41.91	47.96	54.22		61.27	2 / 7			
reaction time	0.168	interval		4.42	4.72	4.92	5.09	5.15	5.43	5.62	6.05	6.26	7.05			14.06	15.67	17.93
		velocity	6.86	7.92	7.42	7.11	6.88	6.80	6.45	6.23	5.79	5.59	5.67	6.53		7.47	6.70	5.86

H1 lead leg	R	strides	23	15	16	16	17		17	17	18	19	19	22	199				

FINAL - 2021 East China District Meeting (Zhaoqing, CHN) *CAA Hurdle Development (2021)*

date	25-Apr-21	time	6.96	11.72	16.48	21.38	26.42		31.76	37.34	43.16	49.18	55.12		61.86	9 / 7			
reaction time	0.199	interval		4.76	4.76	4.90	5.04		5.34	5.58	5.82	6.02	5.94	6.74			14.42	15.96	17.78
		velocity	6.47	7.35	7.35	7.14	6.94		6.55	6.27	6.01	5.81	5.89	5.93	6.47		7.28	6.58	5.91
H1 lead leg	R	strides	24	16	16	16	16		17	17	18	18	19	21.5	198.5				

Heat 1 - 2021 East China District Meeting (Zhaoqing, CHN) *CAA Hurdle Development (2021)*

date	25-Apr-21	time	6.87	11.41	16.10	20.84	25.74		30.85	36.10	41.61	47.63	53.75		60.55	3 / 3			
reaction time	0.214	interval		4.54	4.69	4.74	4.90		5.11	5.25	5.51	6.02	6.12	6.80			13.97	15.26	17.65
		velocity	6.55	7.71	7.46	7.38	7.14		6.85	6.67	6.35	5.81	5.72	5.88	6.61		7.52	6.88	5.95
H1 lead leg	R	strides	24	16	16	16	16		17	17	18	19	19	22	200				

FINAL - 2020 Chinese National Championships (Shaoxing, CHN) *CAA Hurdle Development (2020)*

date	17-Sep-20	time	6.75	11.25	16.00	20.83			30.96	36.33	42.21	48.12	54.25		61.14	2 / 6			
reaction time		interval		4.50	4.75	4.83			30.96	5.37	5.88	5.91	6.13	6.89			14.08	15.50	17.92
		velocity	6.67	7.78	7.37	7.25			1.13	6.52	5.95	5.92	5.71	5.81	6.54		7.46	6.77	5.86
H1 lead leg	R	strides	14		16					18	19	18	19	22	126				

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

date	22-Aug-19	time	6.96	11.56	16.34	21.28	26.36		31.50	36.99	42.94	48.98	55.14		62.07	9 / 5			
reaction time	0.226	interval		4.60	4.78	4.94	5.08		5.14	5.49	5.95	6.04	6.16	6.93			14.32	15.71	18.15
		velocity	6.47	7.61	7.32	7.09	6.89		6.81	6.38	5.88	5.79	5.68	5.77	6.44		7.33	6.68	5.79
H1 lead leg	R	strides	24	18	17	17	17		17	18	19	19	19	22	207				

FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN) *CAA Hurdle Development (2019)*

date	03-Aug-19	time	6.84	11.45	16.07	20.82	25.68		30.76	36.07	41.54	47.29	53.34		60.13	4 / 6			
reaction time	0.185	interval		4.61	4.62	4.75	4.86		5.08	5.31	5.47	5.75	6.05	6.79	PB		13.98	15.25	17.27
		velocity	6.58	7.59	7.58	7.37	7.20		6.89	6.59	6.40	6.09	5.79	5.89	6.65		7.51	6.89	6.08
H1 lead leg	R	strides	24	16	16	16	16		17	17	17	18	19	22.2	198.2				

Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN) *CAA Hurdle Development (2019)*

date	03-Aug-19	time	6.92	11.63	16.31	21.08	25.93		31.08	36.52	42.07	47.70	53.55		60.34	1 / 2			
reaction time	0.193	interval		4.71	4.68	4.77	4.85		5.15	5.44	5.55	5.63	5.85	6.79			14.16	15.44	17.03
		velocity	6.50	7.43	7.48	7.34	7.22		6.80	6.43	6.31	6.22	5.98	5.89	6.63		7.42	6.80	6.17
H1 lead leg	R	strides	24	16	16	16	16		17	18	18	18	18	22	199				

Heat 1 - 2019 Chinese National Championships (Shenyang, CHN) *CAA Hurdle Development (2019)*

date	09-Jul-19	time	6.90	11.48	16.13	20.83	25.66		30.69	35.94	41.41	47.16	53.37		60.26	6 / 3			
reaction time	0.194	interval		4.58	4.65	4.70	4.83		5.03	5.25	5.47	5.75	6.21	6.89	PB		13.93	15.11	17.43
		velocity	6.52	7.64	7.53	7.45	7.25		6.96	6.67	6.40	6.09	5.64	5.81	6.64		7.54	6.95	6.02
H1 lead leg	R	strides	24	16	16	16	16		17	17	17	18	20	22.5	199.5				

FINAL - 2019 Chinese National Grand Prix 4 (Luoyang, CHN) *CAA Hurdle Development (2019)*

date	29-May-19	time	7.05	11.61	16.28	20.95	25.79		30.88	36.28	42.01	47.86	53.95		60.83	7 / 4			
reaction time		interval		4.56	4.67	4.67	4.84		5.09	5.40	5.73	5.85	6.09	6.88			13.90	15.33	17.67
		velocity	6.38	7.68	7.49	7.49	7.23		6.88	6.48	6.11	5.98	5.75	5.81	6.58		7.55	6.85	5.94
H1 lead leg	L	strides	24	16	16	16	16		17	17	19	18	19	22	200				

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) *Henson (2018) - coaching observations*

date	15-Sep-18	time	7.00	11.60	16.32	21.17	26.34		31.59	36.97	42.63	48.34	54.28		61.00	4 / 4			
reaction time		interval		4.60	4.72	4.85	5.17		5.25	5.38	5.66	5.71	5.94	6.72			14.17	15.80	17.31
		velocity	6.43	7.61	7.42	7.22	6.77		6.67	6.51	6.18	6.13	5.89	5.95	6.56		7.41	6.65	6.07
H1 lead leg	L	strides	24	16	16	17	17		17	17	18	18	19	22	201				

Chen Qian (CHN) (2002)

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

U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN) *CAA Hurdle Development (2019)*

date	17-Aug-19	time	7.22	12.06	17.00	21.96	27.12		32.46	38.22	44.30	50.64	57.20		65.02	2 / 6			
reaction time	0.144	interval		4.84	4.94	4.96	5.16		5.34	5.76	6.08	6.34	6.56	7.82			14.74	16.26	18.98
		velocity	6.23	7.23	7.09	7.06	6.78		6.55	6.08	5.76	5.52	5.34	5.12	6.15		7.12	6.46	5.53
H1 lead leg	L	strides	24	17	17	17	17		17	18	19	20	20	24	210				

Chen Zhuo (CHN) (2001)

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

Heat 3 - 2021 Chinese National Championships (Chongqing, CHN) *CAA Hurdle Development (2021)*

date	26-Jun-21	time	6.91	11.46	16.18	21.12	26.29		31.68	37.34	43.07	49.08	55.30		62.52	2 / 7			
reaction time	0.208	interval		4.55	4.72	4.94	5.17		5.39	5.66	5.73	6.01	6.22	7.22			14.21	16.22	17.96
		velocity	6.51	7.69	7.42	7.09	6.77		6.49	6.18	6.11	5.82	5.63	5.54	6.40		7.39	6.47	5.85
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	18	18	22	197				

Heat 1 - 2021 East China District Meeting (Zhaoqing, CHN) *CAA Hurdle Development (2021)*

date	25-Apr-21	time	7.02	11.61	16.22	20.97	25.99	31.35	36.87	42.73	48.82	55.04		62.21	6 / 4					
reaction time	0.247	interval		4.59	4.61	4.75	5.02	5.36	5.52	5.86	6.09	6.22	7.17			13.95	15.90	18.17		
		velocity	6.41	7.63	7.59	7.37	6.97	6.53	6.34	5.97	5.75	5.63	5.58	6.43		7.53	6.60	5.78		
H1 lead leg	L	strides	24	16	16	16	16	17	17	18	18	19	22	199						

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

date	22-Aug-19	time	7.12	11.95	16.88	22.01	27.36	32.90	38.82	44.90	51.17	57.49		64.44	3 / 6					
reaction time	0.223	interval		4.83	4.93	5.13	5.35	5.54	5.92	6.08	6.27	6.32	6.95			14.89	16.81	18.67		
		velocity	6.32	7.25	7.10	6.82	6.54	6.32	5.91	5.76	5.58	5.54	5.76	6.21		7.05	6.25	5.62		
H1 lead leg	L	strides	23	17	17	17	17	17	18	18	19	19	22	204						

U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN) *CAA Hurdle Development (2019)*

date	17-Aug-19	time	7.08	11.80	16.66	21.82	27.34	33.06	39.12	45.38	51.74	58.22		65.23	2 / 7					
reaction time	0.198	interval		4.72	4.86	5.16	5.52	5.72	6.06	6.26	6.36	6.48	7.01			14.74	17.30	19.10		
		velocity	6.36	7.42	7.20	6.78	6.34	6.12	5.78	5.59	5.50	5.40	5.71	6.13		7.12	6.07	5.50		
H1 lead leg	L	strides	23	16	16	16	17	17	18	18	19	19	22	201						

U20 Heat 1 - 2019 Chinese National Youth Games (Taiyuan, CHN) *CAA Hurdle Development (2019)*

date	17-Aug-19	time	6.88	11.64	16.52	21.50	26.68	32.10	37.80	43.72	49.94	56.24		63.25	3 / 4					
reaction time	0.172	interval		4.76	4.88	4.98	5.18	5.42	5.70	5.92	6.22	6.30	7.01			14.62	16.30	18.44		
		velocity	6.54	7.35	7.17	7.03	6.76	6.46	6.14	5.91	5.63	5.56	5.71	6.32		7.18	6.44	5.69		
H1 lead leg	L	strides	23	17	17	17	17	17	17	17	18	19	21.5	200.5						

Chi Wenjing (CHN)

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

U20 FINAL - 2022 Shandong Provincial Games (Rizhao, CHN) *Shandong Athletics Sport Science (2022)*

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)

	H1	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 Championsips (Sapporo, JPN) *Takashima (2023) - national high school sports festival - biomechanics data*

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)

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

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

date	12-Jun-21	time	6.67		15.63	20.30	25.17			40.73	46.07			57.48	1 / 8					
reaction time	0.298	interval			8.96	4.67	4.87			15.56	5.34			PB		13.63				
		velocity	6.75		7.81	7.49	7.19			6.75	6.55			6.96		7.70				
H1 lead leg	R	strides	22			15	15				16			68						

Churakova, Yelena (RUS) (1986)

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

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

date	01-Sep-11	time	6.4	10.7	15.2	19.6	24.1	28.8	33.6	38.6				55.31	7 / 8					
reaction time	0.173	interval		4.30	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) *Paris 2024 Olympic Games - Results Book (2024)*

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) *Paris 2024 Olympic Games - Results Book (2024)*

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

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) *Omega Timing (2023) - diamond league race analysis*

date	08-Sep-23	time	6.37	10.45	14.70	19.07	23.57	28.22	33.11	38.19	43.37	48.70		54.95	4 / 7					
reaction time	0.205	interval		4.08	4.25	4.37	4.50	4.65	4.89	5.08	5.18	5.33	6.25			12.70	14.04	15.59		
		velocity	7.06	8.58	8.24	8.01	7.78	7.53	7.16	6.89	6.76	6.57	6.40	7.28		8.27	7.48	6.74		
H1 lead leg	R	strides	23	15	15	15	15	15	16	16	17	17	21	185						

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

date	22-Aug-23	time	6.34	10.34	14.48	18.72	23.15		27.91	32.84		43.51	49.25		56.06	9 / 7			
reaction time	0.208	interval		4.00	4.14	4.24	4.43		4.76	4.93		10.67	5.74	6.81			12.38	14.12	16.41
		velocity	7.10	8.75	8.45	8.25	7.90		7.35	7.10		6.56	6.10	5.87	7.14		8.48	7.44	6.40
H1 lead leg	R	strides	23	15	15	15	15		16	16		16	18	21	170				

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

date	21-Aug-23	time	6.43	10.76	15.16	19.43	23.96				38.64	43.86	49.16		55.13	1 / 3			
reaction time	0.193	interval		4.33	4.40	4.27	4.53				14.68	5.22	5.30	5.97			13.00		
		velocity	7.00	8.08	7.95	8.20	7.73				7.15	6.70	6.60	6.70	7.26		8.08		
H1 lead leg	R	strides	23		15	15	15		15			17	17	20.5	137.5				

Semi-Final 3 - 2022 European Athletics Championships (Munich, GER) *European Athletics (2022) - european athletics championships race analysis*

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

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

date	02-Oct-19	time	6.34	10.47	14.71		23.56			33.10	38.10	43.34	48.81		55.25	3 / 5			
reaction time	0.159	interval		4.13	4.24		8.85			9.54	5.00	5.24	5.47	6.44					15.71
		velocity	7.10	8.47	8.25		7.91			7.34	7.00	6.68	6.40	6.21	7.24				6.68
H1 lead leg	R	strides	23	15	15							17	17	21	108				

Claxton, Grace (PUR) (1993)

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

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

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) *Paris 2024 Olympic Games - Results Book (2024)*

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)

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

Long Hurdles - 2025 Grand Slam Track Kingston (Kingston, JAM) (TV Analysis) *Henson (2025) - Athlete First: 2025 year end hurdle report*

date	04-Apr-25	time	6.34	10.34	14.35	18.58	23.05		27.72	32.56	37.73	43.01	48.54		55.02	6 / 3			
reaction time	0.180	interval		4.00	4.01	4.23	4.47		4.67	4.84	5.17	5.28	5.53	6.48			12.24	13.98	15.98
		velocity	7.10	8.75	8.73	8.27	7.83		7.49	7.23	6.77	6.63	6.33	6.17	7.27		8.58	7.51	6.57
H1 lead leg	L	strides	22	14	14	14	14		15	15	16	16	17	20	177				

FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL) *Omega Timing (2024) - diamond league race analysis*

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) *Omega Timing (2024) - diamond league race analysis*

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) *Paris 2024 Olympic Games - Results Book (2024)*

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	19	158				

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

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) *Paris 2024 Olympic Games - Results Book (2024)*

date	04-Aug-24	time	6.15	10.11	14.19	18.38	22.84		27.61	32.54	37.60	42.81	47.98		54.32	7 / 1			
reaction time	0.148	interval		3.96	4.08	4.19	4.46		4.77	4.93	5.06	5.21	5.17	6.34			12.23	14.16	15.44
		velocity	7.32	8.84	8.58	8.35	7.85		7.34	7.10	6.92	6.72	6.77	6.31	7.36		8.59	7.42	6.80

H1 lead leg	L	strides	22	14	14	14	15	15	15	15	15	16	19	174					

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

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			19	142					

FINAL - 2024 Bauhaus Galan (Stockholm, SWE) *Omega Timing (2024) - diamond league race analysis*

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

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

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) *Omega Timing (2023) - diamond league race analysis*

date	17-Sep-23	time	6.25	10.22	14.25	18.43	22.88	27.51	32.30	37.29	42.36	47.53		53.56	7 / 3				
reaction time	0.138	interval		3.97	4.03	4.18	4.45	4.63	4.79	4.99	5.07	5.17	6.03			12.18	13.87	15.23	
		velocity	7.20	8.82	8.68	8.37	7.87	7.56	7.31	7.01	6.90	6.77	6.63	7.47		8.62	7.57	6.89	
H1 lead leg	L	strides	22	14	14	14	14	15	16	16	16	16	19	176					

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

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

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

date	02-Sep-23	time	6.30	10.30	14.40	18.60	22.90	27.50	32.20	37.10	42.20	47.40		53.56	5 / 1				
reaction time	0.138	interval		4.00	4.10	4.20	4.30	4.60	4.70	4.90	5.10	5.20	6.16			12.30	13.60	15.20	
		velocity	7.14	8.75	8.54	8.33	8.14	7.61	7.45	7.14	6.86	6.73	6.49	7.47		8.54	7.72	6.91	
H1 lead leg	R	strides	23	14	15	15	15	15	15	16	16	16	19.2	179.2					

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

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

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

date	22-Aug-23	time	6.34	10.44	14.51	18.48	22.72	27.23	31.90	36.73	41.86	47.19		53.30	5 / 1				
reaction time	0.190	interval		4.10	4.07	3.97	4.24	4.51	4.67	4.83	5.13	5.33	6.11	PB		12.14	13.42	15.29	
		velocity	7.10	8.54	8.60	8.82	8.25	7.76	7.49	7.25	6.82	6.57	6.55	7.50		8.65	7.82	6.87	
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	16	16	19	174					

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

date	21-Aug-23	time	6.28	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) *Omega Timing (2023) - diamond league race analysis*

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) *Omega Timing (2023) - diamond league race analysis*

date	15-Jun-23	time	6.34	10.36	14.47	18.72	23.10	27.70	32.46	37.42	42.53	47.76		53.84	6 / 2				
reaction time	0.141	interval		4.02	4.11	4.25	4.38	4.60	4.76	4.96	5.11	5.23	6.08			12.38	13.74	15.30	
		velocity	7.10	8.71	8.52	8.24	7.99	7.61	7.35	7.06	6.85	6.69	6.58	7.43		8.48	7.64	6.86	
H1 lead leg	L	strides	22	15	14	14	15	15	15	16	16	16	20	178					

FINAL - 2023 Golden Gala Pietro Mennea (Firenze, ITA) *Omega Timing (2023) - diamond league race analysis*

date	02-Jun-23	time	6.38	10.55	14.82	19.13	23.62	28.21	33.05	38.04	43.26	48.53		54.71	5 / 6				
reaction time	0.133	interval		4.17	4.27	4.31	4.49	4.59	4.84	4.99	5.22	5.27	6.18			12.75	13.92	15.48	

		velocity	7.05	8.39	8.20	8.12	7.80	7.63	7.23	7.01	6.70	6.64	6.47	7.31		8.24	7.54	6.78
H1 lead leg	L	strides	23	15	14	14	15	15	15	16	16	16	19	178				

FINAL - 2023 Meeting International Mohammed VI d'Athlétisme (Rabat, MAR) *Omega Timing (2023) - diamond league race analysis*

date	28-May-23	time	6.23	10.22	14.35	18.59	23.04	27.65	32.52	37.58	42.72	47.99		54.15	5 / 2			
reaction time	0.142	interval		3.99	4.13	4.24	4.45	4.61	4.87	5.06	5.14	5.27	6.16			12.36	13.93	15.47
		velocity	7.22	8.77	8.47	8.25	7.87	7.59	7.19	6.92	6.81	6.64	6.49	7.39		8.50	7.54	6.79
H1 lead leg	L	strides	23	15	15	15	15	15	16	16	16	16	19.2	181.2				

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

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

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

date	26-Aug-22	time	6.36	10.53	14.76	19.13	23.57	28.13	32.88	37.90	*fell*			dnf	6 / --			
reaction time	0.161	interval		4.17	4.23	4.37	4.44	4.56	4.75	5.02						12.77	13.75	
		velocity	7.08	8.39	8.27	8.01	7.88	7.68	7.37	6.97						8.22	7.64	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16				128				

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

date	10-Aug-22	time	6.30	10.33	14.53	18.77	23.07	24.92	27.50	32.10	36.93	42.07	47.30		53.33	6 / 1		
reaction time	0.179	interval		4.03	4.20	4.24	4.30		4.43	4.60	4.83	5.14	5.23	6.03	**PB**		12.47	13.33	15.20
		velocity	7.14	8.68	8.33	8.25	8.14	8.03	7.90	7.61	7.25	6.81	6.69	6.63	7.50		8.42	7.88	6.91
H1 lead leg	L	strides	21	15	15	15	15		15	15	16	16	17	19.7	179.7				

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

date	08-Aug-22	time	6.36	10.53	14.90	19.33	23.93	28.56	33.33	38.26	43.30	48.43		54.45	7 / 3			
reaction time	0.196	interval		4.17	4.37	4.43	4.60	4.63	4.77	4.93	5.04	5.13	6.02			12.97	14.00	15.10
		velocity	7.08	8.39	8.01	7.90	7.61	7.56	7.34	7.10	6.94	6.82	6.64	7.35		8.10	7.50	6.95
H1 lead leg	L	strides	22	15	15	15	15	15		16	16	16		145				

FINAL - 2022 Commonwealth Games (Birmingham, GBR) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	06-Aug-22	time	6.36	10.46	14.40	18.63	23.00	25.0	27.77	32.43	37.20	42.40	47.83		54.67	5 / 4		
reaction time	0.147	interval		4.10	3.94	4.23	4.37		4.77	4.66	4.77	5.20	5.43	6.84			12.27	13.80	15.40
		velocity	7.08	8.54	8.88	8.27	8.01	8.00	7.34	7.51	7.34	6.73	6.45	5.85	7.32		8.56	7.61	6.82
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	17	20	181				

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

date	22-Jul-22	time	6.40	10.57	14.73	19.00	23.43	25.19		32.67	37.67	42.83	48.07		54.36	2 / 6		
reaction time	0.145	interval		4.17	4.16	4.27	4.43			9.24	5.00	5.16	5.24	6.29			12.60	13.67	15.40
		velocity	7.03	8.39	8.41	8.20	7.90	7.94		7.58	7.00	6.78	6.68	6.36	7.36		8.33	7.68	6.82
H1 lead leg	L	strides	22	15	15	15	15				16	16	16		130				

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

date	20-Jul-22	time	6.20	10.27	14.40	18.60	23.04	25.07	27.57	32.30	37.10	42.27	47.40		53.63	8 / 3		
reaction time	0.169	interval		4.07	4.13	4.20	4.44		4.53	4.73	4.80	5.17	5.13	6.23	**PB**		12.40	13.70	15.10
		velocity	7.26	8.60	8.47	8.33	7.88	7.98	7.73	7.40	7.29	6.77	6.82	6.42	7.46		8.47	7.66	6.95
H1 lead leg	L	strides	22	14	14	15	15		15	15	15	16	16	19.2	176.2				

Heat 5 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	19-Jul-22	time	6.40	10.53	14.77	19.07	23.50	25.27	28.06		37.96	43.30	48.74		54.99	2 / 4		
reaction time	0.157	interval		4.13	4.24	4.30	4.43		4.56		9.90	5.34	5.44	6.25			12.67		
		velocity	7.03	8.47	8.25	8.14	7.90	7.91	7.68		7.07	6.55	6.43	6.40	7.27		8.29		
H1 lead leg	L	strides	22	15	15	15	15		15			17	17	19.5	150.5				

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

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

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

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

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

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

Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	02-Oct-19	time	6.44	10.64	14.88	19.28	23.84	28.52	33.36	38.32	43.36	48.36		54.17	7 / 1			

reaction time	0.148	interval		4.20	4.24	4.40	4.56	4.68	4.84	4.96	5.04	5.00	5.81			12.84	14.08	15.00
		velocity	6.99	8.33	8.25	7.95	7.68	7.48	7.23	7.06	6.94	7.00	6.88	7.38		8.18	7.46	7.00
H1 lead leg	L	strides	23	15	15	15	15	15	16	16	16	16	19	181				

Heat 5 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis) *Henson (2021) - Athlete First: 2019 year end hurdle report*

date	01-Oct-19	time	6.60	10.76	15.04	19.36	23.88		33.60	38.68	43.88	49.16		55.23	7 / 1			
reaction time	0.176	interval		4.16	4.28	4.32	4.52		9.72	5.08	5.20	5.28	6.07			12.76	14.24	15.56
		velocity	6.82	8.41	8.18	8.10	7.74		7.20	6.89	6.73	6.63	6.59	7.24		8.23	7.37	6.75
H1 lead leg	L	strides	23	1`5	15	15	15			16	16	16	19	135				

FINAL - 2019 Pan American Games (Lima, PER) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

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

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

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

FINAL - 2019 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

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

Cockrell, Anna (USA) (1997)

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

FINAL - 2024 Memorial van damme (Brussels, BEL) *Omega Timing (2024) - diamond league race analysis*

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				

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

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				

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

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				

FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL) *Omega Timing (2024) - diamond league race analysis*

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				

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

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	PB		11.99	13.19	14.56
		velocity	7.38	9.02	8.84	8.43	8.12	8.10	7.68	7.48	7.17	7.00	6.63	7.71		8.76	7.96	7.21
H1 lead leg	R	strides	22	13	14	14	14	14	14	15	15	15	19	169				

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

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) *Paris 2024 Olympic Games - Results Book (2024)*

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

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

date	29-Jun-24	time	6.22	10.06	14.14	18.48	22.83	24.83	27.33	31.99	36.89	41.91	47.02		52.95	5 / 1		
reaction time		interval		3.84	4.08	4.34	4.35		4.50	4.66	4.90	5.02	5.11	5.93	PB		12.26	13.51	15.03
		velocity	7.23	9.11	8.58	8.06	8.05	8.05	7.78	7.51	7.14	6.97	6.85	6.75	7.55		8.56	7.77	6.99
H1 lead leg	R	strides	22	14	14	14	14		14	15	15	15	15	19	171				

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

date	27-Jun-24	time	6.26	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) — *Omega Timing (2023) - diamond league race analysis*

date	17-Sep-23	time	6.07	10.07	14.20	18.41	22.87		27.58	32.45	37.43	42.63	48.04		54.48	4 / 5		
reaction time	0.139	interval		4.00	4.13	4.21	4.46		4.71	4.87	4.98	5.20	5.41	6.44			12.34	14.04	15.59
		velocity	7.41	8.75	8.47	8.31	7.85		7.43	7.19	7.03	6.73	6.47	6.21	7.34		8.51	7.48	6.74
H1 lead leg	R	strides	22	14			14		15	15	15	15	16		126				

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

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

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

date	02-Sep-23	time	6.06	9.92	14.02	18.31	22.80		27.58	32.39	37.49	42.71	48.04		54.56	4 / 6		
reaction time	0.182	interval		3.86	4.10	4.29	4.49		4.78	4.81	5.10	5.22	5.33	6.52			12.25	14.08	15.65
		velocity	7.43	9.07	8.54	8.16	7.80		7.32	7.28	6.86	6.70	6.57	6.13	7.33		8.57	7.46	6.71
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	16	16	19.7	174.7				

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

date	24-Aug-23	time	6.17	10.12	14.11	18.05	22.39		26.92	31.49		41.47	46.88		53.34	9 / 5		
reaction time	0.189	interval		3.95	3.99	3.94	4.34		4.53	4.57		9.98	5.41	6.46	PB		11.88	13.44	15.39
		velocity	7.29	8.86	8.77	8.88	8.06		7.73	7.66		7.01	6.47	6.19	7.50		8.84	7.81	6.82
H1 lead leg	R	strides	22	14	14	14	14		15	15			16	20	144				

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

date	22-Aug-23	time	6.27	10.31	14.38	18.48	22.96		27.76	32.53	37.37	42.45	47.65		53.63	7 / 2		
reaction time	0.199	interval		4.04	4.07	4.10	4.48		4.80	4.77	4.84	5.08	5.20	5.98	PB		12.21	14.05	15.12
		velocity	7.18	8.66	8.60	8.54	7.81		7.29	7.34	7.23	6.89	6.73	6.69	7.46		8.60	7.47	6.94
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	16	19	173				

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

date	21-Aug-23	time	6.33	10.36	14.43	18.75	23.33		28.00	32.83	37.83	43.06	48.46		54.68	9 / 2		
reaction time	0.211	interval		4.03	4.07	4.32	4.58		4.67	4.83	5.00	5.23	5.40	6.22			12.42	14.08	15.63
		velocity	7.11	8.68	8.60	8.10	7.64		7.49	7.25	7.00	6.69	6.48	6.43	7.32		8.45	7.46	6.72
H1 lead leg	R	strides	22	14	14	15	15		15	15	15	16	16	19.2	176.2				

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

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

FINAL - 2022 USATF National Championships (Eugene, OR) — *USATF (2022) - Results powered by Karmarush*

date	25-Jun-22	time	6.17	10.08	14.21	18.52	23.05	25.07	27.67	32.27	37.31	42.44	47.73	*54.03*	53.98	7 / 4		
reaction time		interval		3.91	4.13	4.31	4.53		4.62	4.60	5.04	5.13	5.29	6.25			12.35	13.75	15.46
		velocity	7.29	8.95	8.47	8.12	7.73	7.98	7.58	7.61	6.94	6.82	6.62	6.40	7.41		8.50	7.64	6.79
H1 lead leg	L	strides	22	14	14	15	15		15	16	15	16			142				

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

date	24-Jun-22	time	6.23	10.23	14.50	19.06	23.83	25.85	28.76	33.80	38.83	44.00	49.26		55.54	5 / 2		
reaction time		interval		4.00	4.27	4.56	4.77		4.93	5.04	5.03	5.17	5.26	6.28			12.83	14.74	15.46
		velocity	7.22	8.75	8.20	7.68	7.34	7.74	7.10	6.94	6.96	6.77	6.65	6.37	7.20		8.18	7.12	6.79
H1 lead leg	L	strides	22	14	14	15	15		15	16	16	16	16	20	179				

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

date	04-Aug-21	time	6.28	10.44	14.64	19.00	23.52		28.12	32.80	37.76	42.80	47.96		*54.22*	8 / ~~7~~	*(no official time given)*		
reaction time		interval		4.16	4.20	4.36	4.52		4.60	4.68	4.96	5.04	5.16	6.26	DQ		12.72	13.80	15.16
		velocity	7.17	8.41	8.33	8.03	7.74		7.61	7.48	7.06	6.94	6.78	6.39	7.38		8.25	7.61	6.93
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	16		160				

Semi-Final 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis) — *Henson (2024) - Athlete First: 2021 year end hurdle report*

date	02-Aug-21	time	6.33	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) *Henson (2024) - Athlete First: 2021 year end hurdle report*

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) *Athlete Tracking (2021) - Women's 400mH - Unofficial Split Times*

date	27-Jun-21	time	6.32	10.46	14.69	19.10	23.56	25.53	28.14	32.81	37.60	42.51	47.61		53.70	9 / 3		
reaction time	0.201	interval		4.14	4.23	4.41	4.46		4.58	4.67	4.79	4.91	5.10	6.09	PB		12.78	13.71	14.80
		velocity	7.12	8.45	8.27	7.94	7.85	7.83	7.64	7.49	7.31	7.13	6.86	6.57	7.45		8.22	7.66	7.09
H1 lead leg	L	strides		15	15	15	15		15	15	15	16	16		137				

Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	26-Jun-21	time	6.30	10.51	14.91	19.45	24.15	29.06	33.96	38.97	43.94	49.01		55.10	8 / 3			
reaction time	0.177	interval		4.21	4.40	4.54	4.70	4.91	4.90	5.01	4.97	5.07	6.09			13.15	14.51	15.05
		velocity	7.14	8.31	7.95	7.71	7.45	7.13	7.14	6.99	7.04	6.90	6.57	7.26		7.98	7.24	6.98
H1 lead leg	L	strides		15	15	15	15	16	15	16	16	16		139				

Heat 3 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	25-Jun-21	time	6.40	10.70	15.20	19.73	24.50	29.46	34.70	39.73	44.90	50.26		56.83	7 / 2			
reaction time	0.196	interval		4.30	4.50	4.53	4.77	4.96	5.24	5.03	5.17	5.36	6.57			13.33	14.97	15.56
		velocity	7.03	8.14	7.78	7.73	7.34	7.06	6.68	6.96	6.77	6.53	6.09	7.04		7.88	7.01	6.75
H1 lead leg	L	strides	22	15	15	15	15	15	16	15	16	16	20	180				

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

date	12-Jun-21	time	6.27	10.53	14.87	19.40	24.13	28.93	33.80	38.67	43.67	48.67		54.68	6 / 1			
reaction time	0.166	interval		4.26	4.34	4.53	4.73	4.80	4.87	4.87	5.00	5.00	6.01	PB		13.13	14.40	14.87
		velocity	7.18	8.22	8.06	7.73	7.40	7.29	7.19	7.19	7.00	7.00	6.66	7.32		8.00	7.29	7.06
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	16	16	19.7	178.7				

FINAL - 2019 Pan American Games (Lima, PER) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	08-Aug-19	time	6.34	10.38	14.83	19.38	24.03	28.79	33.72	38.76	43.89			55.50	8 / 2			
reaction time	0.247	interval		4.04	4.45	4.55	4.65	4.76	4.93	5.04	5.13					13.04	14.34	
		velocity	7.10	8.66	7.87	7.69	7.53	7.35	7.10	6.94	6.82			7.21		8.05	7.32	
H1 lead leg	L	strides	22	14	15	15	15	15	15	16	16			143				

FINAL - 2018 USATF National Champinships (Des Moines, IA) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	24-Jun-18	time	6.17	10.17	14.34	18.68	23.29		33.06	38.30	43.74	49.45		56.14	8 / 5			
reaction time		interval		4.00	4.17	4.34	4.61		9.77	5.24	5.44	5.71	6.69			12.51	14.38	16.39
		velocity	7.29	8.75	8.39	8.06	7.59		7.16	6.68	6.43	6.13	5.98	7.13		8.39	7.30	6.41
H1 lead leg	L	strides	22	14	15	15	15			16	17	17		131				

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

date	09-Jun-18	time	6.43	10.43		19.16	23.73	28.56	33.63	38.80	44.06	49.40		55.71	5 / 2			
reaction time		interval		4.00		8.73	4.57	4.83	5.07	5.17	5.26	5.34	6.31			12.73	14.47	15.77
		velocity	7.00	8.75		8.02	7.66	7.25	6.90	6.77	6.65	6.55	6.34	7.18		8.25	7.26	6.66
H1 lead leg	L	strides		14			15	16	16	16		16	20.5	113.5				

Cojocaru, Cristieana (ROU) (1962)

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

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

date	08-Aug-84	time	6.3	10.6	15.0	19.4	24.1	28.8	33.5	38.7	44.0	49.3		55.41	2 / 3			
reaction time	0.237	interval		4.30	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)

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

FINAL - 1996 USATF National Junior Championships (Delaware, OH) *USATF Women's Sprint Development (1996)*

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

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) *USATF Women's Sprint Development (1996)*

date	29-Jun-96	time	7.27	12.14	16.98	21.73	26.52		31.66	36.94	42.34	48.07	54.06		61.31	8 / 6			
reaction time		interval		4.87	4.84	4.75	4.79		5.14	5.28	5.40	5.73	5.99	7.25			14.46	15.21	17.12
		velocity	6.19	7.19	7.23	7.37	7.31		6.81	6.63	6.48	6.11	5.84	5.52	6.52		7.26	6.90	6.13
H1 lead leg		strides																	

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) *Paris 2024 Olympic Games - Results Book (2024)*

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) *Paris 2024 Olympic Games - Results Book (2024)*

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

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

date	20-Aug-08	time	6.4	10.6	14.8	19.1	23.6		28.1	32.6	37.4	42.3	47.6		53.84	7 / 3				
reaction time	0.189	interval		4.20	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) *Graubner (2007) - http://www.fgs.uni-halle.de*

date	23-Sep-07	time	6.45	10.59	14.87	19.29	23.79		28.49	33.33	38.41	43.80	49.35		55.76	3 / 7				
reaction time	0.158	interval		4.14	4.28	4.42	4.50		4.70	4.84	5.08	5.39	5.55	6.41				12.84	14.04	16.02
		velocity	6.98	8.45	8.18	7.92	7.78		7.45	7.23	6.89	6.49	6.31	6.24	7.17			8.18	7.48	6.55
H1 lead leg		strides																		

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	6.35	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)

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

date	09-Aug-06	time	6.4	10.5	14.7	19.3	23.9		28.7	33.6	38.6	43.8	49.3		55.56	1 / 7				
reaction time		interval		4.10	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) *Graubner (2009) - http://www.fgs.uni-halle.de*

date	08-Aug-02	time	6.65	10.83	15.11	19.59	24.17		28.91	33.89	39.19	44.69	50.35		56.93	/ 7				
reaction time	0.244	interval		4.18	4.28	4.48	4.58		4.74	4.98	5.30	5.50	5.66	6.58				12.94	14.30	16.46
		velocity	6.77	8.37	8.18	7.81	7.64		7.38	7.03	6.60	6.36	6.18	6.08	7.03			8.11	7.34	6.38
H1 lead leg		strides																		

FINAL - 2001 European Cup (Bremen, GER) *Graubner (2007) - http://www.fgs.uni-halle.de*

date	23-Jun-01	time	6.56	10.69	14.87	19.21	23.69		28.53	33.53	38.67	43.98	54.86		62.97	/ 8				
reaction time		interval		4.13	4.18	4.34	4.48		4.84	5.00	5.14	5.31	10.88	8.11				12.65	14.32	21.33
		velocity	6.86	8.47	8.37	8.06	7.81		7.23	7.00	6.81	6.59	3.22	4.93	6.35			8.30	7.33	4.92
H1 lead leg		strides																		

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

date	27-Sep-00	time	6.2	10.4	14.7	19.2	23.7		28.2	33.1	38.0	43.1	48.7		55.00	1 / 8				
reaction time	0.174	interval		4.20	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) *Henson (2021) - Athlete First: 2016 year end hurdle report*

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					

Debois, Nadine (FRA) (1961)

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

FINAL - 1987 Meeting International de Dijon (Dijon, FRA) *Veney - split times from PJ*

date	13-Jun-87	time	7.2	11.7	16.3	21.0	25.8		30.7	35.6	40.5	45.4	50.7		56.54	/ 2				
reaction time		interval		4.50	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)

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

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

date	21-Jun-97	time	7.21	11.94	16.70	21.45	26.27		31.21	36.09	41.25	46.71	52.04		57.77	/ 6				
reaction time		interval		4.73	4.76	4.75	4.82		4.94	4.88	5.16	5.46	5.33	5.73				14.24	14.64	15.95
		velocity	6.24	7.40	7.35	7.37	7.26		7.09	7.17	6.78	6.41	6.57	6.98	6.92			7.37	7.17	6.58
H1 lead leg		strides																		

Demes, Eileen (GER) (1997)

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

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

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

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

date	22-Aug-23	time	6.44	10.51	14.71	19.04	23.52		32.96	38.14	43.84	49.88		56.71	3 / 8				
reaction time	0.166	interval		4.07	4.20	4.33	4.48		9.44	5.18	5.70	6.04	6.83				12.60	13.92	16.92
		velocity	6.99	8.60	8.33	8.08	7.81		7.42	6.76	6.14	5.79	5.86	7.05			8.33	7.54	6.21
H1 lead leg	R	strides	22	14	14	14	14			16	17	17	20	148					

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

date	21-Aug-23	time	6.50	10.73	14.90	19.06	23.56	28.20	33.00	38.06	43.30	48.94		55.29	5 / 5				
reaction time	0.169	interval		4.23	4.17	4.16	4.50	4.64	4.80	5.06	5.24	5.64	6.35	PB			12.56	13.94	15.94
		velocity	6.92	8.27	8.39	8.41	7.78	7.54	7.29	6.92	6.68	6.21	6.30	7.23			8.36	7.53	6.59
H1 lead leg	R	strides	22	14	14	14	15	15	15	16	16	17	20	178					

Heat 1 - 2022 European Athletics Championships (Munich, GER) *European Athletics (2022) - european athletics championships race analysis*

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

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

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

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

date	08-Aug-12	time	6.07	10.06	14.25	18.68	23.06	24.86	27.55	32.04	36.69	41.64	46.77		52.77	7 / ~~2~~ 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) *Behm (2011) - Le quatrache: Démus enfin!*

date	01-Sep-11	time	6.0	10.0	14.1	18.4	22.9		27.4	32.0	36.5	41.4	46.5		52.47	3 / 1			
reaction time	0.149	interval		4.00	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) *Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*

date	20-Aug-09	time	6.16	10.11	14.23	18.59	23.05		27.51	32.02	36.65	41.70	46.99		52.96	5 / 2			
reaction time	0.159	interval		3.95	4.12	4.36	4.46		4.46	4.51	4.63	5.05	5.29	5.97			12.43	13.43	14.97
		velocity	7.31	8.86	8.50	8.03	7.85		7.85	7.76	7.56	6.93	6.62	6.70	7.55		8.45	7.82	7.01
H1 lead leg		strides		15	15	15	15		15	15	15	17	17		139				

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

date	18-Aug-09	time	6.22	10.21	14.44	18.83	23.40		27.99	32.67	37.50	42.74	48.23		54.25	6 / 1			
reaction time	0.162	interval		3.99	4.23	4.39	4.57		4.59	4.68	4.83	5.24	5.49	6.02			12.61	13.84	15.56
		velocity	7.23	8.77	8.27	7.97	7.66		7.63	7.48	7.25	6.68	6.38	6.64	7.37		8.33	7.59	6.75
H1 lead leg	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	PB		12.60	13.40	14.70
		velocity	7.26	8.33	8.33	8.33	8.14		7.61	7.78	7.61	7.00	6.86	6.28	7.51		8.33	7.84	7.14
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	20	180				

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

date	11-Jul-04	time	6.00	9.99	14.13	18.39	22.76		27.16	31.66	36.35	41.24	46.80		53.43	4 / 3			

reaction time		interval		3.99	4.14	4.26	4.37		4.40	4.50	4.69	4.89	5.56	6.63	PB		12.39	13.27	15.14
		velocity	7.50	8.77	8.45	8.22	8.01		7.95	7.78	7.46	7.16	6.29	6.03	7.49		8.47	7.91	6.94
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	18	20	182				

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 Xiaoqing (CHN) (1989)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2013 Chinese National Grand Prix (Zhaoqing, CHN)														*Deng (2015) - training practice research of Deng Xiaoqing, 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			
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	/ 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	/ 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	/ 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					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 Binta (POR) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2024 Olympic Games (Paris, FRA)														*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	/ 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				13.04	14.31	17.37
		velocity	6.70	8.33	8.01	7.83	7.76	7.58	7.40	6.90	6.33	6.12	5.72	5.74	6.85			8.05	7.34	6.04
H1 lead leg		strides																		

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

date	01-Sep-17	time	6.32	10.52	14.84	19.28	23.76	25.9	28.40	33.16	38.20	43.32	48.64		55.04	4 / 4				
reaction time	0.196	interval		4.20	4.32	4.44	4.48		4.64	4.76	5.04	5.12	5.32	6.40				12.96	13.88	15.48
		velocity	7.12	8.33	8.10	7.88	7.81	7.72	7.54	7.35	6.94	6.84	6.58	6.25	7.27			8.10	7.56	6.78
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	22	188					

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

date	24-Aug-17	time	6.36	10.52	14.80	19.16	23.68		28.40	33.28		43.40	48.80		55.09	3 / 5				
reaction time	0.163	interval		4.16	4.28	4.36	4.52		4.72	4.88		10.12	5.40	6.29				12.80	14.12	15.52
		velocity	7.08	8.41	8.18	8.03	7.74		7.42	7.17		6.92	6.48	6.36	7.26			8.20	7.44	6.77
H1 lead leg	L	strides	23	15	15		15		16	16			18	21.7	139.7					

FINAL - 2017 Müller Grand Prix (Birmingham, GBR) (TV Analysis) *Henson (2021) - Athlete First: 2017 year end hurdle report*

date	20-Aug-17	time	6.36	10.56	14.80	19.04	23.40		27.96	32.88	38.08	43.36	48.72		54.89	2 / 4				
reaction time	0.158	interval		4.20	4.24	4.24	4.36		4.56	4.92	5.20	5.28	5.36	6.17				12.68	13.84	15.84

		velocity	7.08	8.33	8.25	8.25	8.03	7.68	7.11	6.73	6.63	6.53	6.48	7.29		8.28	7.59	6.63
H1 lead leg	L	strides	23	15	15	15	15	16	17	17	18	18	22	191				

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

date	10-Aug-17	time	6.32		14.80	19.16	23.68	28.32	33.24	38.40	43.68	49.16		55.71	2 / 8			
reaction time	0.157	interval			8.48	4.36	4.52	4.64	4.92	5.16	5.28	5.48	6.55			12.84	14.08	15.92
		velocity	7.12		8.25	8.03	7.74	7.54	7.11	6.78	6.63	6.39	6.11	7.18		8.18	7.46	6.60
H1 lead leg	L	strides	23			15	15	16	17	17	18	18	21.5	160.5				

FINAL - 2017 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis) *Henson (2020) - Athlete First: 2017 year end hurdle report*

date	21-Jul-17	time	6.32	10.44	14.68	18.92	23.24	27.88	32.60	37.52	42.68	48.20		54.75	7 / 4			
reaction time	0.196	interval		4.12	4.24	4.24	4.32	4.64	4.72	4.92	5.16	5.52	6.55			12.60	13.68	15.60
		velocity	7.12	8.50	8.25	8.25	8.10	7.54	7.42	7.11	6.78	6.34	6.11	7.31		8.33	7.68	6.73
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	18	22	189				

FINAL - 2017 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis) *Henson (2021) - Athlete First: 2017 year end hurdle report*

date	16-Jul-17	time	6.48	10.68	15.00	19.40	23.92	28.64	33.48	38.52	43.64	48.80		54.92	8 / 3			
reaction time	0.157	interval		4.20	4.32	4.40	4.52	4.72	4.84	5.04	5.12	5.16	6.12			12.92	14.08	15.32
		velocity	6.94	8.33	8.10	7.95	7.74	7.42	7.23	6.94	6.84	6.78	6.54	7.28		8.13	7.46	6.85
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	17	21.2	187.2				

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

date	06-Jul-17	time	6.52	10.72	15.04	19.40	23.76	28.32	33.12	38.08	43.16	48.32		54.36	1 / 3			
reaction time	0.151	interval		4.20	4.32	4.36	4.36	4.56	4.80	4.96	5.08	5.16	6.04			12.88	13.72	15.20
		velocity	6.90	8.33	8.10	8.03	8.03	7.68	7.29	7.06	6.89	6.78	6.62	7.36		8.15	7.65	6.91
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	17	21.5	187.5				

FINAL - 2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis) *Henson (2020) - Athlete First: 2017 year end hurdle report*

date	08-Jun-17	time	6.48	10.64	14.88	19.20	23.56	28.28	33.08	38.08	43.48	49.28		55.86	3 / 9			
reaction time	0.165	interval		4.16	4.24	4.32	4.36	4.72	4.80	5.00	5.40	5.80	6.58			12.72	13.88	16.20
		velocity	6.94	8.41	8.25	8.10	8.03	7.42	7.29	7.00	6.48	6.03	6.08	7.16		8.25	7.56	6.48
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	19	19	22	192				

FINAL - 2016 Memorial van Damme (Brussels, BEL) (TV Analysis) *Henson (2021) - Athlete First: 2016 year end hurdle report*

date	09-Sep-16	time	6.36	10.48	14.68	18.96	23.40	28.04	32.92	38.00	43.28	48.72		55.26	4 / 5			
reaction time	0.204	interval		4.12	4.20	4.28	4.44	4.64	4.88	5.08	5.28	5.44	6.54			12.60	13.96	15.80
		velocity	7.08	8.50	8.33	8.18	7.88	7.54	7.17	6.89	6.63	6.43	6.12	7.24		8.33	7.52	6.65
H1 lead leg	L	strides	23	15	15	15	15	16	17	17	18	18	21.5	190.5				

FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis) *Henson (2021) - Athlete First: 2016 year end hurdle report*

date	01-Sep-16	time	6.36	10.52	14.76	19.12	23.52	28.16	33.00	37.92	43.04	48.36		54.55	4 / 3			
reaction time	0.184	interval		4.16	4.24	4.36	4.40	4.64	4.84	4.92	5.12	5.32	6.19			12.76	13.88	15.36
		velocity	7.08	8.41	8.25	8.03	7.95	7.54	7.23	7.11	6.84	6.58	6.46	7.33		8.23	7.56	6.84
H1 lead leg	L	strides	23	15	15		15	16	16	16	17	17	21	171				

FINAL - 2016 Athletissime (Laussane, SUI) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	25-Aug-16	time	6.36	10.56	14.80	19.12	23.56	28.28	33.08	38.04	43.20	48.40		54.45	3 / 2			
reaction time	0.157	interval		4.20	4.24	4.32	4.44	4.72	4.80	4.96	5.16	5.20	6.05			12.76	13.96	15.32
		velocity	7.08	8.33	8.25	8.10	7.88	7.42	7.29	7.06	6.78	6.73	6.61	7.35		8.23	7.52	6.85
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	17	21	187				

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

date	18-Aug-16	time	6.44	10.64	14.92	19.24	23.68	28.32	33.12	38.12	43.24	48.48		54.61	1 / 8			
reaction time	0.171	interval		4.20	4.28	4.32	4.44	4.64	4.80	5.00	5.12	5.24	6.13			12.80	13.88	15.36
		velocity	6.99	8.33	8.18	8.10	7.88	7.54	7.29	7.00	6.84	6.68	6.53	7.32		8.20	7.56	6.84
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	17	21	187				

FINAL - 2016 London Anniversary Games (London, GBR) (TV Analysis) *Henson (2021) - Athlete First: 2016 year end hurdle report*

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

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

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

FINAL - 2016 Birmingham Diamond League (Birmingham, GBR) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

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

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

date	02-Jun-16	time	6.32	10.48	14.68	18.96	23.40	28.12	33.00	38.00	43.08	48.48		54.81	6 / 3			

reaction time	0.154	interval		4.16	4.20	4.28	4.44		4.72	4.88	5.00	5.08	5.40	6.33			12.64	14.04	15.48
		velocity	7.12	8.41	8.33	8.18	7.88		7.42	7.17	7.00	6.89	6.48	6.32	7.30		8.31	7.48	6.78
H1 lead leg	L	strides	23	15	15	15	16				17		18	20.7	139.7				

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

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

Child, Eilidh (GBR) (1987)

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

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

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

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

FINAL - 2010 Commonwealth Games (Dehli, IND) *Arnold (2010) - 400mH planning and peaking*

date	10-Oct-10	time	6.5	10.8	15.2	19.7	24.2	26.2	28.8	33.7	38.7	44.1	49.5		55.62	5 / 2			
reaction time	0.238	interval		4.30	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																	

Heat 2 - 2010 Commonwealth Games (Dehli, IND) *Arnold (2010) - 400mH planning and peaking*

date	09-Oct-10	time	6.3	10.7	15.1	19.5	24.0	26.0	28.8	33.8	39.1	44.5	49.9		56.16	7 / 2			
reaction time	0.202	interval		4.40	4.40	4.40	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																	

FINAL - 2010 European Championships (Barcelona, ESP) *Arnold (2010) - 400mH planning and peaking*

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

Semi-Final 1 - 2010 European Championships (Barcelona, ESP) *Arnold (2010) - 400mH planning and peaking*

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

Heat 3 - 2010 European Championships (Barcelona, ESP) *Arnold (2010) - 400mH planning and peaking*

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																	

Drouin, Maena (FRA) (2001)

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

Semi-Final 1 - 2023 European Athletics U23 Championships (Espoo, FIN) *European Athletics (2023) - european athletics U23 championships results book*

date	15-Jul-23	time	6.92	11.41	15.96	20.71	25.57		30.45	35.51	40.83	46.12	51.50		58.21	2 / 5			
reaction time	0.216	interval		4.49	4.55	4.75	4.86		4.88	5.06	5.32	5.29	5.38	6.71			13.79	14.80	15.99
		velocity	6.50	7.80	7.69	7.37	7.20		7.17	6.92	6.58	6.62	6.51	5.96	6.87		7.61	7.09	6.57
H1 lead leg		strides													0				

Dudgeon, Sinead (GBR) (1976)

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

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

date	08-Aug-02	time	6.61	11.16	15.65	20.22	24.99		29.99	35.23	40.76	46.56			59.39	/ 8			
reaction time	0.184	interval		4.55	4.49	4.57	4.77		5.00	5.24	5.53	5.80					13.61	15.01	
		velocity	6.81	7.69	7.80	7.66	7.34		7.00	6.68	6.33	6.03			6.74		7.71	7.00	
H1 lead leg		strides																	

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

date	23-Aug-99	time	6.06	10.27	14.60	18.98	23.59		28.46	33.48	38.73	43.97	49.38		55.69	2 / 6			
reaction time	0.173	interval		4.21	4.33	4.38	4.61		4.87	5.02	5.25	5.24	5.41	6.31			12.92	14.50	15.90
		velocity	7.43	8.31	8.08	7.99	7.59		7.19	6.97	6.67	6.68	6.47	6.34	7.18		8.13	7.24	6.60
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	20	186				

Dulin, Mandie (USA) (1977)

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

FINAL - 1996 USATF National Junior Championships (Delaware, OH) *USATF Women's Sprint Development (1996)*

date	29-Jun-96	time	7.11	11.77	16.35	21.12	25.94		31.10	36.49	42.21	47.94	53.70		60.19	6 / 3			
reaction time		interval		4.66	4.58	4.77	4.82		5.16	5.39	5.72	5.73	5.76	6.49			14.01	15.37	17.21
		velocity	6.33	7.51	7.64	7.34	7.26		6.78	6.49	6.12	6.11	6.08	6.16	6.65		7.49	6.83	6.10

H1 lead leg strides

Dyson, Sandra (GBR) (1944)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1971 West German Athletics - 400m Hurdles Test (Bonn, FRG)																*Keydel (1971) - die 400m hürden machten das rennen*			
date	15-May-71	time	6.8	11.4	16.2	21.2	26.7		32.0	37.6	43.4	49.2	54.9		61.1	/ 1			
reaction time		interval		4.60	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)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 Olympic Games (Atlanta, GA)																*Behm (1996) - 400m haies*			
date	31-Jul-96	time	6.6	10.7	15.0	19.4	23.9		28.4	33.2	38.1	43.1	48.5		54.39	7 / 6			
reaction time	0.324	interval		4.10	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	17	17		161				
Semi-Final 2 - 1993 IAAF World Championships (Stuttgart, GER)																*Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)*			
date	17-Aug-93	time	6.55	10.73	15.08	19.50	23.94		28.54	33.25	38.13	43.35	48.60		54.53	3 / 4			
reaction time		interval		4.18	4.35	4.42	4.44		4.60	4.71	4.88	5.22	5.25	5.93			12.95	13.75	15.35
		velocity	6.87	8.37	8.05	7.92	7.88		7.61	7.43	7.17	6.70	6.67	6.75	7.34		8.11	7.64	6.84
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	17	17	20.5	181.5				

Ellenberger, Gisela (FRG) (1950)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1971 West German Athletics - 400m Hurdles Test (Bonn, FRG)																*Keydel (1971) - die 400m hürden machten das rennen*			
date	15-May-71	time	7.4	12.6	17.7	22.8	28.0		33.7	39.8	45.6	51.3	56.9		62.0	/ 2			
reaction time		interval		5.20	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)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1984 Olympic Games (Los Angeles, CA)																*Behm (1995) - la tactique du 400 haies*			
date	08-Aug-84	time	6.4	10.6	14.8	19.1	23.7		28.3	33.2	38.2	43.4	48.6		54.61	3 / 1			
reaction time	0.176	interval		4.20	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	18	18	19	22.5	179.5				

Ennadi, Noura (MAR) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2024 Olympic Games (Paris, FRA)																*Paris 2024 Olympic Games - Results Book (2024)*			
date	06-Aug-24	time	6.47	10.63	14.83	19.14	23.61		28.27	33.15	38.22	43.52	48.88		55.50	8 / 8			
reaction time	0.175	interval		4.16	4.20	4.31	4.47		4.66	4.88	5.07	5.30	5.36	6.62			12.67	14.01	15.73
		velocity	6.96	8.41	8.33	8.12	7.83		7.51	7.17	6.90	6.60	6.53	6.04	7.21		8.29	7.49	6.68
H1 lead leg	R	strides	23	15	15	15	15		16		17				116				
Heat 5 - 2024 Olympic Games (Paris, FRA)																*Paris 2024 Olympic Games - Results Book (2024)*			
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)																*Henson (2024) - Athlete First: 2024 year end hurdle report*			
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)																*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date	22-Aug-23	time	6.61	11.07	15.41	19.68	24.25			34.06	39.07	44.21	49.34		55.15	2 / 6			
reaction time	0.184	interval		4.46	4.34	4.27	4.57			9.81	5.01	5.14	5.13	5.81			13.07	14.38	15.28
		velocity	6.81	7.85	8.06	8.20	7.66			7.14	6.99	6.81	6.82	6.88	7.25		8.03	7.30	6.87
H1 lead leg	L	strides	24		15		15				17	17	17		105				
Heat 5 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date	21-Aug-23	time	6.67	11.16	15.50	19.77	24.36			34.03	39.03	44.10	49.26		55.21	2 / 5			
reaction time	0.178	interval		4.49	4.34	4.27	4.59			9.67	5.00	5.07	5.16	5.95			13.10	14.26	15.23
		velocity	6.75	7.80	8.06	8.20	7.63			7.24	7.00	6.90	6.78	6.72	7.25		8.02	7.36	6.89
H1 lead leg	L	strides	24		15	15	15				17	17	17	20	140				
FINAL - 2023 Meeting International Mohammed VI d'Athlétisme (Rabat, MAR)																*Omega Timing (2023) - diamond league race analysis*			
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)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2024 European Athletics Championships (Roma, ITA)																*European Athletics (2024) - 2024 european athletics championships - results book*			
date	09-Jun-24	time		10.84	15.19	19.71	24.41		29.19	34.05	39.36	44.74	50.03		56.59	5 / 6			
reaction time	0.208	interval			4.35	4.52	4.70		4.78	4.86	5.31	5.38	5.29	6.56				14.34	15.98

		velocity		7.38	8.05	7.74	7.45		7.32	7.20	6.59	6.51	6.62	6.10	7.07			7.32	6.57
H1 lead leg		strides																	

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

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) *European Athletics (2022) - european athletics championships race analysis*

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				

Fair, Chloe (USA) (2001)

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

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

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)

	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	6.49	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) *Graubner (2008) - http://www.fgs.uni-halle.de*

date	19-Aug-93	time	6.52	10.57	14.72	18.93	23.31		27.90	32.79	37.38	42.20	47.04		52.79	6 / 2			
reaction time	0.300	interval		4.05	4.15	4.21	4.38		4.59	4.89	4.59	4.82	4.84	5.75	AR		12.41	13.86	14.25
		velocity	6.90	8.64	8.43	8.31	7.99		7.63	7.16	7.63	7.26	7.23	6.96	7.58		8.46	7.58	7.37
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	16	16	19.5	181.5				

Semi-Final 3 - 1993 IAAF World Championships (Stuttgart, GER) *Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)*

date	17-Aug-93	time	6.38	10.52	14.68	18.98	23.42		27.91	32.56	37.44	42.47	47.12		53.88	3 / 1			
reaction time		interval		4.14	4.16	4.30	4.44		4.49	4.65	4.88	5.03	4.65	6.76			12.60	13.58	14.56
		velocity	7.05	8.45	8.41	8.14	7.88		7.80	7.53	7.17	6.96	7.53	5.92	7.42		8.33	7.73	7.21
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	16	16	19.2	181.2				

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

date	05-Aug-92	time	6.5	10.5	13.7	19.1	23.5		28.2	33.0	37.8	42.8	47.6		53.69	4 / 2			
reaction time		interval		4.00	3.20	5.40	4.40		4.70	4.80	4.80	5.00	4.80	6.09			12.60	13.90	14.60
		velocity	6.92	8.75	10.94	6.48	7.95		7.45	7.29	7.29	7.00	7.29	6.57	7.45		8.33	7.55	7.19
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	19.2	183				

Heat 1 - 1992 Olympic Games (Barcelona, ESP) *Lyle (1992) - miscellaneous coaching notes*

date	02-Aug-92	time	6.90	11.11	15.46	19.91	24.51		29.21	33.95	39.07	44.13	49.33		55.12	6 / 1			
reaction time		interval		4.21	4.35	4.45	4.60		4.70	4.74	5.12	5.06	5.20	5.79			13.01	14.04	15.38
		velocity	6.52	8.31	8.05	7.87	7.61		7.45	7.38	6.84	6.92	6.73	6.91	7.26		8.07	7.48	6.83
H1 lead leg		strides																	

Febbraio, Surita (RSA) (1973)

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

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

date	28-Aug-03	time	6.4	10.5	14.7	19.2	23.7		28.4	33.2	38.1	43.4	49.0		55.90	8 / 8			
reaction time	0.168	interval		4.10	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	16	16		17	17	18	18	19	21	195				

Fei Jiayu (CHN) (2000)

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

Heat 4 - 2021 Chinese National Championships (Chongqing, CHN) *CAA Hurdle Development (2021)*

date	26-Jun-21	time	7.12	11.86	16.75	21.77	26.79		32.10	37.60	43.23	48.90	54.65		61.26	2 / 6			
reaction time	0.239	interval		4.74	4.89	5.02	5.02		5.31	5.50	5.63	5.67	5.75	6.61			14.65	15.83	17.05
		velocity	6.32	7.38	7.16	6.97	6.97		6.59	6.36	6.22	6.17	6.09	6.05	6.53		7.17	6.63	6.16
H1 lead leg	R	strides	24	16	16	16	16		17	17	17	17	17	20.5	193.5				

FINAL - 2021 Philippe Cup Athletics Invitational (Wuhan, CHN) *CAA Hurdle Development (2021)*

date	20-May-21	time	7.02	11.58	16.15	21.00	25.86		30.96	36.27	41.72		53.49		60.25	4 / 4			
reaction time	0.213	interval		4.56	4.57	4.85	4.86		5.10	5.31	5.45		11.77	6.76	PB		13.98	15.27	17.22
		velocity	6.41	7.68	7.66	7.22	7.20		6.86	6.59	6.42		5.95	5.92	6.64		7.51	6.88	6.10

H1 lead leg	R	strides	24	16	16	16	16		17	17	17		18	21.5	178.5				

Heat 2 - 2021 East China District Meeting (Zhaoqing, CHN) *CAA Hurdle Development (2021)*

date	25-Apr-21	time	7.17	11.96	16.80	21.74	26.81		32.01	37.37	42.90	48.80	54.80		61.67	6 / 4			
reaction time	0.222	interval		4.79	4.84	4.94	5.07		5.20	5.36	5.53	5.90	6.00	6.87			14.57	15.63	17.43
		velocity	6.28	7.31	7.23	7.09	6.90		6.73	6.53	6.33	5.93	5.83	5.82	6.49		7.21	6.72	6.02
H1 lead leg	R	strides	24	16	16	17	17		17	17	17	18	18	21.5	198.5				

Feng Meiya (CHN) (2001)

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

Heat 2 - 2021 East China District Meeting (Zhaoqing, CHN) *CAA Hurdle Development (2021)*

date	25-Apr-21	time	7.02	11.70	16.50	21.45	26.74		32.35	38.25	44.50				64.33	4 / 6			
reaction time	0.231	interval		4.68	4.80	4.95	5.29		5.61	5.90	6.25						14.43	16.80	
		velocity	6.41	7.48	7.29	7.07	6.62		6.24	5.93	5.60				6.22		7.28	6.25	
H1 lead leg	L	strides	24	17	17	17	17		18	19	20				149				

Fesenko-Grun, Yekaterina (URS) (19

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

FINAL - 1983 IAAF World Championships (Helsinki, FIN) *McFarlane (1988) - The Science of Hurdling*

date	10-Aug-83	time	6.74	11.30	15.48	19.90	24.32		28.99	33.68	38.31	43.21	48.32		54.14	5 / 1			
reaction time		interval		4.56	4.18	4.42	4.42		4.67	4.69	4.63	4.90	5.11	5.82	CR / PB		13.16	13.78	14.64
		velocity	6.68	7.68	8.37	7.92	7.92		7.49	7.46	7.56	7.14	6.85	6.87	7.39		7.98	7.62	7.17
H1 lead leg	L	strides	23	17	17	17	17		17	17	17	17	17	21.5	197.5				

Semi-Final 1 - 1983 IAAF World Championships (Helsinki, FIN) *Lyle - miscellaneous coaching notes*

date	09-Aug-83	time	6.70	10.90	15.40	19.98	24.57		29.36	34.21	39.17	44.38	49.48		55.99	6 / 2			
reaction time		interval		4.20	4.50	4.58	4.59		4.79	4.85	4.96	5.21	5.10	6.51			13.28	14.23	15.27
		velocity	6.72	8.33	7.78	7.64	7.63		7.31	7.22	7.06	6.72	6.86	6.14	7.14		7.91	7.38	6.88
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	17	17	21	198				

FINAL - 1983 VIII USSR Spartakiade (Moscow, URS) *Breizer (1985) - on the track with ekaterina fesenko, p 77*

date	10-Jun-83	time	7.10	11.64	16.06	20.46	25.34		30.12	34.84	39.70	44.74	49.62		55.01	/ 2			
reaction time		interval		4.54	4.42	4.40	4.88		4.78	4.72	4.86	5.04	4.88	5.39			13.36	14.38	14.78
		velocity	6.34	7.71	7.92	7.95	7.17		7.32	7.42	7.20	6.94	7.17	7.42	7.27		7.86	7.30	7.10
H1 lead leg		strides	24	17	17	17	17		17	17	17	17	17	20.5	197.5				

Fiedler, Ellen (GDR) (1958)

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

FINAL - 1988 Olympic Games (Seoul, KOR) *Gill (1990) - atletismo (I) carreras y marcha*

date	28-Sep-88	time	6.33	10.37	14.49	18.76	23.22		27.77	32.43	37.25	42.39	47.59		53.63	6 / 3			
reaction time	0.172	interval		4.04	4.12	4.27	4.46		4.55	4.66	4.82	5.14	5.20	6.04	PB		12.43	13.67	15.16
		velocity	7.11	8.66	8.50	8.20	7.85		7.69	7.51	7.26	6.81	6.73	6.62	7.46		8.45	7.68	6.93
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	20	180				

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

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

FINAL - 1983 European Cup (London, GBR) *Ewen (1985) - hurdles*

date	20-Aug-83	time	6.4	10.6	14.9	19.3	23.7			32.9	37.7	42.8	48.0		54.20	4 / 1			
reaction time		interval		4.20	4.30	4.40	4.40			9.20	4.80	5.10	5.20	6.20	PB		12.90	13.60	15.10
		velocity	7.03	8.33	8.14	7.95	7.95			7.61	7.29	6.86	6.73	6.45	7.38		8.14	7.72	6.95
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	16	20	181				

FINAL - 1983 IAAF World Championships (Helsinki, FIN) *McFarlane (1988) - The Science of Hurdling*

date	10-Aug-83	time	6.44	10.52	14.65	18.87	23.34		28.04	32.64	37.77	42.90	48.26		54.55	1 / 3			
reaction time		interval		4.08	4.13	4.22	4.47		4.70	4.60	5.13	5.13	5.36	6.29			12.43	13.77	15.62
		velocity	6.99	8.58	8.47	8.29	7.83		7.45	7.61	6.82	6.82	6.53	6.36	7.33		8.45	7.63	6.72
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	21	185				

Flintoff-King, Debbie (AUS) (1960)

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

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

date	28-Sep-88	time	6.53	10.69	14.93	19.30	23.71	25.61	28.26	32.93	37.68	42.64	47.68		53.17	5 / 1			
reaction time	0.251	interval		4.16	4.24	4.37	4.41		4.55	4.67	4.75	4.96	5.04	5.49	OR / AR		12.77	13.63	14.75
		velocity	6.89	8.41	8.25	8.01	7.94	7.81	7.69	7.49	7.37	7.06	6.94	7.29	7.52		8.22	7.70	7.12
H1 lead leg	L	strides	23	15	15	15	15		15	15	16	16	16	20	181				

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 analyis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)*

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

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

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

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

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

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

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

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

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	16				17	21	122				

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

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) *Omega Timing (2024) - diamond league race analysis*

date	02-Jun-24	time	6.41	10.74	15.04	19.39	23.84	28.49	33.29	38.37	43.69	49.28		55.99	2 / 6			
reaction time	0.174	interval		4.33	4.30	4.35	4.45	4.65	4.80	5.08	5.32	5.59	6.71			12.98	13.90	15.99
		velocity	7.02	8.08	8.14	8.05	7.87	7.53	7.29	6.89	6.58	6.26	5.96	7.14		8.09	7.55	6.57
H1 lead leg	L	strides	23	15				16	16	16	16	18	21	141				

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

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) *Omega Timing (2023) - diamond league race analysis*

date	17-Sep-23	time	6.28	10.51	14.83	19.23	23.78	28.48	33.29	38.25	43.37	48.63		54.68	8 / 6			
reaction time	0.182	interval		4.23	4.32	4.40	4.55	4.70	4.81	4.96	5.12	5.26	6.05			12.95	14.06	15.34
		velocity	7.17	8.27	8.10	7.95	7.69	7.45	7.28	7.06	6.84	6.65	6.61	7.32		8.11	7.47	6.84
H1 lead leg	L	strides	23	15	15	15	16	16	16	16				132				

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

date	08-Sep-23	time	6.29	10.42	14.73	19.09	23.61	28.28	33.09	38.06	43.17	48.42		54.42	8 / 5			
reaction time	0.213	interval		4.13	4.31	4.36	4.52	4.67	4.81	4.97	5.11	5.25	6.00			12.80	14.00	15.33
		velocity	7.15	8.47	8.12	8.03	7.74	7.49	7.28	7.04	6.85	6.67	6.67	7.35		8.20	7.50	6.85
H1 lead leg	L	strides	24	15	15			16	16	16	16	17	20	155				

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

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

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

date	24-Aug-23	time	6.41	10.74	15.01	19.27	23.72		33.13	38.06	43.14	48.34		54.19	2 / 6			
reaction time	0.192	interval		4.33	4.27	4.26	4.45		9.41	4.93	5.08	5.20	5.85			12.86	13.86	15.21
		velocity	7.02	8.08	8.20	8.22	7.87		7.44	7.10	6.89	6.73	6.84	7.38		8.16	7.58	6.90
H1 lead leg	L	strides	23	15	15	15	16	16			16	17	20	153				

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

date	22-Aug-23	time	6.27	10.38	14.61	18.92	23.32		32.60	37.47	42.50	47.76		53.89	5 / 4			
reaction time	0.190	interval		4.11	4.23	4.31	4.40		9.28	4.87	5.03	5.26	6.13	NR		12.65	13.68	15.16
		velocity	7.18	8.52	8.27	8.12	7.95		7.54	7.19	6.96	6.65	6.53	7.42		8.30	7.68	6.93
H1 lead leg	L	strides	23	15	15	15	16			16	16	17	20.5	153.5				

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

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

FINAL - 2023 Athletissima (Lausanne, SUI) *Omega Timing (2023) - diamond league race analysis*

date	30-Jun-23	time	6.26	10.41	14.66	19.04	23.53	28.17	33.01	38.07	43.23	48.66		55.12	8 / 3			
reaction time	0.222	interval		4.15	4.25	4.38	4.49	4.64	4.84	5.06	5.16	5.43	6.46			12.78	13.97	15.65
		velocity	7.19	8.43	8.24	7.99	7.80	7.54	7.23	6.92	6.78	6.45	6.19	7.26		8.22	7.52	6.71
H1 lead leg	L	strides	23	15			15	15	16	16	17	17	21	155				

FINAL - 2023 Golden Gala Pietro Mennea (Firenze, ITA) *Omega Timing (2023) - diamond league race analysis*

date	02-Jun-23	time	6.25	10.33	14.61	18.87	23.23	27.69	32.49	37.55	42.91	48.64		55.34	2 / 7			
reaction time	0.190	interval		4.08	4.28	4.26	4.36	4.46	4.80	5.06	5.36	5.73	6.70			12.62	13.62	16.15
		velocity	7.20	8.58	8.18	8.22	8.03	7.85	7.29	6.92	6.53	6.11	5.97	7.23		8.32	7.71	6.50
H1 lead leg	L	strides	23	15	15	15	15	15	16	16	16	17	21.2	184.2				

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

date	08-Sep-22	time	6.34	10.44			23.46	25.33	28.03	32.86		43.21	48.88		55.86	1 / 8			
reaction time	0.179	interval		4.10			13.02		4.57	4.83		10.35	5.67	6.98					16.02
		velocity	7.10	8.54			8.06	7.90	7.66	7.25		6.76	6.17	5.73	7.16				6.55
H1 lead leg	L	strides	23	15			15		16	16			17	22	124				

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

date	19-Aug-22	time	6.32	10.60	14.99	19.42	23.91	25.91	28.53	33.33	38.44	43.57	49.10		55.91	2 / 7			
reaction time	0.197	interval		4.28	4.39	4.43	4.49		4.62	4.80	5.11	5.13	5.53	6.81			13.10	13.91	15.77
		velocity	7.12	8.18	7.97	7.90	7.80	7.72	7.58	7.29	6.85	6.82	6.33	5.87	7.15		8.02	7.55	6.66
H1 lead leg	L	strides	23	15			15		16	16	16	17	17	21.5	156.5				

Semi-Final 3 - 2022 European Athletics Championships (Munich, GER) *European Athletics (2022) - european athletics championships race analysis*

date	18-Aug-22	time	6.25	10.49	14.72	19.06	23.41	25.34	27.91	32.62	37.74	42.83	48.23		54.98	3 / 4			

reaction time	0.188	interval		4.24	4.23	4.34	4.35		4.50	4.71	5.12	5.09	5.40	6.75			12.81	13.56	15.61
		velocity	7.20	8.25	8.27	8.06	8.05	7.89	7.78	7.43	6.84	6.88	6.48	5.93	7.28		8.20	7.74	6.73
H1 lead leg	L	strides	23	15		15			16	16	16	17	17	21.2	156.2				

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

date	20-Jul-22	time	6.40	10.67	15.03	19.33	23.80	25.75	28.33	33.10	38.00	43.03	48.23		54.34	5 / 5			
reaction time	0.188	interval		4.27	4.36	4.30	4.47		2.58	4.77	4.90	5.03	5.20	6.11	**NR PB**		12.93	13.77	15.13
		velocity	7.03	8.20	8.03	8.14	7.83	7.77	13.57	7.34	7.14	6.96	6.73	6.55	7.36		8.12	7.63	6.94
H1 lead leg	L	strides	23	15	15	15	15		16		16	17	17	20.5	169.5				

Heat 5 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	19-Jul-22	time	6.53	10.87	15.33	19.80	24.33	26.22	29.00	33.76	38.67	43.67	48.83		54.69	5 / 2			
reaction time	0.176	interval		4.34	4.46	4.47	4.53		4.67	4.76	4.91	5.00	5.16	5.86			13.27	13.96	15.07
		velocity	6.89	8.06	7.85	7.83	7.73	7.63	7.49	7.35	7.13	7.00	6.78	6.83	7.31		7.91	7.52	6.97
H1 lead leg	L	strides	23	15	15	15	15		15		16	17	17	20	168				

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

date	30-Jun-22	time	6.62	10.96	15.38	19.86	24.32	26.24	28.94	33.66	38.50	43.52	48.66		54.66	3 / 4			
reaction time	0.192	interval		4.34	4.42	4.48	4.46		4.62	4.72	4.84	5.02	5.14	6.00			13.24	13.80	15.00
		velocity	6.80	8.06	7.92	7.81	7.85	7.62	7.58	7.42	7.23	6.97	6.81	6.67	7.32		7.93	7.61	7.00
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	17	17	20.2	185.2				

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

date	09-Jun-22	time	6.60	10.87	15.13	19.53	23.93	25.88	28.60	33.33	38.33	43.47	48.70		54.84	3 / 6			
reaction time	0.192	interval		4.27	4.26	4.40	4.40		4.67	4.73	5.00	5.14	5.23	6.14			12.93	13.80	15.37
		velocity	6.82	8.20	8.22	7.95	7.95	7.73	7.49	7.40	7.00	6.81	6.69	6.51	7.29		8.12	7.61	6.83
H1 lead leg	L	strides	23	15	15	15			16	16	16	17	17	20.5	170.5				

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

date	10-Jun-21	time	6.36	10.60	14.92	19.32	23.88	25.9		33.64	38.96	44.44	50.24		56.92	3 / 7			
reaction time	0.193	interval		4.24	4.32	4.40	4.56			9.76	5.32	5.48	5.80	6.68			12.96	14.32	16.60
		velocity	7.08	8.25	8.10	7.95	7.68	7.72		7.17	6.58	6.39	6.03	5.99	7.03		8.10	7.33	6.33
H1 lead leg	L	strides	23	15	15		15				17	17	18		120				

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

date	17-Sep-20	time	6.60	10.96	15.36	19.84		26.5	29.08	33.84	38.72	43.92	50.08		56.58	4 / 8			
reaction time	0.187	interval		4.36	4.40	4.48			9.24	4.76	4.88	5.20	6.16	6.50			13.24	14.00	16.24
		velocity	6.82	8.03	7.95	7.81		7.55	7.58	7.35	7.17	6.73	5.68	6.15	7.07		7.93	7.50	6.47
H1 lead leg	L	strides	23	16	16	16				15	15	15	19	21	156				

Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	02-Oct-19	time	6.52	10.68	14.92	19.24	23.68		28.40	33.28	38.40	43.52	48.92		55.36	6 / 5			
reaction time	0.198	interval		4.16	4.24	4.32	4.44		4.72	4.88	5.12	5.12	5.40	6.44			12.72	14.04	15.64
		velocity	6.90	8.41	8.25	8.10	7.88		7.42	7.17	6.84	6.84	6.48	6.21	7.23		8.25	7.48	6.71
H1 lead leg	R	strides	22	15	15	15	15		16	17	17	17	17	21	187				

FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	06-Jun-19	time	6.56	10.84	15.20	19.68	24.28		29.04	33.88	38.88	44.04	49.60		55.99	9 / 8			
reaction time	0.194	interval		4.28	4.36	4.48	4.60		4.76	4.84	5.00	5.16	5.56	6.39			13.12	14.20	15.72
		velocity	6.86	8.18	8.03	7.81	7.61		7.35	7.23	7.00	6.78	6.29	6.26	7.14		8.00	7.39	6.68
H1 lead leg	R	strides	23	16	16	16	16		16	16	17	17	17	21	191				

FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	31-May-18	time	6.48	10.76	15.12	19.56	24.08		28.76	33.68	38.64	43.80	49.08		55.16	2 / 4			
reaction time	0.182	interval		4.28	4.36	4.44	4.52		4.68	4.92	4.96	5.16	5.28	6.08	**PB**		13.08	14.12	15.40
		velocity	6.94	8.18	8.03	7.88	7.74		7.48	7.11	7.06	6.78	6.63	6.58	7.25		8.03	7.44	6.82
H1 lead leg	R	strides	23	16	16	16	16		16	16	17	17	17	20.7	190.7				

FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis) *Henson (2021) - Athlete First: 2016 year end hurdle report*

date	01-Sep-16	time	6.56	10.96	15.40	20.04	24.68		29.44	34.32	39.48	44.60	49.84		55.69	1 / 5			
reaction time	0.203	interval		4.40	4.44	4.64	4.64		4.76	4.88	5.16	5.12	5.24	5.85			13.48	14.28	15.52
		velocity	6.86	7.95	7.88	7.54	7.54		7.35	7.17	6.78	6.84	6.68	6.84	7.18		7.79	7.35	6.77
H1 lead leg	R	strides	23	16	16		16		16	17	17	17	17	20	175				

Fontanive, Petra (SUI) (1988)

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

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

date	24-Aug-17	time	6.32	10.60	15.04	19.56	24.24		28.96	33.84		43.88	48.96		54.66	4 / 4			
reaction time	0.157	interval		4.28	4.44	4.52	4.68		4.72	4.88		10.04	5.08	5.70			13.24	14.28	15.12
		velocity	7.12	8.18	7.88	7.74	7.48		7.42	7.17		6.97	6.89	7.02	7.32		7.93	7.35	6.94
H1 lead leg	L	strides	23	16	16		16		17	17			17	21	143				

FINAL - 2016 Hürden-und Sprintmeeting (Basel, SUI) (300m Hurdles) *Swiss Athletics (2016) - sprint and hurdle analysis*

date	07-May-16	time	6.70	11.08	15.56	20.20	25.16		30.24	35.14					41.38	/ 3			
reaction time		interval		4.38	4.48	4.64	4.96		5.08	4.90				6.24			13.50	14.94	
		velocity	6.72	7.99	7.81	7.54	7.06		6.89	7.14				7.21	7.25		7.78	7.03	
H1 lead leg		strides																	

Forcadell, Laia (ESP) (1982)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 European Cup (Munich, GER)														*Graubner (2007) - http://www.fgs.uni-halle.de*			
date 23-Jun-07 time	6.93	11.29	15.74	20.42	25.22		30.22	35.42	40.61	45.87	51.21		57.05	/ 6			
reaction time 0.258 interval		4.36	4.45	4.68	4.80		5.00	5.20	5.19	5.26	5.34	5.84	PB		13.49	15.00	15.79
velocity	6.49	8.03	7.87	7.48	7.29		7.00	6.73	6.74	6.65	6.55	6.85	7.01		7.78	7.00	6.65
H1 lead leg strides																	

Foster, Charlynna (USA) (1980)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 USATF National Junior Championships (Delaware, OH)														*USATF Women's Sprint Development (1996)*			
date 29-Jun-08 time	6.74	11.22	15.91	20.73	25.53		30.58	35.84	41.08	46.71	52.56		58.93	5 / 1			
reaction time interval		4.48	4.69	4.82	4.80		5.05	5.26	5.24	5.63	5.85	6.37	PB		13.99	15.11	16.72
velocity	6.68	7.81	7.46	7.26	7.29		6.93	6.65	6.68	6.22	5.98	6.28	6.79		7.51	6.95	6.28
H1 lead leg strides																	

Fra, Daniela (ESP) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2024 European Athletics Championships (Roma, ITA)														*European Athletics (2024) - 2024 european athletics championships - results book*			
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, Autumne (USA) (1994)

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

Fu Yijia (CHN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2021 Chinese National Championships (Chongqing, CHN)														*CAA Hurdle Development (2021)*			
date 26-Jun-21 time	7.06	11.71	16.48	21.39	26.49		31.69	36.95	42.20	47.85	54.01		60.54	7 / 5			
reaction time 0.243 interval		4.65	4.77	4.91	5.10		5.20	5.26	5.25	5.65	6.16	6.53			14.33	15.56	17.06
velocity	6.37	7.53	7.34	7.13	6.86		6.73	6.65	6.67	6.19	5.68	6.13	6.61		7.33	6.75	6.15
H1 lead leg R strides	24	16	16	17	17		17	17	17	18	19	21.5	199.5				
FINAL - 2020 Chinese Olympic Trials (Shaoxing, CHN)														*CAA Hurdle Development (2021)*			
date 13-Jun-21 time	6.84	11.58	16.38	21.42	26.63		31.93	37.30	42.86	48.81	54.79		61.52	1 / 8			
reaction time 0.244 interval		4.74	4.80	5.04	5.21		5.30	5.37	5.56	5.95	5.98	6.73			14.58	15.88	17.49
velocity	6.58	7.38	7.29	6.94	6.72		6.60	6.52	6.29	5.88	5.85	5.94	6.50		7.20	6.61	6.00
H1 lead leg R strides	23	16	16	17	17		17	17	17	18	18	21.7	197.7				
U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)														*CAA Hurdle Development (2019)*			
date 17-Aug-19 time	7.12	11.84	16.72	21.70	26.88		32.30	37.98	43.78	49.92	56.58		63.84	9 / 6			
reaction time 0.408 interval		4.72	4.88	4.98	5.18		5.42	5.68	5.80	6.14	6.66	7.26			14.58	16.28	18.60
velocity	6.32	7.42	7.17	7.03	6.76		6.46	6.16	6.03	5.70	5.26	5.51	6.27		7.20	6.45	5.65
H1 lead leg L strides	24	17	17	17	17		17	18	18	19	20	22	206				
U20 Heat 1 - 2019 Chinese National Youth Games (Taiyuan, CHN)														*CAA Hurdle Development (2019)*			
date 17-Aug-19 time	7.06	11.92	16.90	21.94	27.14		32.46	38.02	43.72	49.80	55.90		63.00	5 / 3			
reaction time 0.258 interval		4.86	4.98	5.04	5.20		5.32	5.56	5.70	6.08	6.10	7.10			14.88	16.08	17.88
velocity	6.37	7.20	7.03	6.94	6.73		6.58	6.29	6.14	5.76	5.74	5.63	6.35		7.06	6.53	5.87
H1 lead leg L strides	24	17	17	17	17		17	18	18	19	19	21.2	204.2				

Fuho, Saeki (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 Championsips (Sapporo, JPN)														*Takashima (2023) - national high school sports festival - biomechanics data*			
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)

	H1	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	7.69	13.04	18.73	24.53	30.32		36.30	42.49	48.96	55.56	62.25		69.45	6 / 3			
reaction time interval		5.35	5.69	5.80	5.79		5.98	6.19	6.47	6.60	6.69	7.20			16.84	17.96	19.76
velocity	5.85	6.54	6.15	6.03	6.04		5.85	5.65	5.41	5.30	5.23	5.56	5.76		6.24	5.85	5.31
H1 lead leg strides	26	19	19	19	19		19	19	20	21	21	25	227				

Fujioka, Shiho (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	7.77	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)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Japanese National High School Championships (Yamagata, JPN)														*Kota (2017) - 70th high school championships: JAF scientific committee- biomechanics data*			
date 31-Jul-17 time	6.94	11.49	16.22	21.05	26.04		31.38	36.77	42.29	47.91	53.54		59.75	9 / 5			

reaction time	0.218	interval		4.55	4.73	4.83	4.99		5.34	5.39	5.52	5.62	5.63	6.21			14.11	15.72	16.77
		velocity	6.48	7.69	7.40	7.25	7.01		6.55	6.49	6.34	6.23	6.22	6.44	6.69		7.44	6.68	6.26
H1 lead leg		strides		17	17	17	17		18	18	19	19	19		161				

Fukushima, Hanoa (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 U20 Championsips (Niigata, JPN) — *Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season*

date	30-Jun-24	time	7.06	11.83	16.75	21.79	26.88		32.02	37.27	42.73	48.28	53.92		60.35	2 / 8			
reaction time	0.181	interval		4.77	4.92	5.04	5.09		5.14	5.25	5.46	5.55	5.64	6.43			14.73	15.48	16.65
		velocity	6.37	7.34	7.11	6.94	6.88		6.81	6.67	6.41	6.31	6.21	6.22	6.63		7.13	6.78	6.31
H1 lead leg	L	strides	24	17	17	17	17		17	17	18	18	18		180				

Furuya, Saki (JPN)

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

FINAL - 2022 Shimane High School Championships (Izumo, JPN) — *Shimizu (2022) - shimane high school championships 2022 - biomechanics data analysis*

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)

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

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

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) — *European Athletics (2022) - european athletics championships race analysis*

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

date	20-Jul-22	time	6.27	10.40	14.87	19.33	23.92	25.94	28.53	33.30	38.20	43.18	48.37		54.49	7 / 5			
reaction time	0.136	interval		4.13	4.47	4.46	4.59		4.61	4.77	4.90	4.98	5.19	6.12			13.06	13.97	15.07
		velocity	7.18	8.47	7.83	7.85	7.63	7.71	7.59	7.34	7.14	7.03	6.74	6.54	7.34		8.04	7.52	6.97
H1 lead leg	L	strides	24	15	16	16	16		16	16	17	17		21	174				

Heat 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis) — *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	19-Jul-22	time	6.50	10.70	15.03	19.53	24.20	26.08	28.90	33.70	38.70	43.76	48.96		55.09	7 / 3			
reaction time	0.125	interval		4.20	4.33	4.50	4.67		4.70	4.80	5.00	5.06	5.20	6.13			13.03	14.17	15.26
		velocity	6.92	8.33	8.08	7.78	7.49	7.67	7.45	7.29	7.00	6.92	6.73	6.53	7.26		8.06	7.41	6.88
H1 lead leg	L	strides	23	15	16	16	16		16	16	17	17	17	20.2	189.2				

FINAL - 2018 IAAF World Junior Championships (Tampere, FIN) (TV Analysis) — *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	13-Jul-18	time	6.76	11.20	15.66	20.26	25.00		29.86	34.86	39.93	45.26	50.73		57.11	6 / 4			
reaction time	0.190	interval		4.44	4.46	4.60	4.74		4.86	5.00	5.07	5.33	5.47	6.38	NJR PB		13.50	14.60	15.87
		velocity	6.66	7.88	7.85	7.61	7.38		7.20	7.00	6.90	6.57	6.40	6.27	7.00		7.78	7.19	6.62
H1 lead leg	R	strides	24	17	17	17	17		17	17	17		18		161				

Garcia, Carla (ESP) (2001)

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

FINAL - 2023 European Athletics U23 Championships (Espoo, FIN) — *European Athletics (2023) - european athletics U23 championships results book*

date	16-Jul-23	time	6.46	10.59	14.88	19.19	23.74		28.50	33.36	38.97	44.28	50.03		56.94	4 / 7			
reaction time	0.161	interval		4.13	4.29	4.31	4.55		4.76	4.86	5.61	5.31	5.75	6.91			12.73	14.17	16.67
		velocity	6.97	8.47	8.16	8.12	7.69		7.35	7.20	6.24	6.59	6.09	5.79	7.02		8.25	7.41	6.30
H1 lead leg		strides													0				

Semi-Final 2 - 2023 European Athletics U23 Championships (Espoo, FIN) — *European Athletics (2023) - european athletics U23 championships results book*

date	15-Jul-23	time	6.48	10.72	15.08	19.52	24.25		29.32	34.53	40.09	45.55	50.87		57.19	7 / 2			
reaction time	0.175	interval		4.24	4.36	4.44	4.73		5.07	5.21	5.56	5.46	5.32	6.32			13.04	15.01	16.34
		velocity	6.94	8.25	8.03	7.88	7.40		6.90	6.72	6.29	6.41	6.58	6.33	6.99		8.05	7.00	6.43
H1 lead leg		strides													0				

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

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)

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

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

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

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)

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

FINAL - 2025 Tom Jones Memorial Invitational (Gainesville, FL) (TV Analysis) — *Henson (2025) - Athlete First: 2025 year end hurdle report*

date	18-Apr-25	time	6.53	10.75	14.98	19.35	23.82		28.40	33.02	37.80	42.80	47.87		53.73	5 / 3			
reaction time		interval		4.22	4.23	4.37	4.47		4.58	4.62	4.78	5.00	5.07	5.86	PB		12.82	13.67	14.85
		velocity	6.89	8.29	8.27	8.01	7.83		7.64	7.58	7.32	7.00	6.90	6.83	7.44		8.19	7.68	7.07
H1 lead leg	R	strides	24	15	15	15	15		15	15	16	17	17	19.5	183.5				

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

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				

Gautadottir, Marin Stray (NOR) (2003

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

Semi-Final 1 - 2021 European Athletics U20 Championships (Tallin, EST) — *European Athletics (2021) - european athletics U20 championships results book*

date	17-Jul-21	time	6.67	11.23	15.93	20.70	25.69	27.96	30.80	36.03	41.52	47.30	53.40		60.29	1 / 7			
reaction time	0.175	interval		4.56	4.70	4.77	4.99		5.11	5.23	5.49	5.78	6.10	6.89	PB		14.03	15.33	17.37
		velocity	6.75	7.68	7.45	7.34	7.01	7.15	6.85	6.69	6.38	6.06	5.74	5.81	6.63		7.48	6.85	6.04
H1 lead leg		strides													0				

Geldenhuys, Zenéy (RSA) (2000)

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

FINAL - 2025 Botswana Golden Grand Prix (Gaborone, BOT) (TV Analysis) — *Henson (2025) - Athlete First: 2025 year end hurdle report*

date	12-Apr-25	time	6.68	11.06	15.48	20.08	24.86		29.60	34.46	39.63	44.83	50.13		56.10	3 / 3			
reaction time		interval		4.38	4.42	4.60	4.78		4.74	4.86	5.17	5.20	5.30	5.97			13.40	14.38	15.67
		velocity	6.74	7.99	7.92	7.61	7.32		7.38	7.20	6.77	6.73	6.60	6.70	7.13		7.84	7.30	6.70
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	16	19	179				

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

Ghergo, Angelica (ITA) (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 European Athletics U20 Championships (Tallin, EST) — *European Athletics (2021) - european athletics U20 championships results book*

date	18-Jul-21	time	6.77	11.38	16.02	20.77	25.64	27.90	30.70	35.88	41.25	46.87	52.54		59.13	2 / 5			

reaction time	0.220	interval		4.61	4.64	4.75	4.87		5.06	5.18	5.37	5.62	5.67	6.59			14.00	15.11	16.66
		velocity	6.65	7.59	7.54	7.37	7.19	7.17	6.92	6.76	6.52	6.23	6.17	6.07	6.76		7.50	6.95	6.30
H1 lead leg	L	strides	24	17	17		17				18	19	19	22	153				

Giger, Yassin (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 Olympic 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 Olympic 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
		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
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	6.51	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)																*European Athletics (2022) - european athletics championships race analysis*			
date	17-Aug-22	time	6.48	10.79	15.18	19.75	24.40	26.49	29.26	34.24	39.50	44.93	50.64		56.69	3 / 2			
reaction time	0.225	interval		4.31	4.39	4.57	4.65		4.86	4.98	5.26	5.43	5.71	6.05			13.27	14.49	16.40
		velocity	6.94	8.12	7.97	7.66	7.53	7.55	7.20	7.03	6.65	6.45	6.13	6.61	7.06		7.91	7.25	6.40
H1 lead leg	R	strides	23	15			15		16	16	16	18	17	20	156				
Semi-Final 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	20-Jul-22	time	6.53	10.84	15.30	19.73	24.40	26.41		34.20	39.33	44.70			56.31	2 / 8			
reaction time	0.154	interval		4.31	4.46	4.43	4.67			9.80	5.13	5.37					13.20	14.47	
		velocity	6.89	8.12	7.85	7.90	7.49	7.57		7.14	6.82	6.52			7.10		7.95	7.26	
H1 lead leg	R	strides	23	15	15	15	15				16	17			116				
FINAL - 2022 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	09-Jun-22	time	6.53	10.83	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)																*Henson (2024) - Athlete First: 2021 year end hurdle report*			
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)																*Henson (2020) - Athlete First: 2020 year end hurdle report*			
date	15-Sep-20	time	6.60	10.92	15.36				29.68	34.72		45.20	50.52		56.42	2 / 4			
reaction time		interval		4.32	4.44				14.32	5.04		10.48	5.32	5.90					15.80
		velocity	6.82	8.10	7.88				7.33	6.94		6.68	6.58	6.78	7.09				6.65
H1 lead leg	R	strides	23	15	15					16			17	20.2	106.2				
FINAL - 2018 IAAF World Junior Championships (Tampere, FIN) (TV Analysis)																*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date	13-Jul-18	time	6.40	10.70	15.06	19.66	24.36		29.20	34.16	39.30	44.66	50.40		56.98	8 / 3			
reaction time	0.179	interval		4.30	4.36	4.60	4.70		4.84	4.96	5.14	5.36	5.74	6.58			13.26	14.50	16.24
		velocity	7.03	8.14	8.03	7.61	7.45		7.23	7.06	6.81	6.53	6.10	6.08	7.02		7.92	7.24	6.47
H1 lead leg	R	strides	23	15	15	15	15		15	16	16		17		147				

Glenn, Rachel (USA) (2002)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2025 Tom Jones Memorial Invitational (Gainesville, FL) (TV Analysis)																*Henson (2025) - Athlete First: 2025 year end hurdle report*			
date	18-Apr-25	time	6.40	10.35	14.43	18.76	23.22		27.73	32.38	37.13	42.12	47.48		53.48	7 / 2			
reaction time		interval		3.95	4.08	4.33	4.46		4.51	4.65	4.75	4.99	5.36	6.00			12.36	13.62	15.10
		velocity	7.03	8.86	8.58	8.08	7.85		7.76	7.53	7.37	7.01	6.53	6.67	7.48		8.50	7.71	6.95
H1 lead leg	R	strides	21	13	13	14	14		14	14	15	15	16	19	168				
FINAL - 2024 USA Olympic Trials (Eugene, OR)																*USATF and Karmarush (2024) - USA Olympic trials results and race analysis*			
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)																*USATF and Karmarush (2024) - USA Olympic trials results and race analysis*			
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)																*USATF and Karmarush (2024) - USA Olympic trials results and race analysis*			
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)																*Henson (2024) - Athlete First: 2024 year end hurdle report*			
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)

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

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)																*Graubner (2007) - http://www.fgs.uni-halle.de*			
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)																*Behm (2005) - Helsinki 2005; Les haies - La revanche des lutins*			
date	13-Aug-05	time	6.3	10.5	14.8	19.2	23.5		28.0	32.5	37.2	42.1	47.1		53.32	3 / 3			
reaction time	0.200	interval		4.20	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)																*Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers*			
date	23-Sep-04	time	6.61	10.91	15.26	19.73	24.22		28.82	33.47	38.34	43.48	48.74		54.86	/ 1			
reaction time		interval		4.30	4.35	4.47	4.49		4.60	4.65	4.87	5.14	5.26	6.12			13.12	13.74	15.27
		velocity	6.81	8.14	8.05	7.83	7.80		7.61	7.53	7.19	6.81	6.65	6.54	7.29		8.00	7.64	6.88
H1 lead leg		strides		16	16	16	16		16	16	17	17	17		147				
FINAL - 2003 IAAF World Championships (Paris, FRA)																*Behm (2003) - Paris 2003:Le quatrache masculn - féminin*			
date	28-Aug-03	time	6.3	10.3	14.6	19.1	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)																*USATF Women's Sprint Development (2003)*			
date	21-Jun-03	time	6.36	10.58	14.82	19.22	23.62		28.32	32.85	37.57	42.68	48.20		55.12	3 / ~~3~~			
reaction time		interval		4.22	4.24	4.40	4.40		4.70	4.53	4.72	5.11	5.52	6.92			12.86	13.63	15.35
		velocity	7.08	8.29	8.25	7.95	7.95		7.45	7.73	7.42	6.85	6.34	5.78	7.26		8.16	7.70	6.84
H1 lead leg		strides																	
FINAL - 2002 IAAF World Cup (Madrid, ESP)																*Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas*			
date	20-Sep-02	time	6.27	10.54	14.95	19.38	24.08		28.69	33.42	38.23	43.23	48.29		54.46	6 / 2			
reaction time	0.198	interval		4.27	4.41	4.43	4.70		4.61	4.73	4.81	5.00	5.06	6.17			13.11	14.04	14.87
		velocity	7.18	8.20	7.94	7.90	7.45		7.59	7.40	7.28	7.00	6.92	6.48	7.34		8.01	7.48	7.06
H1 lead leg	L	strides	23	16	16	16	16		16	16	17	17	17	20	190				
Semi-Final 1 - 2001 IAAF World Championships (Edmonton, CAN)																*Behm (2001) - profil des finales d'Edmonton*			
date	08-Aug-01	time	6.4	10.7	15.1	19.5	24.0		28.5	33.3	38.2	43.2	48.6		55.04	2 / 4			

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

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

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

date	23-Aug-99	time	6.19	10.46	14.81	19.17	23.72		28.25	32.96	37.77	42.76	47.90		54.17	4 / 3			
reaction time	0.151	interval		4.27	4.35	4.36	4.55		4.53	4.71	4.81	4.99	5.14	6.27			12.98	13.79	14.94
		velocity	7.27	8.20	8.05	8.03	7.69		7.73	7.43	7.28	7.01	6.81	6.38	7.38		8.09	7.61	7.03
H1 lead leg	L	strides	24	16	16	16	16		16	16	17	17	17	19.5	190.5				

Glynn, Abbey (USA) (2001)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)																*USATF and Karmarush (2024) - USA Olympic trials results and race analysis*			
date	29-Jun-24	time	6.51	10.83	14.99	19.43	23.96	26.02	28.54	33.35	38.40	43.74	49.50		56.08	9 / 6			
reaction time		interval		4.32	4.16	4.44	4.53		4.58	4.81	5.05	5.34	5.76	6.58			12.92	13.92	16.15
		velocity	6.91	8.10	8.41	7.88	7.73	7.69	7.64	7.28	6.93	6.55	6.08	6.08	7.13		8.13	7.54	6.50
H1 lead leg	L	strides		15	15	15	15		15	15	15	16	18		139				

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

date	27-Jun-24	time	6.43	10.62	14.96	19.52	24.11	26.31	28.88	33.88	39.24	44.65	50.44		56.94	4 / 3			
reaction time		interval		4.19	4.34	4.56	4.59		4.77	5.00	5.36	5.41	5.79	6.50			13.09	14.36	16.56
		velocity	7.00	8.35	8.06	7.68	7.63	7.60	7.34	7.00	6.53	6.47	6.04	6.15	7.02		8.02	7.31	6.34
H1 lead leg	L	strides	21	15	15	15	15		15	15	15	16	16		158				

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

date	08-Jun-24	time	6.67	10.88	15.22	19.68	24.31		28.98	33.82	38.84	44.17	49.71		55.75	2 / 8			
reaction time		interval		4.21	4.34	4.46	4.63		4.67	4.84	5.02	5.33	5.54	6.04			13.01	14.14	15.89
		velocity	6.75	8.31	8.06	7.85	7.56		7.49	7.23	6.97	6.57	6.32	6.62	7.17		8.07	7.43	6.61
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	16	16		160				

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

date	10-Jun-23	time	6.74	11.04	15.55	20.18	24.89		29.66	34.60	39.57	44.85	50.18		56.01	3 / 8			
reaction time		interval		4.30	4.51	4.63	4.71		4.77	4.94	4.97	5.28	5.33	5.83			13.44	14.42	15.58
		velocity	6.68	8.14	7.76	7.56	7.43		7.34	7.09	7.04	6.63	6.57	6.86	7.14		7.81	7.28	6.74
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	17	17		161				

Gnafáki, Dímitra (GRE) (1997)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Heat 2 - 2024 European Athletics Championships (Roma, ITA)																*European Athletics (2024) - 2024 european athletics championships - results book*			
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) *European Athletics (2022) - european athletics championships race analysis*

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) *European Athletics (2022) - european athletics championships race analysis*

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)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Semi-Final 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date	20-Jul-22	time	6.40	10.53	14.93	19.23	23.67	25.60	28.35	33.27	38.30	43.63	49.00		55.13	1 / 7			
reaction time	0.143	interval		4.13	4.40	4.30	4.44		4.68	4.92	5.03	5.33	5.37	6.13			12.83	14.04	15.73
		velocity	7.03	8.47	7.95	8.14	7.88	7.81	7.48	7.11	6.96	6.57	6.52	6.53	7.26		8.18	7.48	6.68
H1 lead leg	L	strides	23	15	15	15	15		16		16	17	17	20	169				

Heat 4 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	19-Jul-22	time	6.57	10.90	15.23	19.60	24.30	26.20	29.13	34.10	39.36	44.73	50.00		56.24	5 / 4			
reaction time	0.143	interval		4.33	4.33	4.37	4.70		4.83	4.97	5.26	5.37	5.27	6.24			13.03	14.50	15.90
		velocity	6.85	8.08	8.08	8.01	7.45	7.63	7.25	7.04	6.65	6.52	6.64	6.41	7.11		8.06	7.24	6.60
H1 lead leg	L	strides	23	15	15	15	16		16	16	17	17	17	20	187				

Semi-Final 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis) *Henson (2024) - Athlete First: 2021 year end hurdle report*

date	02-Aug-21	time	6.63	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) *Henson (2024) - Athlete First: 2021 year end hurdle report*

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)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)														*USATF Women's Sprint Development (2003)*			
date	22-Jun-03	time	6.81	11.34	16.08	20.99	26.06		31.33	36.95	42.80	48.78			61.47	4 / 6			
reaction time		interval		4.53	4.74	4.91	5.07		5.27	5.62	5.85	5.98					14.18	15.96	
		velocity	6.61	7.73	7.38	7.13	6.90		6.64	6.23	5.98	5.85			6.51		7.40	6.58	
H1 lead leg		strides																	

Goossens, Ester (NED) (1972)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1998 European Championships (Budapest, HUN)														*Sanchez (1998) - Budapest '98: análisis de la carreras con villas*			
date	23-Aug-98	time	6.52				24.10				48.50		54.62	8 / 5			
reaction time		interval					17.58				24.40	6.12	NR				
		velocity	6.90				7.96				7.17	6.54	7.32				
H1 lead leg	L	strides	23	14	14	15	15		15	15	16	16	17	20.5	180.5				

Graham, Lashanna (JAM) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 NCAA Championships (Austin, TX) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date	10-Jun-23	time	6.71	10.94	15.31	19.99	24.76		29.56	34.47	39.54	44.41	49.75		55.59	9 / 6			
reaction time		interval		4.23	4.37	4.68	4.77		4.80	4.91	5.07	4.87	5.34	5.84	PB		13.28	14.48	15.28	
		velocity	6.71	8.27	8.01	7.48	7.34		7.29	7.13	6.90	7.19	6.55	6.85	7.20		7.91	7.25	6.87	
H1 lead leg	L	strides	22.14	15	15	15	15		15	15	16	15	16		159.14					

Granat, Moa (SWE) (2004)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2024 European Athletics Championships (Roma, ITA)														*European Athletics (2024) - 2024 european athletics championships - results book*			
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) *European Athletics (2024) - 2024 european athletics championships - results book*

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) *Omega Timing (2024) - diamond league race analysis*

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) *Omega Timing (2023) - diamond league race analysis*

date	02-Jul-23	time	6.41	10.61	14.97	19.44	24.01		28.75	33.74	38.97	44.47	50.29		57.34	4 / 2			
reaction time	0.144	interval		4.20	4.36	4.47	4.57		4.74	4.99	5.23	5.50	5.82	7.05			13.03	14.30	16.55	
		velocity	7.02	8.33	8.03	7.83	7.66		7.38	7.01	6.69	6.36	6.01	5.67	6.98		8.06	7.34	6.34	
H1 lead leg		strides																		

FINAL - 2021 European Athletics U20 Championships (Tallin, EST) *European Athletics (2021) - european athletics U20 championships results book*

date	18-Jul-21	time	6.59	11.03	15.71	20.50	25.50	27.68	30.33	35.21	40.43	45.79	51.36		57.94	5 / 2			
reaction time	0.227	interval		4.44	4.68	4.79	5.00		4.83	4.88	5.22	5.36	5.57	6.58			13.91	14.71	16.15	
		velocity	6.83	7.88	7.48	7.31	7.00	7.23	7.25	7.17	6.70	6.53	6.28	6.08	6.90		7.55	7.14	6.50	
H1 lead leg	L	strides	22	14	15	15	16				15	16	16	20	149					

Semi-Final 1 - 2021 European Athletics U20 Championships (Tallin, EST) *European Athletics (2021) - european athletics U20 championships results book*

date	17-Jul-21	time	6.59	11.06	15.59	20.26	25.16	27.27	30.00	35.06	40.31	45.67	51.29		57.86	6 / 1			
reaction time	0.196	interval		4.47	4.53	4.67	4.90		4.84	5.06	5.25	5.36	5.62	6.57			13.67	14.80	16.23	
		velocity	6.83	7.83	7.73	7.49	7.14	7.33	7.23	6.92	6.67	6.53	6.23	6.09	6.91		7.68	7.09	6.47	
H1 lead leg		strides													0					

Granqvist, Emilia (SWE) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 Poks Memorial (Hässleholm, SWE)														*Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx*			
date	12-Jun-11	time	6.90	11.44	16.24	21.14	26.20		31.56	37.06	42.88	48.82	54.92		61.70	/ 3			
reaction time		interval		4.54	4.80	4.90	5.06		5.36	5.50	5.82	5.94	6.10	6.78			14.24	15.92	17.86	
		velocity	6.52	7.71	7.29	7.14	6.92		6.53	6.36	6.01	5.89	5.74	5.90	6.48		7.37	6.60	5.88	
H1 lead leg	L	strides		16	17	17	17		18	18	19	19	19		160					

FINAL - 2011 Fridrott (Stockholm, SWE) *Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx*

date	07-Jun-11	time	6.94	11.48	16.12	21.04	26.10		31.24	36.50	41.90	47.68	53.44		60.25	/ 1			
reaction time		interval		4.54	4.64	4.92	5.06		5.14	5.26	5.40	5.78	5.76	6.81			14.10	15.46	16.94	
		velocity	6.48	7.71	7.54	7.11	6.92		6.81	6.65	6.48	6.06	6.08	5.87	6.64		7.45	6.79	6.20	

H1 lead leg	L	strides		16	16	17	17		17	17	17	18	18	22	175				

Grebo, Shana (FRA) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2024 Olympic Games (Paris, FRA)														*Paris 2024 Olympic Games - Results Book (2024)*			
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)														*Paris 2024 Olympic Games - Results Book (2024)*			
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)														*Paris 2024 Olympic Games - Results Book (2024)*			
date 04-Aug-24 time	6.41	10.60	14.88	19.28	23.91		28.77	33.95	39.25	44.76	50.37		56.70	6 / 7			
reaction time 0.205 interval		4.19	4.28	4.40	4.63		4.86	5.18	5.30	5.51	5.61	6.33			12.87	14.67	16.42
velocity	7.02	8.35	8.18	7.95	7.56		7.20	6.76	6.60	6.35	6.24	6.32	7.05		8.16	7.16	6.39
H1 lead leg R strides	25	16	15	16	16		17	17	17	18			157				
FINAL - 2024 NCAA Championships (Eugene, OR) (TV Analysis)														*Henson (2024) - Athlete First: 2024 year end hurdle report*			
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)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1971 West German Athletics - 300m Hurdles Test (Bonn, FRG)														*Keydel (1971) - 300 ou 400 haies pour les femmes?*			
date 15-May-71 time	4.3	8.1	12.1	16.2	20.2		24.3	28.6	33.3	38.1	42.8		45.7	/ 4			
reaction time interval		3.80	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)

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

Guerreiro, Juliana (POR) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2023 European Athletics U23 Championships (Espoo, FIN)														*European Athletics (2023) - european athletics U23 championships results book*			
date 15-Jul-23 time	6.69	11.12	15.79	20.55	25.38		30.28	35.43	41.17	46.57	52.24		58.85	5 / 7			
reaction time 0.188 interval		4.43	4.67	4.76	4.83		4.90	5.15	5.74	5.40	5.67	6.61			13.86	14.88	16.81
velocity	6.73	7.90	7.49	7.35	7.25		7.14	6.80	6.10	6.48	6.17	6.05	6.80		7.58	7.06	6.25
H1 lead leg strides													0				

Gunnell, Sally (GBR) (1966)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1997 European Cup (Munich, GER)														*Jung (2003) - http://www.fgs.uni-halle.de*			
date 21-Jun-97 time	6.69	10.96	15.26	19.64	24.08		28.58	33.48	38.39	43.54	48.67		54.57	/ 1			
reaction time interval		4.27	4.30	4.38	4.44		4.50	4.90	4.91	5.15	5.13	5.90			12.95	13.84	15.19
velocity	6.73	8.20	8.14	7.99	7.88		7.78	7.14	7.13	6.80	6.82	6.78	7.33		8.11	7.59	6.91
H1 lead leg strides																	
FINAL - 1994 European Championships (Helsinki, FIN)														*Behm (1995) - la tactique du 400 haies*			
date 10-Aug-94 time	6.5	10.7	14.8	19.2	23.6		28.1	32.7	37.5	42.5	47.5		53.33	/ 1			
reaction time interval		4.20	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)														*Graubner (2008) - http://www.fgs.uni-halle.de*			
date 19-Aug-93 time	6.65	10.76	14.94	17.19	23.58		28.04	32.66	37.37	42.24	47.12		52.74	4 / 1			
reaction time 0.284 interval		4.11	4.18	2.25	6.39		4.46	4.62	4.71	4.87	4.88	5.62	WR		10.54	15.47	14.46
velocity	6.77	8.52	8.37	15.56	5.48		7.85	7.58	7.43	7.19	7.17	7.12	7.58		9.96	6.79	7.26
H1 lead leg L strides	23	15	15	15	15		15	16	16	16	16	20.2	182.2				
Semi-Final 1 - 1993 IAAF World Championships (Stuttgart, GER)														*Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)*			
date 17-Aug-93 time	6.79	10.85	14.97	19.21	23.55		28.06	33.14	37.87	43.07	48.27		53.95	6 / 1			
reaction time interval		4.06	4.12	4.24	4.34		4.51	5.08	4.73	5.20	5.20	5.68			12.42	13.93	15.13
velocity	6.63	8.62	8.50	8.25	8.06		7.76	6.89	7.40	6.73	6.73	7.04	7.41		8.45	7.54	6.94
H1 lead leg L strides	23	15	15	15	15		15	16	17	17	17	19.5	184.5				
FINAL - 1992 Olympic Games (Barcelona, ESP)														*Knight (1992) - 1992 Olympic report: the hurdling events*			
date 05-Aug-92 time	6.5	10.7	14.0	19.3	23.7		28.2	32.9	37.6	42.5	47.4		53.23	3 / 1			
reaction time interval		4.20	3.30	5.30	4.40		4.50	4.70	4.70	4.90	4.90	5.83			12.80	13.60	14.50
velocity	6.92	8.33	10.61	6.60	7.95		7.78	7.45	7.45	7.14	7.14	6.86	7.51		8.20	7.72	7.24

H1 lead leg	L	strides	23	15	15	15	15		15	15	16	16	16	20.2	181						

Semi-Finals 1 - 1992 Olympic Games (Barcelona, ESP) *Lyle (1992) - miscellaneous coaching notes*

date	03-Aug-92	time	5.92	10.08	14.26	18.39	22.94		27.69	32.37	37.32	42.49	47.63		53.78	4 / 1					
reaction time		interval		4.16	4.18	4.13	4.55		4.75	4.68	4.95	5.17	5.14	6.15			12.47	13.98	15.26		
		velocity	7.60	8.41	8.37	8.47	7.69		7.37	7.48	7.07	6.77	6.81	6.50	7.44		8.42	7.51	6.88		
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	16	17	20	183						

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

date	29-Aug-91	time	6.4	10.7	15.0	19.1	23.5		28.0	32.6	37.3	42.1	47.2		53.16	5 / 2					
reaction time		interval		4.30	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) *Federle (2003) - http://www.fgs.uni-halle.de*

date	29-Jun-91	time	6.61	10.76	15.00	19.36	23.83		28.31	33.16	38.25	43.55	48.89		54.61	/ 2					
reaction time		interval		4.15	4.24	4.36	4.47		4.48	4.85	5.09	5.30	5.34	5.72			12.75	13.80	15.73		
		velocity	6.81	8.43	8.25	8.03	7.83		7.81	7.22	6.88	6.60	6.55	6.99	7.32		8.24	7.61	6.68		
H1 lead leg		strides																			

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

date	28-Sep-88	time	6.64	10.81	15.09	19.45	23.94	25.94	28.39	33.11	38.07	43.20	48.28		54.03	2 / 5					
reaction time	0.188	interval		4.17	4.28	4.36	4.49		4.45	4.72	4.96	5.13	5.08	5.75	PB		12.81	13.66	15.17		
		velocity	6.78	8.39	8.18	8.03	7.80	7.71	7.87	7.42	7.06	6.82	6.89	6.96	7.40		8.20	7.69	6.92		
H1 lead leg	L	strides	23	15	15	15	15		15	15	17	17	17	20	184						

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

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

Hailey, Nnenya (USA) (1994)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**

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

date	09-Sep-21	time	6.36	10.48			23.68	25.5	28.28	32.96	37.68	42.84	48.28		55.06	1 / 6					
reaction time	0.183	interval		4.12			13.20		4.60	4.68	4.72	5.16	5.44	6.78					15.32		
		velocity	7.08	8.50			7.95	7.84	7.61	7.48	7.42	6.78	6.43	5.90	7.26				6.85		
H1 lead leg	L	strides	23	16					17	17		18	18	23	132						

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

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

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

date	21-Aug-21	time	6.12	10.24	14.52	18.88	23.24	25.2			37.60	42.72	48.48		55.16	1 / 6					
reaction time	0.153	interval		4.12	4.28	4.36	4.36				14.36	5.12	5.76	6.68			12.76				
		velocity	7.35	8.50	8.18	8.03	8.03	7.94			7.31	6.84	6.08	5.99	7.25		8.23				
H1 lead leg	L	strides	24	16	16	16	16					17	19	23	147						

FINAL - 2021 Müller British Grand Prix (Gateshead, GBR) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	13-Jul-21	time	6.30	10.44	14.82	19.28	23.84	25.8	28.58	33.44	38.38	43.46	48.98		55.16	7 / 5					
reaction time	0.181	interval		4.14	4.38	4.46	4.56		4.74	4.86	4.94	5.08	5.52	6.18			12.98	14.16	15.54		
		velocity	7.14	8.45	7.99	7.85	7.68	7.75	7.38	7.20	7.09	6.89	6.34	6.47	7.25		8.09	7.42	6.76		
H1 lead leg	L	strides	24	16	16	16	16		16	17	18	17	18	21.7	195.7						

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

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

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

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

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

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

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

date	25-Jun-21	time	6.33	10.40	14.60	19.10	23.76		28.47	33.23	38.17	43.37	48.63		55.05	8 / 2					

reaction time	0.291	interval		4.07	4.20	4.50	4.66		4.71	4.76	4.94	5.20	5.26	6.42			12.77	14.13	15.40
		velocity	7.11	8.60	8.33	7.78	7.51		7.43	7.35	7.09	6.73	6.65	6.23	7.27		8.22	7.43	6.82
H1 lead leg	L	strides		16	16	17	17		17	17	17	18	18	22.2	175.2				

Halkiá, Faní (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) *Ruiz (2004) - las carreras con vallas de juegos olimpicos de atenas '04*

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

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

Long Hurdles - 2025 Grand Slam Track Miami (Miramar, FL) *Grand Slam Track (2025) - results and splits by race*

date	03-May-25	time	6.33	10.54	14.87	19.30	23.89	25.96	28.60	33.41	38.26	43.28	48.40		54.43	1 / 3			
reaction time	0.210	interval		4.21	4.33	4.43	4.59		4.71	4.81	4.85	5.02	5.12	6.03			12.97	14.11	14.99
		velocity	7.11	8.31	8.08	7.90	7.63	7.70	7.43	7.28	7.22	6.97	6.84	6.63	7.35		8.10	7.44	7.00
H1 lead leg	L	strides							15	15	15	15	15	19	94				

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) *Omega Timing (2023) - diamond league race analysis*

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

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

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																	

Semi-Final 3 - 2022 European Athletics Championships (Munich, GER) *European Athletics (2022) - european athletics championships race analysis*

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				

Heat 1 - 2022 European Athletics Championships (Munich, GER) *European Athletics (2022) - european athletics championships race analysis*

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				

Hamachiyo, Rinka (JPN) (2003)

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

FINAL - 2021 Japanese High School National Championships (Fukui, JPN) *Shibayama (2021) - national high school and U20 national championhsips*

date	30-Jul-21	time	6.92	11.61	16.68	21.83	27.00		32.30	37.90	43.67	49.46	55.38		61.44	2 / 6			
reaction time	0.168	interval		4.69	5.07	5.15	5.17		5.30	5.60	5.77	5.79	5.92	6.06			14.91	16.07	17.48
		velocity	6.50	7.46	6.90	6.80	6.77		6.60	6.25	6.07	6.04	5.91	6.60	6.51		7.04	6.53	6.01
H1 lead leg		strides		17	18	17	17		18	18	18	19	19		161				

FINAL - 2021 Japanese U20 National Championships (Osaka, JPN) *Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*

date	27-Jun-21	time	7.06	11.78	16.52	21.40	26.46		31.61	37.09	42.69	48.62	54.60		60.75	4 / 5			
reaction time	0.191	interval		4.72	4.74	4.88	5.06		5.15	5.48	5.60	5.93	5.98	6.15	PB		14.34	15.69	17.51
		velocity	6.37	7.42	7.38	7.17	6.92		6.80	6.39	6.25	5.90	5.85	6.50	6.58		7.32	6.69	6.00
H1 lead leg	L	strides	25	17	17	17	17		17	18	18	19	19		184				

Han Qing (CHN) (1970)

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

FINAL - 1993 Chinese National Games (Beijing, CHN) *Wang (2016) - hurdle rhythm characteristic analysis and athletic training considerations*

date	09-Sep-93	time	6.24	10.41	14.69	18.95	23.38		28.18	32.99	37.78	42.77	47.78		53.96	/ 1			

reaction time		interval		4.17	4.28	4.26	4.43		4.80	4.81	4.79	4.99	5.01	6.18	AR		12.71	14.04	14.79
		velocity	7.21	8.39	8.18	8.22	7.90		7.29	7.28	7.31	7.01	6.99	6.47	7.41		8.26	7.48	7.10
H1 lead leg		strides	23	15	15	15	15		15	16	16	17	17		164				

Hanssens, Ilana (BEL) (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 European Athletics U20 Championships (Tallin, EST) — *European Athletics (2021) - european athletics U20 championships results book*

date	18-Jul-21	time	6.90	11.29	15.86	20.62	25.69	28.00	30.78	36.04	41.42	47.09	53.28		59.93	8 / 7			
reaction time	0.197	interval		4.39	4.57	4.76	5.07		5.09	5.26	5.38	5.67	6.19	6.65			13.72	15.42	17.24
		velocity	6.52	7.97	7.66	7.35	6.90	7.14	6.88	6.65	6.51	6.17	5.65	6.02	6.67		7.65	6.81	6.09
H1 lead leg	L	strides	23	15	15		17		17	17	17	18	19	21	179				

Semi-Final 1 - 2021 European Athletics U20 Championships (Tallin, EST) — *European Athletics (2021) - european athletics U20 championships results book*

date	17-Jul-21	time	6.73	11.22	15.72	20.27	25.15	27.29	30.15	35.39	40.80	46.35	52.00		58.51	5 / 3			
reaction time	0.191	interval		4.49	4.50	4.55	4.88		5.00	5.24	5.41	5.55	5.65	6.51	PB		13.54	15.12	16.61
		velocity	6.69	7.80	7.78	7.69	7.17	7.33	7.00	6.68	6.47	6.31	6.19	6.14	6.84		7.75	6.94	6.32
H1 lead leg		strides													0				

Hantzí-Neag, Hristína (GRE) (1976)

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

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

date	23-Jun-07	time	6.63	10.90	15.25	19.89	24.59		29.41	34.41	39.57	44.88	50.21		56.44	/ 5			
reaction time	0.184	interval		4.27	4.35	4.64	4.70		4.82	5.00	5.16	5.31	5.33	6.23			13.26	14.52	15.80
		velocity	6.79	8.20	8.05	7.54	7.45		7.26	7.00	6.78	6.59	6.57	6.42	7.09		7.92	7.23	6.65
H1 lead leg		strides																	

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 - 2024 Japanese National U20 Championsips (Niigata, JPN) — *Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season*

date	30-Jun-24	time	6.91	11.44	16.02	20.79	25.71		30.96	36.34	41.98	47.76	53.65		60.29	7 / 7			
reaction time	0.200	interval		4.53	4.58	4.77	4.92		5.25	5.38	5.64	5.78	5.89	6.64			13.88	15.55	17.31
		velocity	6.51	7.73	7.64	7.34	7.11		6.67	6.51	6.21	6.06	5.94	6.02	6.63		7.56	6.75	6.07
H1 lead leg	L	strides	24	16	16	17	17		18	18	19	19	19		183				

FINAL - 2023 Japanese National High School Championsips (Sapporo, JPN) — *Takashima (2023) - national high school sports festival - biomechanics data*

date	04-Aug-23	time	6.96	11.56	16.27	21.04	25.93		31.08	36.52	42.11	47.93	53.84		60.56	8 / 5			
reaction time	0.241	interval		4.60	4.71	4.77	4.89		5.15	5.44	5.59	5.82	5.91	6.72			14.08	15.48	17.32
		velocity	6.47	7.61	7.43	7.34	7.16		6.80	6.43	6.26	6.01	5.92	5.95	6.61		7.46	6.78	6.06
H1 lead leg		strides	23	17	17	17	17		17	18	18	19	19	24	206				

Hardiway, Korey (USA) (1986)

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

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

date	22-Jun-03	time	7.01	11.71	16.58	21.41	26.48		32.08	38.04	44.06	49.85			63.20	1 / 8			
reaction time		interval		4.70	4.87	4.83	5.07		5.60	5.96	6.02	5.79					14.40	16.63	
		velocity	6.42	7.45	7.19	7.25	6.90		6.25	5.87	5.81	6.04			6.33		7.29	6.31	
H1 lead leg		strides																	

Harrison, Queen (USA) (1988)

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

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

date	29-Jun-08	time	6.57	10.88	15.21	19.45	23.83		28.43	33.28	38.42	43.51	48.68		54.60	8 / 2			
reaction time		interval		4.31	4.33	4.24	4.38		4.60	4.85	5.14	5.09	5.17	5.92	PB		12.88	13.83	15.40
		velocity	6.85	8.12	8.08	8.25	7.99		7.61	7.22	6.81	6.88	6.77	6.76	7.33		8.15	7.59	6.82
H1 lead leg	L	strides	24	15	15	15	15		15	15	16	16	17		163				

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 Championsips (Fukuoka, JPN) — *Takashima (2024) - national high school sports festival - biomechanics data*

date	30-Jul-24	time	6.89	11.46	16.12	20.80	25.69		30.83	36.19	41.64	47.20	52.94		59.62	8 / 4			
reaction time	0.194	interval		4.57	4.66	4.68	4.89		5.14	5.36	5.45	5.56	5.74	6.68	PB		13.91	15.39	16.75
		velocity	6.53	7.66	7.51	7.48	7.16		6.81	6.53	6.42	6.29	6.10	5.99	6.71		7.55	6.82	6.27
H1 lead leg		strides	23	17	17	17	17		17	17	17	17	17	22	198				

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 Championsips (Fukuoka, JPN) — *Takashima (2024) - national high school sports festival - biomechanics data*

date	30-Jul-24	time	6.57	11.21	15.92	20.64	25.48		30.63	35.92	41.32	46.71	52.19		58.23	7 / 1			
reaction time	0.183	interval		4.64	4.71	4.72	4.84		5.15	5.29	5.40	5.39	5.48	6.04	PB		14.07	15.28	16.27
		velocity	6.85	7.54	7.43	7.42	7.23		6.80	6.62	6.48	6.49	6.39	6.62	6.87		7.46	6.87	6.45
H1 lead leg		strides	22	15	15	16	16		17	17	17	17	17	21	190				

FINAL - 2024 Japanese National U20 Championsips (Niigata, JPN) — *Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season*

date	30-Jun-24	time	6.74	11.28	15.95	20.80	25.76		30.80	36.04	41.41	46.98	52.65		58.70	6 / 3			
reaction time	0.206	interval		4.54	4.67	4.85	4.96		5.04	5.24	5.37	5.57	5.67	6.05	PB		14.06	15.24	16.61
		velocity	6.68	7.71	7.49	7.22	7.06		6.94	6.68	6.52	6.28	6.17	6.61	6.81		7.47	6.89	6.32
H1 lead leg	R	strides	23	16	16	17	17		17	17	17	17	17	21	195				

Hatanaka, Yuki (JPN) (1991)

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

FINAL - 2009 Japanese National High School Championships (Nara, JPN) — *Matsuo (2009) - 62nd high school championships: JAF scientific committee- biomechanics*

date	31-Jul-09	time	6.96	11.76	16.65	21.74	26.88		32.10	37.29	42.55	48.04	53.70		59.83	/ 3			
reaction time		interval		4.80	4.89	5.09	5.14		5.22	5.19	5.26	5.49	5.66	6.13			14.78	15.55	16.41
		velocity	6.47	7.29	7.16	6.88	6.81		6.70	6.74	6.65	6.38	6.18	6.53	6.69		7.10	6.75	6.40
H1 lead leg		strides		17	17	17	17		17	17	17	18	18		155				

Hattori, Rira (JPN) (2004)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese U20 National Championsips (Osaka, JPN)														*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date 12-Jun-22 time	7.01	11.85	16.70	21.81	27.16		32.55	38.14	43.98	49.90	56.11		63.08	3 / 8			
reaction time 0.199 interval		4.84	4.85	5.11	5.35		5.39	5.59	5.84	5.92	6.21	6.97			14.80	16.33	17.97
velocity	6.42	7.23	7.22	6.85	6.54		6.49	6.26	5.99	5.91	5.64	5.74	6.34		7.09	6.43	5.84
H1 lead leg L strides	24	17	17	17	18		18	19	19	19	19		187				

Hatzipourgáni, Ánna (GRE) (2003)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2021 European Athletics U20 Championships (Tallin, EST)														*European Athletics (2021) - european athletics U20 championships results book*			
date 17-Jul-21 time	6.76	11.41	15.99	20.66	25.46	27.67	30.50	35.73	41.11	46.69	52.31		59.00	7 / 5			
reaction time 0.225 interval		4.65	4.58	4.67	4.80		5.04	5.23	5.38	5.58	5.62	6.69	PB		13.90	15.07	16.58
velocity	6.66	7.53	7.64	7.49	7.29	7.23	6.94	6.69	6.51	6.27	6.23	5.98	6.78		7.55	6.97	6.33
H1 lead leg strides													0				

Haye-Smith, Yanique (TKS) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Commonwealth Games (Birmingham, GBR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 06-Aug-22 time	6.38	10.53	14.70	19.23	23.90	26.0	29.07	34.20	39.43	45.20			58.78	3 / 8			
reaction time 0.170 interval		4.15	4.17	4.53	4.67		5.17	5.13	5.23	5.77					12.85	14.97	
velocity	7.05	8.43	8.39	7.73	7.49	7.69	6.77	6.82	6.69	6.07			6.81		8.17	7.01	
H1 lead leg R strides	24	16	16	16	16		17	17	18	18			158				

Hayes, Jernail (USA) (1988)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Doha Diamond League (Doha, QAT) (TV Analysis)														*Henson (2021) - Athlete First: 2016 year end hurdle report*			
date 06-May-16 time	6.44	10.88	15.40	20.12	24.96		30.00	35.32	40.84	46.72			60.48	1 / 8			
reaction time 0.146 interval		4.44	4.52	4.72	4.84		5.04	5.32	5.52	5.88					13.68	15.20	
velocity	6.99	7.88	7.74	7.42	7.23		6.94	6.58	6.34	5.95			6.61		7.68	6.91	
H1 lead leg L strides	23	16	16	16	16		17	17	17	18			156				

Hayes, Joanna (USA) (1976)

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

He Xueying (CHN) (2002)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)														*CAA Hurdle Development (2019)*			
date 17-Aug-19 time	6.80	11.56	16.44	21.40	26.52		31.62	36.70	41.94	*fell*			dnf	7 / --			
reaction time interval		4.76	4.88	4.96	5.12		5.10	5.08	5.24						14.60	15.30	
velocity	6.62	7.35	7.17	7.06	6.84		6.86	6.89	6.68						7.19	6.86	
H1 lead leg L strides	24	17	17	17	17		17	17	17	19			162				

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)														*Henson (2024) - Athlete First: 2021 year end hurdle report*			
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)														*Henson (2024) - Athlete First: 2021 year end hurdle report*			
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)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 02-Oct-19 time	6.44	10.54	14.75		23.62		28.36	33.20	38.24	43.48	48.85		55.03	7 / 4			
reaction time 0.216 interval		4.10	4.21		8.87		4.74	4.84	5.04	5.24	5.37	6.18					15.65
velocity	6.99	8.54	8.31		7.89		7.38	7.23	6.94	6.68	6.52	6.47	7.27				6.71
H1 lead leg L strides	23	15	15				16	16	16	17	17	21.2	156.2				

Heitmann, Kersten (FRG)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1973 DLV-Test (Frankfurt-am-Main, FRG)														*Keydel (1973) - 400m Hürden test der frauen vom 26. bis 28.7.1973*			
date 28-Jul-73 time	7.3	12.4	17.5	23.0	28.6		34.6	40.7	46.9	53.5			68.3	/ 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)														*Henson (2020) - Athlete First: 2020 year end hurdle report*			
date 23-Aug-20 time	6.70	11.03	15.40	19.87	24.50	26.5	29.37	34.33	39.33	44.73	50.23		56.75	7 / 7			
reaction time 0.151 interval		4.33	4.37	4.47	4.63		4.87	4.96	5.00	5.40	5.50	6.52			13.17	14.46	15.90
velocity	6.72	8.08	8.01	7.83	7.56	7.55	7.19	7.06	7.00	6.48	6.36	6.13	7.05		7.97	7.26	6.60
H1 lead leg R strides	21	15	15	15	15		16	16	16	17	17	20.5	183.5				

FINAL - 2020 Inspiration Games (Zürich, SUI) (TV Analysis) (300m Hurdles) *Henson (2020) - Athlete First: 2020 year end hurdle report*

date	09-Jul-20	time	7.33	11.63	16.03	20.53	25.30		30.20	35.13					40.97	3 / 3			
reaction time		interval		4.30	4.40	4.50	4.77		4.90	4.93				5.84	*(Papendal, NED)*			13.67	14.60	
		velocity	6.82	8.14	7.95	7.78	7.34		7.14	7.10				6.85	7.32			7.68	7.19	
H1 lead leg	R	strides	25	15	15	15	16		16	16				20	138					

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

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

Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	02-Oct-19	time	6.64	10.92	15.24	19.64	24.12		28.72	33.40	38.28	43.24	48.36		54.41	5 / 2			
reaction time	0.162	interval		4.28	4.32	4.40	4.48		4.60	4.68	4.88	4.96	5.12	6.05			13.00	13.76	14.96
		velocity	6.78	8.18	8.10	7.95	7.81		7.61	7.48	7.17	7.06	6.84	6.61	7.35		8.08	7.63	7.02
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	19.7	179.7				

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

date	29-Aug-19	time	6.64	10.96	15.32	19.76	24.24	26.2	28.88	33.56	38.44	43.48	48.64		54.75	6 / 4			
reaction time	0.144	interval		4.32	4.36	4.44	4.48		4.64	4.68	4.88	5.04	5.16	6.11			13.12	13.80	15.08
		velocity	6.78	8.10	8.03	7.88	7.81	7.63	7.54	7.48	7.17	6.94	6.78	6.55	7.31		8.00	7.61	6.96
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	20	180				

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

date	21-Jul-19	time	6.60	10.88	15.24	19.68	24.20		28.80	33.48	38.28	43.24	48.28		54.33	5 / 2			
reaction time	0.150	interval		4.28	4.36	4.44	4.52		4.60	4.68	4.80	4.96	5.04	6.05			13.08	13.80	14.80
		velocity	6.82	8.18	8.03	7.88	7.74		7.61	7.48	7.29	7.06	6.94	6.61	7.36		8.03	7.61	7.09
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	20	180				

FINAL - 2019 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	12-Jul-19	time	6.58	10.86	15.14	19.50	23.98	25.9	28.58	33.34	38.28	43.34	48.46		54.55	6 / 3			
reaction time	0.162	interval		4.28	4.28	4.36	4.48		4.60	4.76	4.94	5.06	5.12	6.09			12.92	13.84	15.12
		velocity	6.84	8.18	8.18	8.03	7.81	7.72	7.61	7.35	7.09	6.92	6.84	6.57	7.33		8.13	7.59	6.94
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	20.2	180.2				

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

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

FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	06-Jun-19	time	6.66	10.96	15.34	19.80	24.40		29.04	33.74	38.58	43.62	48.78		54.82	7 / 3			
reaction time	0.162	interval		4.30	4.38	4.46	4.60		4.64	4.70	4.84	5.04	5.16	6.04			13.14	13.94	15.04
		velocity	6.76	8.14	7.99	7.85	7.61		7.54	7.45	7.23	6.94	6.78	6.62	7.30		7.99	7.53	6.98
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	20	180				

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

date	07-Jun-18	time	6.56	10.80	15.16	19.64	24.20	26.2	28.76	33.52	38.44	43.50	48.80		55.16	7 / 5			
reaction time	0.145	interval		4.24	4.36	4.48	4.56		4.56	4.76	4.92	5.06	5.30	6.36			13.08	13.88	15.28
		velocity	6.86	8.25	8.03	7.81	7.68	7.63	7.68	7.35	7.11	6.92	6.60	6.29	7.25		8.03	7.56	6.87
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	20.2	180.2				

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

date	26-May-18	time	6.80	11.08	15.40	19.80	24.32			33.76	38.68	43.80	49.08		55.36	6 / 6			
reaction time	0.190	interval		4.28	4.32	4.40	4.52			9.44	4.92	5.12	5.28	6.28			13.00	13.96	15.32
		velocity	6.62	8.18	8.10	7.95	7.74			7.42	7.11	6.84	6.63	6.37	7.23		8.08	7.52	6.85
H1 lead leg	R	strides	22	15	15	15	15				16	16	16	20	150				

FINAL - 2017 Memorial van Damme (Brussels, BEL) (TV Analysis) *Henson (2020) - Athlete First: 2017 year end hurdle report*

date	01-Sep-17	time	6.40	10.64	14.88	19.20	23.64	25.7	28.16	32.84	37.72	42.76	47.88		53.93	7 / 2			
reaction time	0.156	interval		4.24	4.24	4.32	4.44		4.52	4.68	4.88	5.04	5.12	6.05			12.80	13.64	15.04
		velocity	7.03	8.25	8.25	8.10	7.88	7.78	7.74	7.48	7.17	6.94	6.84	6.61	7.42		8.20	7.70	6.98
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	20	180				

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

date	24-Aug-17	time	6.56	10.84	15.16	19.56	24.04		28.64	33.32	38.20	43.16	48.20		54.13	5 / 1			
reaction time	0.158	interval		4.28	4.32	4.40	4.48		4.60	4.68	4.88	4.96	5.04	5.93			13.00	13.76	14.88
		velocity	6.86	8.18	8.10	7.95	7.81		7.61	7.48	7.17	7.06	6.94	6.75	7.39		8.08	7.63	7.06
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	19.7	179.7				

FINAL - 2017 Müller Grand Prix (Birmingham, GBR) (TV Analysis) *Henson (2021) - Athlete First: 2017 year end hurdle report*

date	20-Aug-17	time	6.52	10.68	14.96	19.28	23.80		28.40	33.12	38.08	43.16	48.28		54.18	5 / 1			
reaction time	0.155	interval		4.16	4.28	4.32	4.52		4.60	4.72	4.96	5.08	5.12	5.90			12.76	13.84	15.16
		velocity	6.90	8.41	8.18	8.10	7.74		7.61	7.42	7.06	6.89	6.84	6.78	7.38		8.23	7.59	6.93
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	20	180				

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

date	10-Aug-17	time	6.36	10.52	14.68	18.92	23.28	27.76	32.36	37.20	42.24	47.64		54.20	6 / 4				
reaction time	0.151	interval		4.16	4.16	4.24	4.36	4.48	4.60	4.84	5.04	5.40	6.56			12.56	13.44	15.28	
		velocity	7.08	8.41	8.41	8.25	8.03	7.81	7.61	7.23	6.94	6.48	6.10	7.38		8.36	7.81	6.87	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	17	20.5	181.5					

FINAL - 2017 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis) *Henson (2021) - Athlete First: 2017 year end hurdle report*

date	16-Jul-17	time	6.44	10.68	14.96	19.32	23.80	28.44	33.12	38.00	43.04	48.20		54.22	6 / 1				
reaction time	0.155	interval		4.24	4.28	4.36	4.48	4.64	4.68	4.88	5.04	5.16	6.02			12.88	13.80	15.08	
		velocity	6.99	8.25	8.18	8.03	7.81	7.54	7.48	7.17	6.94	6.78	6.64	7.38		8.15	7.61	6.96	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	20	180					

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

date	06-Jul-17	time	6.60	10.84	15.20	19.64	24.12	28.72	33.44	38.36	43.44	48.68		54.69	2 / 5				
reaction time	0.133	interval		4.24	4.36	4.44	4.48	4.60	4.72	4.92	5.08	5.24	6.01			13.04	13.80	15.24	
		velocity	6.82	8.25	8.03	7.88	7.81	7.61	7.42	7.11	6.89	6.68	6.66	7.31		8.05	7.61	6.89	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	19.7	179.7					

FINAL - 2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis) *Henson (2020) - Athlete First: 2017 year end hurdle report*

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

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

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

FINAL - 2016 Memorial van Damme (Brussels, BEL) (TV Analysis) *Henson (2021) - Athlete First: 2016 year end hurdle report*

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

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

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

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

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

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

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

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

date	08-Aug-12	time	6.63	10.82	15.07	19.42	23.78	25.58	28.16	32.70	37.42	42.30	47.45		53.38	4 / ~~3~~ 2			
reaction time	0.163	interval		4.19	4.25	4.35	4.36		4.38	4.54	4.72	4.88	5.15	5.93			12.79	13.28	14.75	
		velocity	6.79	8.35	8.24	8.05	8.03	7.82	7.99	7.71	7.42	7.17	6.80	6.75	7.49		8.21	7.91	7.12	
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	20	180					

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

date	01-Sep-11	time	6.2	10.3	14.6	18.9	23.3	27.9	32.5	37.3	42.3	47.6		54.23	4 / 7				
reaction time	0.158	interval		4.10	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					

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

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

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

date	20-Aug-08	time	6.4	10.4	14.5	19.3	23.8	28.3	33.2	38.3	43.5	48.8		54.97	3 / 7				
reaction time	0.195	interval		4.00	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					

Helberg, Amanda (USA) (1978)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 USATF National Junior Championships (Delaware, OH)														*USATF Women's Sprint Development (1996)*			
date 29-Jun-96 time	7.27	11.96	16.57	21.28	26.11		31.30	36.91	42.71	48.70	54.92		62.17	3 / 7			
reaction time interval		4.69	4.61	4.71	4.83		5.19	5.61	5.80	5.99	6.22	7.25			14.01	15.63	18.01
velocity	6.19	7.46	7.59	7.43	7.25		6.74	6.24	6.03	5.84	5.63	5.52	6.43		7.49	6.72	5.83
H1 lead leg strides																	

Hemmings, Deon (JAM) (1968)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2001 IAAF World Championships (Edmonton, CAN)														*Behm (2001) - Edmonton: Le quatrache: les finales*			
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				
FINAL - 2000 Olympic Games (Sydney, AUS)														*Behm (2000) - Sydney 2000: Compte-rendu du 400m haies*			
date 27-Sep-00 time	6.3	10.4	14.5	18.8	23.2		27.7	32.3	37.3	42.4	47.5		53.45	6 / 2			
reaction time 0.446 interval		4.10	4.10	4.30	4.40		4.50	4.60	5.00	5.10	5.10	5.95			12.50	13.50	15.20
velocity	7.14	8.54	8.54	8.14	7.95		7.78	7.61	7.00	6.86	6.86	6.72	7.48		8.40	7.78	6.91
H1 lead leg L strides	23	15	15	15	15		15	15	16	16	16	20	181				
FINAL - 1999 IAAF World Championships (Sevilla, ESP)														*Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*			
date 25-Aug-99 time	6.14	10.18	14.36	18.61	22.98		27.48	32.30	37.06	42.10	47.05		53.16	3 / 3			
reaction time 0.188 interval		4.04	4.18	4.25	4.37		4.50	4.82	4.76	5.04	4.95	6.11			12.47	13.69	14.75
velocity	7.33	8.66	8.37	8.24	8.01		7.78	7.26	7.35	6.94	7.07	6.55	7.52		8.42	7.67	7.12
H1 lead leg L strides	23	15	15	15	15		15	16	16	17	16	20	183				
Semi-Final 1 - 1999 IAAF World Championships (Sevilla, ESP)														*Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*			
date 23-Aug-99 time	5.99	10.09	14.25	18.57	23.03		27.55	32.41	37.36	42.41	47.78		54.00	3 / 1			
reaction time 0.189 interval		4.10	4.16	4.32	4.46		4.52	4.86	4.95	5.05	5.37	6.22			12.58	13.84	15.37
velocity	7.51	8.54	8.41	8.10	7.85		7.74	7.20	7.07	6.93	6.52	6.43	7.41		8.35	7.59	6.83
H1 lead leg L strides	23	15	15	15	15		15	16	16	16	17	20	183				
Heat 4 - 1999 IAAF World Championships (Sevilla, ESP)														*Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*			
date 21-Aug-99 time	6.04	10.23	14.51	18.93	23.29		27.84	32.74	37.67	42.84	48.05		54.27	5 / 1			
reaction time 0.172 interval		4.19	4.28	4.42	4.36		4.55	4.90	4.93	5.17	5.21	6.22			12.89	13.81	15.31
velocity	7.45	8.35	8.18	7.92	8.03		7.69	7.14	7.10	6.77	6.72	6.43	7.37		8.15	7.60	6.86
H1 lead leg L strides	23	15	15	15	15		15	16	16	17	17	20	184				
FINAL - 1997 IAAF World Championships (Athens, GRE)														*Hommel (1999) - biomechanical research project, athens 1997: final report*			
date 08-Aug-97 time	6.46	10.58	14.72	19.00	23.36		27.76	32.36	37.22	42.20	47.31		53.09	4 / 2			
reaction time 0.187 interval		4.12	4.14	4.28	4.36		4.40	4.60	4.86	4.98	5.11	5.78			12.54	13.36	14.95
velocity	6.97	8.50	8.45	8.18	8.03		7.95	7.61	7.20	7.03	6.85	6.92	7.53		8.37	7.86	7.02
H1 lead leg L strides	21	15	15	15	15		15	16	16	17	17	20	182				
FINAL - 1996 Olympic Games (Atlanta, GA)														*McFarlane (2000) - the science of hurdling and speed*			
date 31-Jul-96 time	6.32	10.27	14.35	18.62	22.92		27.46	32.12	36.94	41.92	46.99		52.82	5 / 1			
reaction time 0.348 interval		3.95	4.08	4.27	4.30		4.54	4.66	4.82	4.98	5.07	5.83	**OR / AR**		12.30	13.50	14.87
velocity	7.12	8.86	8.58	8.20	8.14		7.71	7.51	7.26	7.03	6.90	6.86	7.57		8.54	7.78	7.06
H1 lead leg strides	23	15	15	15	15		15	15	16	16	17		162				
FINAL - 1995 IAAF World Championships (Göteborg, SWE)														*Behm (1999) - Les chiffres: Les podiums de tous le championnats*			
date 11-Aug-95 time					23.2								53.48	4 / 3			
reaction time interval													**NR**				
velocity					7.97								7.48				
H1 lead leg L strides	22	15	15	15	15		15	15	16	16	17	19.7	181				
Semi-Final 3 - 1993 IAAF World Championships (Stuttgart, GER)														*Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)*			
date 17-Aug-93 time	6.36	10.52	14.71	19.09	23.54		28.03	32.75	37.84	42.93	48.13		54.12	6 / 2			
reaction time interval		4.16	4.19	4.38	4.45		4.49	4.72	5.09	5.09	5.20	5.99	**NR**		12.73	13.66	15.38
velocity	7.08	8.41	8.35	7.99	7.87		7.80	7.42	6.88	6.88	6.73	6.68	7.39		8.25	7.69	6.83
H1 lead leg L strides	22	15	15	15	15		15	15	17	17	17	19.7	182.7				

Hespel, Nina (BEL) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 European Athletics U23 Championships (Espoo, FIN)														*European Athletics (2023) - european athletics U23 championships results book*			
date 16-Jul-23 time	6.51	10.80	15.08	19.45	23.93		28.55	33.31	38.54	43.70	49.26		56.25	7 / 5			
reaction time 0.230 interval		4.29	4.28	4.37	4.48		4.62	4.76	5.23	5.16	5.56	6.99			12.94	13.86	15.95
velocity	6.91	8.16	8.18	8.01	7.81		7.58	7.35	6.69	6.78	6.29	5.72	7.11		8.11	7.58	6.58
H1 lead leg strides													0				
Semi-Final 1 - 2023 European Athletics U23 Championships (Espoo, FIN)														*European Athletics (2023) - european athletics U23 championships results book*			
date 15-Jul-23 time	6.50	10.82	15.29	19.84	24.49		29.36	34.45	39.89	45.01	50.24		56.57	8 / 2			
reaction time 0.240 interval		4.32	4.47	4.55	4.65		4.87	5.09	5.44	5.12	5.23	6.33			13.34	14.61	15.79
velocity	6.92	8.10	7.83	7.69	7.53		7.19	6.88	6.43	6.84	6.69	6.32	7.07		7.87	7.19	6.65
H1 lead leg strides													0				
Semi-Final 1 - 2022 European Athletics Championships (Munich, GER)														*European Athletics (2022) - european athletics championships race analysis*			

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) *European Athletics (2022) - european athletics championships race analysis*

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	16	16	17	17	21	170				

Higa, Kazuki (JPN) (1998)

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

B FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN) *Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*

date	06-Jun-21	time	6.86	11.35	15.97	20.67	25.56		30.65	35.85	41.16	46.55	52.14		58.83	6 / 1			
reaction time		interval		4.49	4.62	4.70	4.89		5.09	5.20	5.31	5.39	5.59	6.69			13.81	15.18	16.29
		velocity	6.56	7.80	7.58	7.45	7.16		6.88	6.73	6.59	6.49	6.26	5.98	6.80		7.60	6.92	6.45
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	17	17	22	195				

A FINAL - 2019 Kinami Memorial (Osaka, JPN) *Matsubayashi (2019) - research on athlete performance and technique- 2019 data book*

date	06-May-19	time	6.97	11.53	16.22	20.99	25.88		30.91	36.04	41.32	46.78	52.43		59.03	5 / 5			
reaction time		interval		4.56	4.69	4.77	4.89		5.03	5.13	5.28	5.46	5.65	6.60			14.02	15.05	16.39
		velocity	6.46	7.68	7.46	7.34	7.16		6.96	6.82	6.63	6.41	6.19	6.06	6.78		7.49	6.98	6.41
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	17	17	21.7	194.7				

FINAL - 2016 Japanese National High School Championships (Okayama, JPN) *Kota (2016) - 69th high school championships: JAF scientific committee- biomechanics data*

date	31-Jul-16	time	6.84	11.33	16.07	20.87	25.89		30.86	35.94	41.51	47.23	53.03		59.39	6 / 4			
reaction time		interval		4.49	4.74	4.80	5.02		4.97	5.08	5.57	5.72	5.80	6.36			14.03	15.07	17.09
		velocity	6.58	7.80	7.38	7.29	6.97		7.04	6.89	6.28	6.12	6.03	6.29	6.74		7.48	6.97	6.14
H1 lead leg		strides		17	17	17	17		17	17	19	19	19		159				

Higuchi, Ayane (JPN) (2004)

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

FINAL - 2021 Japanese U20 National Championships (Osaka, JPN) *Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*

date	27-Jun-21	time	7.02	11.70	16.50	21.42	26.54		31.85	37.19	42.83	48.72	54.79		61.44	8 / 8			
reaction time	0.186	interval		4.68	4.80	4.92	5.12		5.31	5.34	5.64	5.89	6.07	6.65			14.40	15.77	17.60
		velocity	6.41	7.48	7.29	7.11	6.84		6.59	6.55	6.21	5.94	5.77	6.02	6.51		7.29	6.66	5.97
H1 lead leg	L	strides	23	16	16	16	16		17	17	18	19	19		177				

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

date	25-Oct-20	time	6.92	11.58	16.27	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	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) *USATF Women's Sprint Development (2003)*

date	22-Jun-03	time	6.61	10.91	15.43	20.05	25.13		30.74	36.15	41.58	46.86	52.37		58.39	7 / 2			
reaction time		interval		4.30	4.52	4.62	5.08		5.61	5.41	5.43	5.28	5.51	6.02	PB		13.44	16.10	16.22
		velocity	6.81	8.14	7.74	7.58	6.89		6.24	6.47	6.45	6.63	6.35	6.64	6.85		7.81	6.52	6.47
H1 lead leg		strides																	

Hill, Sierra (USA) (1986)

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

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

date	22-Jun-03	time	7.07	11.83	16.67	21.64	26.76		32.26	37.85	43.53	49.20			61.48	3 / 7			
reaction time		interval		4.76	4.84	4.97	5.12		5.50	5.59	5.68	5.67					14.57	16.21	
		velocity	6.36	7.35	7.23	7.04	6.84		6.36	6.26	6.16	6.17			6.51		7.21	6.48	
H1 lead leg		strides																	

Hindrikes, Evelin (SWE) (1991)

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

B-Race - 2011 Poks Memorial (Hässleholm, SWE) *Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx*

date	12-Jun-11	time	7.20	11.89	16.60	21.42	26.38		31.64	37.32	43.08	48.90	54.74		61.20	/ 3			
reaction time		interval		4.69	4.71	4.82	4.96		5.26	5.68	5.76	5.82	5.84	6.46			14.22	15.90	17.42
		velocity	6.25	7.46	7.43	7.26	7.06		6.65	6.16	6.08	6.01	5.99	6.19	6.54		7.38	6.60	6.03
H1 lead leg	L	strides		17	17	17	17		17	18	18	18	18	22	179				

Hirahara, Kyoka (JPN) (1998)

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

FINAL - 2016 Japanese National High School Championships (Okayama, JPN) *Kota (2016) - 69th high school championships: JAF scientific committee- biomechanics data*

date	31-Jul-16	time	7.07	11.76	16.68	21.91	27.14		32.40	37.67	43.13	48.63	54.32		60.61	8 / 5			
reaction time		interval		4.69	4.92	5.23	5.23		5.26	5.27	5.46	5.50	5.69	6.29			14.84	15.76	16.65
		velocity	6.36	7.46	7.11	6.69	6.69		6.65	6.64	6.41	6.36	6.15	6.36	6.60		7.08	6.66	6.31
H1 lead leg		strides		16	16	18	17		17	17	17	17	18		153				

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 - 2024 Japanese National U20 Championsips (Niigata, JPN) *Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season*

date	30-Jun-24	time	6.67	11.24	15.88	20.62	25.49		30.46	35.57	40.91	46.28	51.85		58.02	8 / 1			
reaction time	0.193	interval		4.57	4.64	4.74	4.87		4.97	5.11	5.34	5.37	5.57	6.17	PB		13.95	14.95	16.28
		velocity	6.75	7.66	7.54	7.38	7.19		7.04	6.85	6.55	6.52	6.28	6.48	6.89		7.53	7.02	6.45
H1 lead leg	R	strides	24	16	16	16	16		17	17	17	17	18	22	196				

FINAL - 2023 Japanese U20 National Championsips (Osaka, JPN) *Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season*

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) *Paris 2024 Olympic Games - Results Book (2024)*

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			152				

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

date	04-Aug-24	time	6.46	10.66	14.96	19.35	23.86	28.63	33.72	39.07	44.69	50.60		57.84	6 / 8		
reaction time	0.192	interval		4.20	4.30	4.39	4.51	4.77	5.09	5.35	5.62	5.91	7.24			12.89	14.37	16.88
		velocity	6.97	8.33	8.14	7.97	7.76	7.34	6.88	6.54	6.23	5.92	5.52	6.92		8.15	7.31	6.22
H1 lead leg	L	strides	23	15	15	15	15	16	17	18	19			153				

FINAL - 2023 Asian Games (Hangzhou, CHN) *Shandong Athletics Sport Science (2023)*

date	03-Oct-23	time	6.43	10.46	14.63	18.93	23.60	28.46	33.63	39.03	44.53	50.33		57.21	6 / 5		
reaction time	0.205	interval		4.03	4.17	4.30	4.67	4.86	5.17	5.40	5.50	5.80	6.88			12.50	14.70	16.70
		velocity	7.00	8.68	8.39	8.14	7.49	7.20	6.77	6.48	6.36	6.03	5.81	6.99		8.40	7.14	6.29
H1 lead leg	L	strides		15	15	15	16	17	18	18	18	19		151				

Hoffman, Lauren (USA) (1999)

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

date	09-Jul-23	time	6.54	10.64	14.95	19.42	23.99	28.73	33.66	38.77				56.13	8 / 6		
reaction time		interval		4.10	4.31	4.47	4.57	4.74	4.93	5.11			17.36			12.88	14.24	
		velocity	6.88	8.54	8.12	7.83	7.66	7.38	7.10	6.85			6.05	7.13		8.15	7.37	
H1 lead leg	L	strides	23	15	15	16	16	16	18	18				137				

FINAL - 2022 USATF National Championships (Eugene, OR) *USATF (2022) - Results powered by Karmarush*

date	25-Jun-22	time	6.44	10.45	14.58	18.81	23.37	25.47	28.13	33.03	38.27	43.78	49.36	*56.00*	56.00	2 / 7		
reaction time		interval		4.01	4.13	4.23	4.56		4.76	4.90	5.24	5.51	5.58	6.64			12.37	14.22	16.33
		velocity	6.99	8.73	8.47	8.27	7.68	7.85	7.35	7.14	6.68	6.35	6.27	6.02	7.14		8.49	7.38	6.43
H1 lead leg	L	strides	23	15	15	15	16			16	17	18			135				

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

date	24-Jun-22	time	6.51	10.62	14.85	19.33	23.85	26.06	28.75	33.73	38.94	44.25	49.79	*56.19*	56.19	9 / 5		
reaction time		interval		4.11	4.23	4.48	4.52		4.90	4.98	5.21	5.31	5.54	6.40			12.82	14.40	16.06
		velocity	6.91	8.52	8.27	7.81	7.74	7.67	7.14	7.03	6.72	6.59	6.32	6.25	7.12		8.19	7.29	6.54
H1 lead leg	L	strides	23	15	15	15	16		16	16	17				133				

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

date	23-Jun-22	time	6.54	10.64	14.91	19.32	23.92	25.84	28.69	33.66	38.94	44.41	49.88		56.08	3 / 4		
reaction time		interval		4.10	4.27	4.41	4.60		4.77	4.97	5.28	5.47	5.47	6.20			12.78	14.34	16.22
		velocity	6.88	8.54	8.20	7.94	7.61	7.74	7.34	7.04	6.63	6.40	6.40	6.45	7.13		8.22	7.32	6.47
H1 lead leg	L	strides	23	15	15	15	16		16	17	18	18	18	22	193				

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

date	26-Jun-21	time	6.47	10.57	14.98	19.38	23.99		28.89	34.00	39.33	44.84			57.59	3 / 6		
reaction time	0.224	interval		4.10	4.41	4.40	4.61		4.90	5.11	5.33	5.51					12.91	14.62	
		velocity	6.96	8.54	7.94	7.95	7.59		7.14	6.85	6.57	6.35			6.95		8.13	7.18	
H1 lead leg	L	strides		15	16	16	16			17	18	18			116				

Hollmann, Silvia (FRG) (1955)

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

FINAL - 1978 European Championships (Prague, TCH) *Behm (1995) - la tactique du 400 haies*

date	02-Sep-78	time	6.5	10.8	15.2	19.6	24.2	26.2	28.7	33.2	38.1	43.1	48.5		55.14	6 / 2		
reaction time		interval		4.30	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)

	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	7.30	12.25	17.28	22.65	28.15		34.18	40.08	46.16	52.24	58.12		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)

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

Heat 2 - 2021 Chinese National Championships (Chongqing, CHN) *CAA Hurdle Development (2021)*

date	26-Jun-21	time	6.88	11.44	16.21	21.03	26.01		31.12	36.42	41.90	47.64	53.69		60.99	6 / 6		
reaction time	0.167	interval		4.56	4.77	4.82	4.98		5.11	5.30	5.48	5.74	6.05	7.30			14.15	15.39	17.27
		velocity	6.54	7.68	7.34	7.26	7.03		6.85	6.60	6.39	6.10	5.79	5.48	6.56		7.42	6.82	6.08
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	17	17	21	193				

FINAL - 2021 National Grand Prix (Chengdu, CHN) *CAA Hurdle Development (2021)*

date	02-Apr-21	time	6.91	11.48	16.13	20.86	25.79	30.96	36.35	42.17	48.38	54.90		62.74	6 / 3			
reaction time	0.154	interval		4.57	4.65	4.73	4.93	5.17	5.39	5.82	6.21	6.52	7.84			13.95	15.49	18.55
		velocity	6.51	7.66	7.53	7.40	7.10	6.77	6.49	6.01	5.64	5.37	5.10	6.38		7.53	6.78	5.66
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	18	18	22.7	196.7				

FINAL - 2020 Chinese National Championships (Shaoxing, CHN) *CAA Hurdle Development (2020)*

date	17-Sep-20	time	6.92		16.46				37.54	43.25	49.25	55.67		63.09	1 / 8			
reaction time		interval			9.54				21.08	5.71	6.00	6.42	7.42					18.13
		velocity	6.50		7.34				6.64	6.13	5.83	5.45	5.39	6.34				5.79
H1 lead leg	L	strides	24							17	17	18	21	97				

FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN) *CAA Hurdle Development (2019)*

date	23-Aug-19	time	7.00	11.60	16.42	21.30	26.30	31.38	36.66	42.14	47.81	53.79		60.89	9 / 4			
reaction time	0.217	interval		4.60	4.82	4.88	5.00	5.08	5.28	5.48	5.67	5.98	7.10			14.30	15.36	17.13
		velocity	6.43	7.61	7.26	7.17	7.00	6.89	6.63	6.39	6.17	5.85	5.63	6.57		7.34	6.84	6.13
H1 lead leg	L	strides	23	16	16	16	16	16	16	17	17	17	21	191				

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

date	22-Aug-19	time	7.06	11.72	16.54	21.38	26.38	31.38	36.52	41.98	47.56	53.37		60.18	9 / 3			
reaction time	0.216	interval		4.66	4.82	4.84	5.00	5.00	5.14	5.46	5.58	5.81	6.81			14.32	15.14	16.85
		velocity	6.37	7.51	7.26	7.23	7.00	7.00	6.81	6.41	6.27	6.02	5.87	6.65		7.33	6.94	6.23
H1 lead leg	L	strides	23	16	16	16	16	16	16	17	17	17	20.8	190.8				

FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN) *CAA Hurdle Development (2019)*

date	03-Aug-19	time	7.02	11.66	16.36	21.08	26.00	31.02	36.22	41.60	47.22	53.10		60.34	8 / 7			
reaction time	0.231	interval		4.64	4.70	4.72	4.92	5.02	5.20	5.38	5.62	5.88	7.24			14.06	15.14	16.88
		velocity	6.41	7.54	7.45	7.42	7.11	6.97	6.73	6.51	6.23	5.95	5.52	6.63		7.47	6.94	6.22
H1 lead leg	L	strides	23	16	16	16	16	16	16	17	17	17	21	191				

Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN) *CAA Hurdle Development (2019)*

date	03-Aug-19	time	7.08	11.80	16.68	21.54	26.54	31.72	36.88	42.26	47.84	53.62		60.44	8 / 3			
reaction time	0.229	interval		4.72	4.88	4.86	5.00	5.18	5.16	5.38	5.58	5.78	6.82			14.46	15.34	16.74
		velocity	6.36	7.42	7.17	7.20	7.00	6.76	6.78	6.51	6.27	6.06	5.87	6.62		7.26	6.84	6.27
H1 lead leg	L	strides	23	16	16	16	16	16	16	17	17	17	20.7	190.7				

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)

			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	6.99	11.65	16.42	21.43	26.71		32.12	37.74	43.26	48.94	54.94		61.95	4 / 1			
reaction time	0.297	interval		4.66	4.77	5.01	5.28		5.41	5.62	5.52	5.68	6.00	7.01			14.44	16.31	17.20
		velocity	6.44	7.51	7.34	6.99	6.63		6.47	6.23	6.34	6.16	5.83	5.71	6.46		7.27	6.44	6.10
H1 lead leg	L	strides	25	17	17	17	18		18	19	19	19	20	25	214				

Huang Jie (CHN) (2005)

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

Huang Xiaoxiao (CHN) (1983)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2013 Chinese National Grand Prix (Zhaoqing, CHN)																*Deng (2015) - training practice research of Deng Xiaoqing, a women's 400-meter hurdler*			
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	/ 2			
reaction time		interval		4.50	4.60	4.60	4.70		5.20	5.00	5.30	5.10	5.70	6.93			13.70	14.90	16.10
		velocity	6.92	7.78	7.61	7.61	7.45		6.73	7.00	6.60	6.86	6.14	5.77	6.88		7.66	7.05	6.52
H1 lead leg		strides	24	16	16	16	16		16	16	17	17	17		171				
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			
reaction time		interval		4.35	4.25	4.43	4.48		4.66	4.78	4.95	4.96	5.07	5.95	PB		13.03	13.92	14.98
		velocity	7.14	8.05	8.24	7.90	7.81		7.51	7.32	7.07	7.06	6.90	6.72	7.38		8.06	7.54	7.01
H1 lead leg		strides	23	15	15	15	15		15	17	17	17	17		166				
FINAL - 2005 IAAF World Championships (Helsinki, FIN)																*Behm (2005) - Helsinki 2005; Les haies - La revanche des lutins*			
date	13-Aug-05	time	6.3	10.5	14.8	19.2	23.8		28.5	33.5	38.6	43.5	48.6		54.57	6 / 5			
reaction time	0.172	interval		4.20	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)																*Lu (2002) - technical analysis of women's 400m hurdles champion and runner-up at the 9th national games*			
date	22-Nov-01	time	6.31	10.55	14.79	19.11	23.51		28.10	33.02	38.02	43.26	48.66		55.15	/ 2			
reaction time		interval		4.24	4.24	4.32	4.40		4.59	4.92	5.00	5.24	5.40	6.49	PB		12.80	13.91	15.64
		velocity	7.13	8.25	8.25	8.10	7.95		7.63	7.11	7.00	6.68	6.48	6.16	7.25		8.20	7.55	6.71
H1 lead leg		strides																	

Huang Yan (CHN) (1996)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Chinese National Championships (Chongqing, CHN)																*CAA Hurdle Development (2021)*			
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)																*CAA Hurdle Development (2021)*			
date	26-Jun-21	time	6.81	11.37	16.10	20.83	25.74		30.73	35.79	41.14	46.79	52.63		59.27	5 / 2			
reaction time	0.318	interval		4.56	4.73	4.73	4.91		4.99	5.06	5.35	5.65	5.84	6.64			14.02	14.96	16.84
		velocity	6.61	7.68	7.40	7.40	7.13		7.01	6.92	6.54	6.19	5.99	6.02	6.75		7.49	7.02	6.24
H1 lead leg	L	strides	24	17	17	17	17		17	17	18	19	19	22	204				
FINAL - 2021 East China District Meeting (Zhaoqing, CHN)																*CAA Hurdle Development (2021)*			
date	25-Apr-21	time	6.77	11.23	15.80	20.65	25.69		30.76	36.12	41.99	47.63	53.29		59.80	4 / 4			
reaction time	0.236	interval		4.46	4.57	4.85	5.04		5.07	5.36	5.87	5.64	5.66	6.51			13.88	15.47	17.17
		velocity	6.65	7.85	7.66	7.22	6.94		6.90	6.53	5.96	6.21	6.18	6.14	6.69		7.56	6.79	6.12
H1 lead leg	L	strides	24	16	16	17	17		17	18	19	18	18	21	201				
Heat 3 - 2021 East China District Meeting (Zhaoqing, CHN)																*CAA Hurdle Development (2021)*			
date	25-Apr-21	time	6.82	11.38	15.98	20.82	25.83		30.91	36.14	41.69	47.30	53.15		60.05	4 / 1			
reaction time	0.232	interval		4.56	4.60	4.84	5.01		5.08	5.23	5.55	5.61	5.85	6.90			14.00	15.32	17.01
		velocity	6.60	7.68	7.61	7.23	6.99		6.89	6.69	6.31	6.24	5.98	5.80	6.66		7.50	6.85	6.17
H1 lead leg	L	strides	24	16	16	17	17		17	17	18	18	19	22	201				

FINAL - 2020 Chinese National Championships (Shaoxing, CHN) *CAA Hurdle Development (2020)*

date	17-Sep-20	time	6.62	11.00	15.42	20.12	24.92	29.87	35.08	40.46	46.08	51.92		58.68	6 / 3			
reaction time		interval		4.38	4.42	4.70	4.80	4.95	5.21	5.38	5.62	5.84	6.76			13.50	14.96	16.84
		velocity	6.80	7.99	7.92	7.45	7.29	7.07	6.72	6.51	6.23	5.99	5.92	6.82		7.78	7.02	6.24
H1 lead leg	R	strides	24		16	17		17	18	18	19	19	23	171				

FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN) *CAA Hurdle Development (2019)*

date	23-Aug-19	time	6.80	11.28	15.94	20.62	25.44	30.40	35.56	40.86	46.28	51.97		58.44	7 / 1			
reaction time	0.238	interval		4.48	4.66	4.68	4.82	4.96	5.16	5.30	5.42	5.69	6.47			13.82	14.94	16.41
		velocity	6.62	7.81	7.51	7.48	7.26	7.06	6.78	6.60	6.46	6.15	6.18	6.84		7.60	7.03	6.40
H1 lead leg	L	strides	24	17	17	17	17	17	18	18	18	19	23	205				

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

date	22-Aug-19	time	6.80	11.30	15.92	20.59	25.41	30.31	35.55	41.14	46.95	52.80		59.43	4 / 2			
reaction time	0.255	interval		4.50	4.62	4.67	4.82	4.90	5.24	5.59	5.81	5.85	6.63			13.79	14.96	17.25
		velocity	6.62	7.78	7.58	7.49	7.26	7.14	6.68	6.26	6.02	5.98	6.03	6.73		7.61	7.02	6.09
H1 lead leg	L	strides	24	17	17	17	17	17	18	19	19	19	22.5	206.5				

FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN) *CAA Hurdle Development (2019)*

date	03-Aug-19	time	6.96	11.51	16.23	21.00	25.89	30.95	36.14	41.42	46.85	52.29		58.39	1 / 1			
reaction time	0.263	interval		4.55	4.72	4.77	4.89	5.06	5.19	5.28	5.43	5.44	6.10			14.04	15.14	16.15
		velocity	6.47	7.69	7.42	7.34	7.16	6.92	6.74	6.63	6.45	6.43	6.56	6.85		7.48	6.94	6.50
H1 lead leg	L	strides	24	17	17	17	17	17	18	18	18	18	22	203				

Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN) *CAA Hurdle Development (2019)*

date	03-Aug-19	time	6.96	11.79	16.55	21.31	26.26	31.50	36.85	42.24	47.98	53.89		60.51	3 / 4			
reaction time	0.212	interval		4.83	4.76	4.76	4.95	5.24	5.35	5.39	5.74	5.91	6.62			14.35	15.54	17.04
		velocity	6.47	7.25	7.35	7.35	7.07	6.68	6.54	6.49	6.10	5.92	6.04	6.61		7.32	6.76	6.16
H1 lead leg	L	strides	25	17	17	17	17	18	18	18	19	19	21.7	206.7				

FINAL - 2019 Chinese National Championships (Shenyang, CHN) *CAA Hurdle Development (2019)*

date	10-Jul-19	time	6.77	11.26	15.83	20.45	25.21	30.08	35.05	40.32	45.88	51.53		58.11	4 / 3			
reaction time	0.199	interval		4.49	4.57	4.62	4.76	4.87	4.97	5.27	5.56	5.65	6.58			13.68	14.60	16.48
		velocity	6.65	7.80	7.66	7.58	7.35	7.19	7.04	6.64	6.29	6.19	6.08	6.88		7.68	7.19	6.37
H1 lead leg	L	strides	24	17	17	17	17	17	17	18	19	19	23.2	205.2				

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	/ 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	/ 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)

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

FINAL - 1987 French National Championships (Annecy, FRA) *Veney - split times from PJ*

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

Humphrey, Brittley (USA) (1998)

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

Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

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

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)

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

Heat 3 - 2019 Chinese National Championships (Shenyang, CHN) *CAA Hurdle Development (2019)*

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

Hurkmans, Jennie (SWE) (1984)

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

B-Race - 2011 Poks Memorial (Hässleholm, SWE) *Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx*

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

date	07-Jun-11	time	6.94	11.80	16.64	21.68	26.88	32.38	37.90	43.58	49.40	55.46		62.04	/ 4		
reaction time		interval		4.86	4.84	5.04	5.20	5.50	5.52	5.68	5.82	6.06	6.58			14.74	16.22	17.56
		velocity	6.48	7.20	7.23	6.94	6.73	6.36	6.34	6.16	6.01	5.78	6.08	6.45		7.12	6.47	5.98
H1 lead leg	R	strides		16	16	16	16	17	17	17	17	18	21	171				

Hüsler, Salome (SUI) (2002)

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

Semi-Final 1 - 2023 European Athletics U23 Championships (Espoo, FIN) *European Athletics (2023) - european athletics U23 championships results book*

date	15-Jul-23	time	6.57	10.80	15.20	19.81	24.58	29.54	34.76	40.24	46.15	52.06		59.15	3 / 8		
reaction time	0.249	interval		4.23	4.40	4.61	4.77	4.96	5.22	5.48	5.91	5.91	7.09			13.24	14.95	17.30
		velocity	6.85	8.27	7.95	7.59	7.34	7.06	6.70	6.39	5.92	5.92	5.64	6.76		7.93	7.02	6.07
H1 lead leg		strides												0				

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 Championsips (Osaka, JPN) *Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season*

date	04-Jun-23	time	6.74	11.08	15.58	20.22	25.04	30.03	35.22	40.66	46.45	52.42		59.19	2 / 8		
reaction time	0.224	interval		4.34	4.50	4.64	4.82	4.99	5.19	5.44	5.79	5.97	6.77			13.48	15.00	17.20
		velocity	6.68	8.06	7.78	7.54	7.26	7.01	6.74	6.43	6.04	5.86	5.91	6.76		7.79	7.00	6.10
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	17	17		162				

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	6.69	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) *Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*

date	27-Jun-21	time	6.71	10.98	15.42	19.97	24.71	29.65	34.72	40.02	45.58	51.43		58.16	9 / 3		
reaction time	0.270	interval		4.27	4.44	4.55	4.74	4.94	5.07	5.30	5.56	5.85	6.73			13.26	14.75	16.71
		velocity	6.71	8.20	7.88	7.69	7.38	7.09	6.90	6.60	6.29	5.98	5.94	6.88		7.92	7.12	6.28
H1 lead leg	R	strides	22	14	15	15	15	15	15	15	16	17	21	180				

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	6.59	10.79	15.12	19.60	24.24	29.11	34.05	39.24	44.66	50.13		56.50	6 / 1		
reaction time	0.220	interval		4.20	4.33	4.48	4.64	4.87	4.94	5.19	5.42	5.47	6.37	PB		13.01	14.45	16.08
		velocity	6.83	8.33	8.08	7.81	7.54	7.19	7.09	6.74	6.46	6.40	6.28	7.08		8.07	7.27	6.53

H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	20	179						

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

date	23-Aug-20	time	6.66	10.94	15.30	19.87	24.67		29.65	34.75	40.14	45.68	51.47		58.11	4 / 2					
reaction time	0.192	interval		4.28	4.36	4.57	4.80		4.98	5.10	5.39	5.54	5.79	6.64					13.21	14.88	16.72
		velocity	6.76	8.18	8.03	7.66	7.29		7.03	6.86	6.49	6.32	6.04	6.02	6.88				7.95	7.06	6.28
H1 lead leg		strides		15	15	15	15		15	15	16	16	17		139						

Iburahimu, Aisya (JPN) (1998)

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

FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN) *Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*

date	01-Jun-21	time	6.82	11.11	15.48	20.05	24.84		29.76	34.82	40.01	45.52	51.29		58.01	7 / 2					
reaction time	0.251	interval		4.29	4.37	4.57	4.79		4.92	5.06	5.19	5.51	5.77	6.72					13.23	14.77	16.47
		velocity	6.60	8.16	8.01	7.66	7.31		7.11	6.92	6.74	6.35	6.07	5.95	6.90				7.94	7.11	6.38
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	20.2	179.2						

FINAL - 2019 Japanese National Championships (Fukuoka, JPN) *Yamanaka (2019) - research on athlete performance and technique- 2019 data book*

date	30-Jun-19	time	6.76	11.19	15.80	20.49	25.31		30.35	35.57	41.09	46.98	52.90		59.43	9 / 7					
reaction time		interval		4.43	4.61	4.69	4.82		5.04	5.22	5.52	5.89	5.92	6.53					13.73	15.08	17.33
		velocity	6.66	7.90	7.59	7.46	7.26		6.94	6.70	6.34	5.94	5.91	6.13	6.73				7.65	6.96	6.06
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	17	16		161						

B FINAL - 2019 Kinami Memorial (Osaka, JPN) *Matsubayashi (2019) - research on athlete performance and technique- 2019 data book*

date	06-May-19	time	6.71	11.13	15.72	20.35	25.19		30.18	35.35	40.57	46.08	51.69		58.09	9 / 1					
reaction time		interval		4.42	4.59	4.63	4.84		4.99	5.17	5.22	5.51	5.61	6.40	PB				13.64	15.00	16.34
		velocity	6.71	7.92	7.63	7.56	7.23		7.01	6.77	6.70	6.35	6.24	6.25	6.89				7.70	7.00	6.43
H1 lead leg	R	strides		15	15	15	15		15	15	15	16	16	19.7	156.7						

Isakova, Yevgeniya (RUS) (1978)

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

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

date	14-Sep-08	time	6.63	10.85	15.16	19.55	24.12		28.87	33.80	38.85	44.03	49.29		55.23	2 / 4					
reaction time	0.186	interval		4.22	4.31	4.39	4.57		4.75	4.93	5.05	5.18	5.26	5.94					12.92	14.25	15.49
		velocity	6.79	8.29	8.12	7.97	7.66		7.37	7.10	6.93	6.76	6.65	6.73	7.24				8.13	7.37	6.78
H1 lead leg		strides																			

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

date	23-Sep-07	time	6.59	10.78	15.13	19.55	24.07		28.81	33.69	38.81	43.99	49.16		54.99	2 / 4					
reaction time	0.187	interval		4.19	4.35	4.42	4.52		4.74	4.88	5.12	5.18	5.17	5.83					12.96	14.14	15.47
		velocity	6.83	8.35	8.05	7.92	7.74		7.38	7.17	6.84	6.76	6.77	6.86	7.27				8.10	7.43	6.79
H1 lead leg		strides																			

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

date	30-Aug-07	time	6.46	10.56	14.73	19.03	23.42		28.09	32.91	38.02	43.28	48.57		54.50	3 / 6					
reaction time	0.164	interval		4.10	4.17	4.30	4.39		4.67	4.82	5.11	5.26	5.29	5.93					12.57	13.88	15.66
		velocity	6.97	8.54	8.39	8.14	7.97		7.49	7.26	6.85	6.65	6.62	6.75	7.34				8.35	7.56	6.70
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	20.5	187						

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

date	09-Aug-06	time	6.5	10.6	14.7	19.1	23.5		28.0	33.0	38.0	43.0	48.2		53.93	6 / 1					
reaction time		interval		4.10	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)

	H1	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 Championsips (Sapporo, JPN) *Takashima (2023) - national high school sports festival - biomechanics data*

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)

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

FINAL - 2016 Japanese University Championships (Kumagaya, JPN) *(2016.09.04) - https://twitter.com/touchdown_time/media?lang=en&lang=en&lang=en&lang=en*

date	03-Sep-16	time	6.64	10.81	15.15	19.57	24.33		29.23	34.25	39.47	44.81	50.47		56.81	7 / 2					
reaction time	0.197	interval		4.17	4.34	4.42	4.76		4.90	5.02	5.22	5.34	5.66	6.34					12.93	14.68	16.22
		velocity	6.78	8.39	8.06	7.92	7.35		7.14	6.97	6.70	6.55	6.18	6.31	7.04				8.12	7.15	6.47
H1 lead leg	R	strides	23	15	15	15	16		16	17	17	17	18	22	191						

FINAL - 2016 Seiko Golden Grand Prix (Kawasaki, JPN) *Morioka (2016) - race pattern of top 400m hurdlers in japan*

date	08-May-16	time	6.55	10.74	15.04	19.41	24.18		29.20	34.31	39.50	45.01	50.62		56.75	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) *Enomoto (2015) - 68th high school championships: JAF scientific committee- biomechanics data*

date	31-Jul-15	time	6.67	11.01	15.52	20.07	24.79		29.81	34.92	40.16	45.50	50.97		57.09	4 / 1					
reaction time	0.158	interval		4.34	4.51	4.55	4.72		5.02	5.11	5.24	5.34	5.47	6.12	NJR / PB				13.40	14.85	16.05
		velocity	6.75	8.06	7.76	7.69	7.42		6.97	6.85	6.68	6.55	6.40	6.54	7.01				7.84	7.07	6.54
H1 lead leg		strides		15	15	15	15		16	16	17	17	17		143						

Islami, Drita (MKD) (1996)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2022 European Athletics Championships (Munich, GER)																*European Athletics (2022) - european athletics championships race analysis*			
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)

			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 - 2024 Michitaka Kinami Memorial (Osaka, JPN)																*Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season*			
date	12-May-24	time	6.47	10.84	15.45	20.27	25.14		30.16	35.29	40.66	46.26	52.04		59.06	5 / 1			
reaction time	0.157	interval		4.37	4.61	4.82	4.87		5.02	5.13	5.37	5.60	5.78	7.02			13.80	15.02	16.75
		velocity	6.96	8.01	7.59	7.26	7.19		6.97	6.82	6.52	6.25	6.06	5.70	6.77		7.61	6.99	6.27
H1 lead leg		strides		15	15	16	16		16	16	17	17	17		145				
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	6.72	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 Championsips (Osaka, JPN)																*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date	12-Jun-22	time	6.62	10.99	15.55	20.25	24.97		29.82	34.78	40.09	45.58	51.23		58.18	5 / 5			
reaction time	0.198	interval		4.37	4.56	4.70	4.72		4.85	4.96	5.31	5.49	5.65	6.95			13.63	14.53	16.45
		velocity	6.80	8.01	7.68	7.45	7.42		7.22	7.06	6.59	6.38	6.19	5.76	6.88		7.70	7.23	6.38
H1 lead leg	L	strides	23	16	16	16	16		16	16	17	17	17		170				
FINAL - 2022 Shizuoka International Athletics Meeting (Fukuroi, JPN)																*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date	03-May-22	time	6.71	11.14	15.73	20.62	25.54		30.43	35.55	40.87	46.43	52.34		59.32	3 / 7			
reaction time	0.170	interval		4.43	4.59	4.89	4.92		4.89	5.12	5.32	5.56	5.91	6.98			13.91	14.93	16.79
		velocity	6.71	7.90	7.63	7.16	7.11		7.16	6.84	6.58	6.29	5.92	5.73	6.74		7.55	7.03	6.25
H1 lead leg	L	strides	23	15	15	16	16		16	16	17	17	17		168				
A Race - 2022 Michitaka Kinami Memorial (Osaka, JPN)																*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date	30-Apr-22	time	6.64	11.14	15.78	20.59	25.46		30.45	35.52	40.77	46.18	51.79		58.43	9 / 5			
reaction time	0.131	interval		4.50	4.64	4.81	4.87		4.99	5.07	5.25	5.41	5.61	6.64			13.95	14.93	16.27
		velocity	6.78	7.78	7.54	7.28	7.19		7.01	6.90	6.67	6.47	6.24	6.02	6.85		7.53	7.03	6.45
H1 lead leg	L	strides	23	16	16	16	16		16	16	17	17	17		170				
FINAL - 2021 Japanese National Championships (Osaka, JPN)																*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date	27-Jun-21	time	6.59	10.96	15.57	20.35	25.31		30.31	35.44	40.76	46.33	52.07		58.76	7 / 4			
reaction time	0.166	interval		4.37	4.61	4.78	4.96		5.00	5.13	5.32	5.57	5.74	6.69			13.76	15.09	16.63
		velocity	6.83	8.01	7.59	7.32	7.06		7.00	6.82	6.58	6.28	6.10	5.98	6.81		7.63	6.96	6.31
H1 lead leg	L	strides	23	15	15	16	16		16	16	17	17	17	21.2	189.2				
FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)																*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date	06-Jun-21	time	6.64	10.99	15.48	20.09	24.82		29.78	34.83	40.17	45.61	51.22		57.93	4 / 2			
reaction time		interval		4.35	4.49	4.61	4.73		4.96	5.05	5.34	5.44	5.61	6.71			13.45	14.74	16.39
		velocity	6.78	8.05	7.80	7.59	7.40		7.06	6.93	6.55	6.43	6.24	5.96	6.90		7.81	7.12	6.41
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	21.7	187.7				
FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN)																*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date	01-Jun-21	time	6.64	10.94	15.33	19.85	24.51		29.51	34.63	39.99	45.68	51.72		58.86	8 / 4			
reaction time	0.180	interval		4.30	4.39	4.52	4.66		5.00	5.12	5.36	5.69	6.04	7.14			13.21	14.78	17.09
		velocity	6.78	8.14	7.97	7.74	7.51		7.00	6.84	6.53	6.15	5.79	5.60	6.80		7.95	7.10	6.14
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	18	18	22	190				
FINAL - 2021 Ready Steady Tokyo (Tokyo, JPN)																*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date	09-May-21	time	6.57	10.91	15.45	20.12	24.94		29.98	35.04	40.31	45.70	51.17		57.76	4 / 2			
reaction time	0.153	interval		4.34	4.54	4.67	4.82		5.04	5.06	5.27	5.39	5.47	6.59			13.55	14.92	16.13
		velocity	6.85	8.06	7.71	7.49	7.26		6.94	6.92	6.64	6.49	6.40	6.07	6.93		7.75	7.04	6.51
H1 lead leg	L	strides	23	15	15	15	16		18	17	17	17	18	21	192				
FINAL - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN)																*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date	03-May-21	time	6.62	10.99	15.62	20.39	25.23		30.26	35.32	40.64	46.20	51.92		58.65	7 / 3			
reaction time	0.166	interval		4.37	4.63	4.77	4.84		5.03	5.06	5.32	5.56	5.72	6.73			13.77	14.93	16.60
		velocity	6.80	8.01	7.56	7.34	7.23		6.96	6.92	6.58	6.29	6.12	5.94	6.82		7.63	7.03	6.33
H1 lead leg	L	strides	23	15	15	16	16		16	16	17	17	17		168				
FINAL - 2020 Japanese National Championships (Niigata, JPN)																*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date	03-Oct-20	time	6.52	10.86	15.37	20.00	24.77		29.75	34.72	40.02	45.46	50.92		57.34	7 / 3			
reaction time	0.147	interval		4.34	4.51	4.63	4.77		4.98	4.97	5.30	5.44	5.46	6.42			13.48	14.72	16.20
		velocity	6.90	8.06	7.76	7.56	7.34		7.03	7.04	6.60	6.43	6.41	6.23	6.98		7.79	7.13	6.48
H1 lead leg	L	strides	23	15	15	16	16		16	16	17	17	17	21.2	189.2				
FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN)																*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date	20-Sep-20	time	6.74	11.13	15.75	20.59	25.53		30.61	35.74	41.17	46.65	52.29		59.04	5 / 2			

reaction time	0.205	interval		4.39	4.62	4.84	4.94	5.08	5.13	5.43	5.48	5.64	6.75			13.85	15.15	16.55
		velocity	6.68	7.97	7.58	7.23	7.09	6.89	6.82	6.45	6.39	6.21	5.93	6.78		7.58	6.93	6.34
H1 lead leg		strides		15	15	16	16	16	16	17	17	17		145				

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

date	23-Aug-20	time	6.57	10.88	15.42	20.12	25.03	30.01	35.00	40.34	45.95	51.74		58.56	5 / 4			
reaction time	0.136	interval		4.31	4.54	4.70	4.91	4.98	4.99	5.34	5.61	5.79	6.82			13.55	14.88	16.74
		velocity	6.85	8.12	7.71	7.45	7.13	7.03	7.01	6.55	6.24	6.04	5.87	6.83		7.75	7.06	6.27
H1 lead leg		strides		15	15	16	16	16	16	17	17	17		145				

FINAL - 2019 Japanese National Championships (Fukuoka, JPN) *Yamanaka (2019) - research on athlete performance and technique- 2019 data book*

date	30-Jun-19	time	6.47	10.73	15.17	19.74	24.44	29.28	34.28	39.51	44.91	50.52		57.09	4 / 1			
reaction time	0.151	interval		4.26	4.44	4.57	4.70	4.84	5.00	5.23	5.40	5.61	6.57	PB		13.27	14.54	16.24
		velocity	6.96	8.22	7.88	7.66	7.45	7.23	7.00	6.69	6.48	6.24	6.09	7.01		7.91	7.22	6.47
H1 lead leg	L	strides	23	15	15	15	16	16	16	17	17	17	21.2	188.2				

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

date	19-May-19	time	6.49	10.79	15.25	19.95	24.82	29.86	34.87	40.14	45.63	51.16		57.61	2 / 7			
reaction time	0.141	interval		4.30	4.46	4.70	4.87	5.04	5.01	5.27	5.49	5.53	6.45	PB		13.46	14.92	16.29
		velocity	6.93	8.14	7.85	7.45	7.19	6.94	6.99	6.64	6.38	6.33	6.20	6.94		7.80	7.04	6.45
H1 lead leg	L	strides	23	15	15	16	16	16	16	17	17	17	21	189				

A FINAL - 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN) *Kobayashi (2019) - research on athlete performance and technique- 2019 data book*

date	03-May-19	time	6.62	11.01	15.53	20.22	25.13	30.15	35.10	40.39	45.90	51.55		58.08	/ 2			
reaction time		interval		4.39	4.52	4.69	4.91	5.02	4.95	5.29	5.51	5.65	6.53			13.60	14.88	16.45
		velocity	6.80	7.97	7.74	7.46	7.13	6.97	7.07	6.62	6.35	6.19	6.13	6.89		7.72	7.06	6.38
H1 lead leg		strides		15	15	16	16	16	16	17	17	17		145				

Iuel, Amalie (NOR) (1994)		**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**

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

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) *Paris 2024 Olympic Games - Results Book (2024)*

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

date	10-Jun-24	time	6.45	10.54	14.75	19.05	23.46	28.16	32.99	38.00	43.28	48.60		54.89	4 / 3			
reaction time	0.167	interval		4.09	4.21	4.30	4.41	4.70	4.83	5.01	5.28	5.32	6.29			12.60	13.94	15.61
		velocity	6.98	8.56	8.31	8.14	7.94	7.45	7.25	6.99	6.63	6.58	6.36	7.29		8.33	7.53	6.73
H1 lead leg	L	strides	23	15	15			15	15	15	16	16	19.2	149.2				

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

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

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) *European Athletics (2022) - european athletics championships race analysis*

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) *European Athletics (2022) - european athletics championships race analysis*

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	16	16	16	19.2	150.2				

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

date	20-Jul-22	time	6.33	10.40	14.67	18.93	23.43	25.37	28.10		38.00	43.23	48.60		54.81	4 / 6		
reaction time	0.123	interval		4.07	4.27	4.26	4.50		4.67		9.90	5.23	5.37	6.21			12.60	
		velocity	7.11	8.60	8.20	8.22	7.78	7.88	7.49		7.07	6.69	6.52	6.44	7.30		8.33	
H1 lead leg	L	strides	23	15	15	15	15		15		15	16	16	19	164			

Heat 5 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	19-Jul-22	time	6.50	10.67	14.93	19.30	23.80	25.73	28.53	33.33	38.30	43.46	48.73		54.70	7 / 3		
reaction time	0.140	interval		4.17	4.26	4.37	4.50		4.73	4.80	4.97	5.16	5.27	5.97	PB		12.80	14.03	15.40
		velocity	6.92	8.39	8.22	8.01	7.78	7.77	7.40	7.29	7.04	6.78	6.64	6.70	7.31		8.20	7.48	6.82
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	16	16	19	179				

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

date	16-Jun-22	time	6.36	10.54	14.92	19.32	23.90		28.64	33.58	38.52	43.64	48.92		55.06	2 / 5		
reaction time	0.148	interval		4.18	4.38	4.40	4.58		4.74	4.94	4.94	5.12	5.28	6.14			12.96	14.26	15.34
		velocity	7.08	8.37	7.99	7.95	7.64		7.38	7.09	7.09	6.84	6.63	6.51	7.26		8.10	7.36	6.84
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	16	17	19.7	183.7				

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

date	02-Aug-21	time	6.43	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) *Henson (2024) - Athlete First: 2021 year end hurdle report*

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

date	01-Jul-21	time	6.44	10.58	14.84		23.78		28.50	33.34	38.36	43.50	48.84		55.04	7 / 4		
reaction time	0.150	interval		4.14	4.26		8.94		4.72	4.84	5.02	5.14	5.34	6.20					15.50
		velocity	6.99	8.45	8.22		7.83		7.42	7.23	6.97	6.81	6.55	6.45	7.27				6.77
H1 lead leg	L	strides	23	15	15		15		15	15	16	16	16	19.2	165.2				

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

date	17-Sep-20	time	6.40	10.64	14.96	19.36	23.88	25.9	28.52	33.28	38.44	43.72	49.16		55.27	8 / 5		
reaction time	0.143	interval		4.24	4.32	4.40	4.52		4.64	4.76	5.16	5.28	5.44	6.11			12.96	13.92	15.88
		velocity	7.03	8.25	8.10	7.95	7.74	7.72	7.54	7.35	6.78	6.63	6.43	6.55	7.24		8.10	7.54	6.61
H1 lead leg	L	strides	23	15	15	15	15		15	15	16	16	16	19	180				

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

date	23-Aug-20	time	6.47	10.67	15.03	19.53	24.17	26.2	28.97	33.93	39.07	44.33	49.63		55.92	8 / 3		
reaction time	0.162	interval		4.20	4.36	4.50	4.64		4.80	4.96	5.14	5.26	5.30	6.29			13.06	14.40	15.70
		velocity	6.96	8.33	8.03	7.78	7.54	7.63	7.29	7.06	6.81	6.65	6.60	6.36	7.15		8.04	7.29	6.69
H1 lead leg	L	strides	22	15		15	15		15	15	16	16	16	19	164				

FINAL - 2020 Impossible Games (Oslo, NOR) (TV Analysis) (300m Hurdles) *Henson (2020) - Athlete First: 2020 year end hurdle report*

date	11-Jun-20	time	7.00	11.08	15.45	19.89	24.42		29.09	33.90					39.44	8 / 2		
reaction time	0.137	interval		4.08	4.37	4.44	4.53		4.67	4.81				5.54			13.34	9.48	
		velocity	7.14	8.58	8.01	7.88	7.73		7.49	7.28				7.22	7.61		7.87	11.08	
H1 lead leg	L	strides	25	15	15	15	15		15	15				18.7	133.7				

Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	02-Oct-19	time	6.32	10.52	14.76	19.16	23.68		28.36	33.20	38.28	43.48	48.84		55.03	4 / 4		
reaction time	0.151	interval		4.20	4.24	4.40	4.52		4.68	4.84	5.08	5.20	5.36	6.19			12.84	14.04	15.64
		velocity	7.12	8.33	8.25	7.95	7.74		7.48	7.23	6.89	6.73	6.53	6.46	7.27		8.18	7.48	6.71
H1 lead leg	L	strides	23	15	15	15	15		15	15	16		16	19	164				

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

date	01-Oct-19	time	6.32	10.48	14.76	19.08	23.72		28.40	33.18	38.16	43.20	48.56		54.72	5 / 1		
reaction time	0.157	interval		4.16	4.28	4.32	4.64		4.68	4.78	4.98	5.04	5.36	6.16	NR PB		12.76	14.10	15.38
		velocity	7.12	8.41	8.18	8.10	7.54		7.48	7.32	7.03	6.94	6.53	6.49	7.31		8.23	7.45	6.83
H1 lead leg	L	strides	23	15	15	15			15	15	15	16	16	19	164				

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	7.33	6.71
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	7.25	6.66
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				6.85
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	6.83
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	7.00
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	6.17
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	6.31
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	6.50
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				6.62
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	/ 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)														*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*			
date 18-Aug-09 time	6.57	10.79	15.06	19.45	23.97		28.54	33.39	38.29	43.41	48.65		54.82	4 / 4			
reaction time 0.183 interval		4.22	4.27	4.39	4.52		4.57	4.85	4.90	5.12	5.24	6.17			12.88	13.94	15.26
velocity	6.85	8.29	8.20	7.97	7.74		7.66	7.22	7.14	6.84	6.68	6.48	7.30		8.15	7.53	6.88
H1 lead leg strides																	
Heat 2 - 2009 IAAF World Championships (Berlin, GER)														*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*			
date 17-Aug-09 time	6.67	11.07	15.61	20.13	24.75		29.51	34.46	39.48	44.57	49.75		55.57	8 / 3			
reaction time 0.170 interval		4.40	4.54	4.52	4.62		4.76	4.95	5.02	5.09	5.18	5.82			13.46	14.33	15.29
velocity	6.75	7.95	7.71	7.74	7.58		7.35	7.07	6.97	6.88	6.76	6.87	7.20		7.80	7.33	6.87
H1 lead leg strides																	
FINAL - 2008 IAAF World Athletic Final (Stuttgart, GER)														*Graubner (2009) - http://www.fgs.uni-halle.de*			
date 14-Sep-08 time	6.61	10.75	15.04	19.38	23.87		28.65	33.52	38.61	43.87	49.32		55.44	1 / 6			
reaction time 0.151 interval		4.14	4.29	4.34	4.49		4.78	4.87	5.09	5.26	5.45	6.12			12.77	14.14	15.80
velocity	6.81	8.45	8.16	8.06	7.80		7.32	7.19	6.88	6.65	6.42	6.54	7.22		8.22	7.43	6.65
H1 lead leg strides																	
FINAL - 2008 Olympic Games (Beijing, CHN)														*Behm (2008)- Pekin 2008: Le quatrache masculin - féminin*			
date 20-Aug-08 time	6.3	10.5	14.9	19.3	23.8		28.4	33.1	37.9	43.1	48.5		54.29	9 / 5			
reaction time 0.206 interval		4.20	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) *Graubner (2007) - http://www.fgs.uni-halle.de*

date	23-Sep-07	time	6.74	11.00	15.36	19.82	24.31		28.87	33.56	38.47	43.41	48.50		54.17	6 / 1					
reaction time	0.290	interval		4.26	4.36	4.46	4.49		4.56	4.69	4.91	4.94	5.09	5.67					13.08	13.74	14.94
		velocity	6.68	8.22	8.03	7.85	7.80		7.68	7.46	7.13	7.09	6.88	7.05	7.38				8.03	7.64	7.03
H1 lead leg		strides																			

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

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

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

date	23-Jun-07	time	6.55	10.86	15.18	19.70	24.17		28.75	33.59	38.52	43.59	48.90		54.88	/ 2					
reaction time	0.207	interval		4.31	4.32	4.52	4.47		4.58	4.84	4.93	5.07	5.31	5.98					13.15	13.89	15.31
		velocity	6.87	8.12	8.10	7.74	7.83		7.64	7.23	7.10	6.90	6.59	6.69	7.29				7.98	7.56	6.86
H1 lead leg		strides																			

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

date	09-Aug-06	time	6.4	10.7	14.9	19.4	24.1		28.8	33.5	38.5	43.6	49.0		55.16	7 / 6					
reaction time		interval		4.30	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	7.45	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) *Behm (2005) - Helsinki 2005; Les haies - La revanche des lutins*

date	13-Aug-05	time	6.3	10.6	14.8	19.2	23.6		28.2	32.9	37.9	42.8	48.0		54.17	5 / 4					
reaction time	0.184	interval		4.30	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						

Olichwierczuk, Anna (POL) (1978)

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

date	08-Aug-02	time	6.61	10.79	15.01	19.31	23.79		28.53	33.37	38.51	43.91	49.57		56.18	/ 3					
reaction time	0.185	interval		4.18	4.22	4.30	4.48		4.74	4.84	5.14	5.40	5.66	6.61					12.70	14.06	16.20
		velocity	6.81	8.37	8.29	8.14	7.81		7.38	7.23	6.81	6.48	6.18	6.05	7.12				8.27	7.47	6.48
H1 lead leg		strides		15	15	15	15		16	16	16	17	18		143						

Jiang Liyunzhe (CHN) (2002)		**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**

Heat 2 - 2021 Chinese National Championships (Chongqing, CHN) *CAA Hurdle Development (2021)*

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

FINAL - 2021 Philippe Cup Athletics Invitational (Wuhan, CHN) *CAA Hurdle Development (2021)*

date	20-May-21	time	6.71	11.16	15.70	20.42	25.17		30.11	35.23	40.37	46.11	52.05		58.83	6 / 2					
reaction time	0.187	interval		4.45	4.54	4.72	4.75		4.94	5.12	5.14	5.74	5.94	6.78	PB				13.71	14.81	16.82
		velocity	6.71	7.87	7.71	7.42	7.37		7.09	6.84	6.81	6.10	5.89	5.90	6.80				7.66	7.09	6.24
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	18	18	22	197						

Heat 2 - 2021 East China District Meeting (Zhaoqing, CHN) *CAA Hurdle Development (2021)*

date	25-Apr-21	time	6.84	11.48	16.24	21.18	26.24		31.38	36.72	42.26	48.36	54.40		61.03	8 / 3					
reaction time	0.246	interval		4.64	4.76	4.94	5.06		5.14	5.34	5.54	6.10	6.04	6.63					14.34	15.54	17.68
		velocity	6.58	7.54	7.35	7.09	6.92		6.81	6.55	6.32	5.74	5.79	6.03	6.55				7.32	6.76	5.94
H1 lead leg	L	strides	24	16	16	17	17		17	17	17	19	19	21	200						

FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN) *CAA Hurdle Development (2019)*

date	23-Aug-19	time	6.72	11.26	15.83	20.65	25.68		30.95	36.27	41.86	48.03	54.77		63.02	2 / 6					
reaction time	0.224	interval		4.54	4.57	4.82	5.03		5.27	5.32	5.59	6.17	6.74	8.25					13.93	15.62	18.50
		velocity	6.70	7.71	7.66	7.26	6.96		6.64	6.58	6.26	5.67	5.19	4.85	6.35				7.54	6.72	5.68
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	18	20	23.5	200.5						

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

date	22-Aug-19	time	6.76	11.44	16.30	21.32	26.40		31.65	37.02	42.53	48.20	54.29		61.32	8 / 4					
reaction time	0.171	interval		4.68	4.86	5.02	5.08		5.25	5.37	5.51	5.67	6.09	7.03					14.56	15.70	17.27
		velocity	6.66	7.48	7.20	6.97	6.89		6.67	6.52	6.35	6.17	5.75	5.69	6.52				7.21	6.69	6.08
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	17	18	21.5	195.5						

Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN) *CAA Hurdle Development (2019)*

date	03-Aug-19	time	7.02	11.97	17.02	22.26	27.58		33.10	38.52	44.02	49.66	55.60		62.33	7 / 6					
reaction time	0.179	interval		4.95	5.05	5.24	5.32		5.52	5.42	5.50	5.64	5.94	6.73					15.24	16.26	17.08
		velocity	6.41	7.07	6.93	6.68	6.58		6.34	6.46	6.36	6.21	5.89	5.94	6.42				6.89	6.46	6.15
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	17	17	20.5	193.5						

Heat 2 - 2019 Chinese National Championships (Shenyang, CHN) *CAA Hurdle Development (2019)*

date	09-Jul-19	time	6.79	11.47	16.20	21.20	26.16		31.24	36.42	41.67	47.23	53.08		59.69	6 / ~~3~~					

reaction time	0.180	interval		4.68	4.73	5.00	4.96	5.08	5.18	5.25	5.56	5.85	6.61	DQ		14.41	15.22	16.66
		velocity	6.63	7.48	7.40	7.00	7.06	6.89	6.76	6.67	6.29	5.98	6.05	6.70		7.29	6.90	6.30
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	18	20.5	194.5				

FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN) *CAA Hurdle Development (2019)*

date	12-Apr-19	time	7.02	11.76	16.63	21.67	26.81	32.01	37.30	42.74	48.42	54.38		61.11	8 / 4			
reaction time	0.264	interval		4.74	4.87	5.04	5.14	5.20	5.29	5.44	5.68	5.96	6.73			14.65	15.63	17.08
		velocity	6.41	7.38	7.19	6.94	6.81	6.73	6.62	6.43	6.16	5.87	5.94	6.55		7.17	6.72	6.15
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	18	21.2	195.2				

Heat 4 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN) *CAA Hurdle Development (2019)*

date	12-Apr-19	time	7.04	11.71	16.58	21.57	26.63	31.67	36.90	42.32	48.16	54.23		61.37	7 / 2			
reaction time	0.188	interval		4.67	4.87	4.99	5.06	5.04	5.23	5.42	5.84	6.07	7.14			14.53	15.33	17.33
		velocity	6.39	7.49	7.19	7.01	6.92	6.94	6.69	6.46	5.99	5.77	5.60	6.52		7.23	6.85	6.06
H1 lead leg	L	strides	24	16	16	16	16	17	17	18	18	18	22	198				

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

date	08-Apr-19	time	6.72	11.30	16.00	20.83	25.86	30.94	36.26	41.76	47.71	53.88		60.80	3 / 4			
reaction time	0.194	interval		4.58	4.70	4.83	5.03	5.08	5.32	5.50	5.95	6.17	6.92	PB		14.11	15.43	17.62
		velocity	6.70	7.64	7.45	7.25	6.96	6.89	6.58	6.36	5.88	5.67	5.78	6.58		7.44	6.80	5.96
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21.5	196.5				

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

date	07-Apr-19	time	6.84	11.62	16.37	21.30	26.36	31.68	37.07	42.59	48.52	54.45		60.97	1 / 3			
reaction time	0.217	interval		4.78	4.75	4.93	5.06	5.32	5.39	5.52	5.93	5.93	6.52	PB		14.46	15.77	17.38
		velocity	6.58	7.32	7.37	7.10	6.92	6.58	6.49	6.34	5.90	5.90	6.13	6.56		7.26	6.66	6.04
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21	196				

Jíchová, Nikoleta (CZE) (2000)

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

FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL) *Omega Timing (2024) - diamond league race analysis*

date	25-Aug-24	time	6.42	10.61	14.91	19.33	23.86	28.51	33.44	38.54	43.75	48.97		54.92	1 / 7			
reaction time	0.169	interval		4.19	4.30	4.42	4.53	4.65	4.93	5.10	5.21	5.22	5.95			12.91	14.11	15.53
		velocity	7.01	8.35	8.14	7.92	7.73	7.53	7.10	6.86	6.72	6.70	6.72	7.28		8.13	7.44	6.76
H1 lead leg	R	strides	22	15	15	15	15				16			98				

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

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) *Paris 2024 Olympic Games - Results Book (2024)*

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

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

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

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

date	22-Aug-23	time	6.57	10.88	15.18	19.48	23.99	33.63	38.74	43.97	49.24			55.01	4 / 6			
reaction time	0.229	interval		4.31	4.30	4.30	4.51	9.64	5.11	5.23	5.27	5.77				12.91	14.15	15.61
		velocity	6.85	8.12	8.14	8.14	7.76	7.26	6.85	6.69	6.64	6.93	7.27			8.13	7.42	6.73
H1 lead leg	R	strides	22	15	15	15	15		16	16	16	20.7	150.7					

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

date	21-Aug-23	time	6.43	10.83	15.13	19.50	24.16	33.93	39.03	44.16	49.36			55.10	3 / 4			
reaction time	0.206	interval		4.40	4.30	4.37	4.66	9.77	5.10	5.13	5.20	5.74				13.07	14.43	15.43
		velocity	7.00	7.95	8.14	8.01	7.51	7.16	6.86	6.82	6.73	6.97	7.26			8.03	7.28	6.80
H1 lead leg	R	strides	22	15	15	15	15		16	17	17	21	153					

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

date	18-Aug-22	time	6.28	10.49	14.95	19.45	23.99	26.01	28.70	33.92	38.94	44.14	49.51		55.48	7 / 5		
reaction time	0.248	interval		4.21	4.46	4.50	4.54		4.71	5.22	5.02	5.20	5.37	5.97	PB		13.17	14.47	15.59
		velocity	7.17	8.31	7.85	7.78	7.71	7.69	7.43	6.70	6.97	6.73	6.52	6.70	7.21		7.97	7.26	6.74
H1 lead leg	R	strides	22	15		15	15		15	16	16	16	17	20	167				

Heat 3 - 2022 European Athletics Championships (Munich, GER) — *European Athletics (2022) - european athletics championships race analysis*

date	17-Aug-22	time	6.38	10.70	15.16	19.65	24.28	26.33	28.95	33.93	39.14	44.45	49.82		55.93	1 / 1		
reaction time	0.320	interval		4.32	4.46	4.49	4.63		4.67	4.98	5.21	5.31	5.37	6.11			13.27	14.28	15.89
		velocity	7.05	8.10	7.85	7.80	7.56	7.60	7.49	7.03	6.72	6.59	6.52	6.55	7.15		7.91	7.35	6.61
H1 lead leg	R	strides	22	15			15		15	16	16	16	16	20	151				

Jinks, Asia (USA) (1999)

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

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

date	24-Jun-22	time	6.69	10.93	15.53	20.27	25.23	27.52	30.38	35.80	41.49	47.20	52.97	*59.80*	59.80	7 / 6		
reaction time		interval		4.24	4.60	4.74	4.96		5.15	5.42	5.69	5.71	5.77	6.83			13.58	15.53	17.17
		velocity	6.73	8.25	7.61	7.38	7.06	7.27	6.80	6.46	6.15	6.13	6.07	5.86	6.69		7.73	6.76	6.12
H1 lead leg	R	strides	24	16	16	16	17		17	18	18				142				

Jolivet, Rosa (USA) (1974)

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

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

date	16-Jun-96	time	6.67	10.97	15.31	19.81	24.43	26.41	29.33	34.47	39.80				57.53	2 / 8		
reaction time		interval		4.30	4.34	4.50	4.62		4.90	5.14	5.33						13.14	14.66	
		velocity	6.75	8.14	8.06	7.78	7.58	7.57	7.14	6.81	6.57				6.95		7.99	7.16	
H1 lead leg	L	strides	24	15	15	15	15		16	16	17	17	17	20	187				

Johnson, Michelle (USA) (1974)

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

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

date	25-Aug-99	time	6.53	10.67	14.96	19.32	23.73		28.25	33.12	37.92	42.98	48.09		54.23	2 / 6		
reaction time	0.291	interval		4.14	4.29	4.36	4.41		4.52	4.87	4.80	5.06	5.11	6.14			12.79	13.80	14.97
		velocity	6.89	8.45	8.16	8.03	7.94		7.74	7.19	7.29	6.92	6.85	6.51	7.38		8.21	7.61	7.01
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	16	16	19.5	181.5				

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

date	23-Aug-99	time	6.15	10.30	14.47	18.79	23.25		27.85	32.85	37.75	42.78	47.99		54.67	5 / 4		
reaction time	0.188	interval		4.15	4.17	4.32	4.46		4.60	5.00	4.90	5.03	5.21	6.68			12.64	14.06	15.14
		velocity	7.32	8.43	8.39	8.10	7.85		7.61	7.00	7.14	6.96	6.72	5.99	7.32		8.31	7.47	6.94
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	16	16	19.5	181.5				

Jones, Jasmine (USA) (2001)

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

FINAL - 2024 Olympic Games (Paris, FRA) — *Paris 2024 Olympic Games - Results Book (2024)*

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) — *Paris 2024 Olympic Games - Results Book (2024)*

date	06-Aug-24	time	6.11	10.21	14.36	18.55	22.90		27.35	32.05	37.03	42.23	47.58		53.83	7 / 2		
reaction time	0.166	interval		4.10	4.15	4.19	4.35		4.45	4.70	4.98	5.20	5.35	6.25			12.44	13.50	15.53
		velocity	7.36	8.54	8.43	8.35	8.05		7.87	7.45	7.03	6.73	6.54	6.40	7.43		8.44	7.78	6.76
H1 lead leg	R	strides	22	14	14	14	14		14	15	15	16	16	19	173				

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

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

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

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

date	27-Jun-24	time	6.39	10.59	14.79	19.20	23.52	25.57	28.12	33.00	38.18	43.52	49.14		55.54	5 / 1		
reaction time		interval		4.20	4.20	4.41	4.32		4.60	4.88	5.18	5.34	5.62	6.40			12.81	13.80	16.14
		velocity	7.04	8.33	8.33	7.94	8.10	7.82	7.61	7.17	6.76	6.55	6.23	6.25	7.20		8.20	7.61	6.51
H1 lead leg		strides																	

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

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)

	H1	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	6.29	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) — *Paris 2024 Olympic Games - Results Book (2024)*

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					

Kaczmarek, Alicja (POL) (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 European Athletics U20 Championships (Tallin, EST) — *European Athletics (2021) - european athletics U20 championships results book*

date	18-Jul-21	time	6.74	11.35	16.13	20.91	25.92	28.32	31.40	36.76	42.23	47.75	53.17		59.49	4 / 6				
reaction time	0.252	interval		4.61	4.78	4.78	5.01		5.48	5.36	5.47	5.52	5.42	6.32			14.17	15.85	16.41	
		velocity	6.68	7.59	7.32	7.32	6.99	7.06	6.39	6.53	6.40	6.34	6.46	6.33	6.72		7.41	6.62	6.40	
H1 lead leg	L	strides	24	16	16		17						17	20	110					

Semi-Final 1 - 2021 European Athletics U20 Championships (Tallin, EST) — *European Athletics (2021) - european athletics U20 championships results book*

date	17-Jul-21	time	6.78	11.50	16.15	20.81	25.53	27.81	30.55	35.78	41.25	46.86	52.32		58.42	4 / 2				
reaction time	0.246	interval		4.72	4.65	4.66	4.72		5.02	5.23	5.47	5.61	5.46	6.10	PB		14.03	14.97	16.54	
		velocity	6.64	7.42	7.53	7.51	7.42	7.19	6.97	6.69	6.40	6.24	6.41	6.56	6.85		7.48	7.01	6.35	
H1 lead leg		strides													0					

Kagawa, Yumeka (JPN) (2001)

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

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

date	25-Oct-20	time	7.02	11.70	16.55	21.45	26.51		31.78	37.17	42.74	48.31	53.89		60.11	3 / 3				
reaction time	0.230	interval		4.68	4.85	4.90	5.06		5.27	5.39	5.57	5.57	5.58	6.22			14.43	15.72	16.72	
		velocity	6.41	7.48	7.22	7.14	6.92		6.64	6.49	6.28	6.28	6.27	6.43	6.65		7.28	6.68	6.28	
H1 lead leg		strides		16	16	16	16		17	17	17	17	17		149					

Kamada, Saki (JPN) (1997)

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

FINAL - 2015 Japanese National High School Championships (Wakayama, JPN) — *Enomoto (2015) - 68th high school championships: JAF scientific committee- biomechanics data*

date	31-Jul-15	time	6.81	11.44	16.22	20.95	25.89		31.21	36.50	42.09	47.65	53.52		60.04	8 / 5				
reaction time		interval		4.63	4.78	4.73	4.94		5.32	5.29	5.59	5.56	5.87	6.52			14.14	15.55	17.02	
		velocity	6.61	7.56	7.32	7.40	7.09		6.58	6.62	6.26	6.29	5.96	6.13	6.66		7.43	6.75	6.17	
H1 lead leg		strides		17	17	17	17		18	18	18	18	19		159					

Kanda, Saki (JPN)

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

FINAL - 2020 Shimane High School Championships (Izumo, JPN) — *Shimizu (2020) - shimane high school championships 2020 - biomechanics data analysis*

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) — *Shimizu (2019) - shimane high school championships 2019 - biomechanics data analysis*

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)

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

Semi-Final 2 - 2023 European Athletics U23 Championships (Espoo, FIN) — *European Athletics (2023) - european athletics U23 championships results book*

date	15-Jul-23	time	6.78	11.22	15.83	20.54	25.45		30.54	35.79	41.42	46.83	52.36		58.86	8 / 6				
reaction time	0.166	interval		4.44	4.61	4.71	4.91		5.09	5.25	5.63	5.41	5.53	6.50			13.76	15.25	16.57	
		velocity	6.64	7.88	7.59	7.43	7.13		6.88	6.67	6.22	6.47	6.33	6.15	6.80		7.63	6.89	6.34	
H1 lead leg		strides													0					

National FINAL - 2023 Bauhaus Galan (Stockholm, SWE) — *Omega Timing (2023) - diamond league race analysis*

date	02-Jul-23	time	6.77	11.27	15.84	20.56	25.50		30.64	35.92	41.48	47.32	53.34		60.37	6 / 5				
reaction time	0.163	interval		4.50	4.57	4.72	4.94		5.14	5.28	5.56	5.84	6.02	7.03			13.79	15.36	17.42	
		velocity	6.65	7.78	7.66	7.42	7.09		6.81	6.63	6.29	5.99	5.81	5.69	6.63		7.61	6.84	6.03	
H1 lead leg		strides																		

FINAL - 2021 European Athletics U20 Championships (Tallin, EST) — *European Athletics (2021) - european athletics U20 championships results book*

date	18-Jul-21	time	6.68	11.25	15.97	20.88	25.86	28.20	31.07	36.47	41.99	47.55	52.89		59.02	1 / 4				
reaction time	0.189	interval		4.57	4.72	4.91	4.98		5.21	5.40	5.52	5.56	5.34	6.13			14.20	15.59	16.42	
		velocity	6.74	7.66	7.42	7.13	7.03	7.09	6.72	6.48	6.34	6.29	6.55	6.53	6.78		7.39	6.74	6.39	
H1 lead leg	R	strides	25	17	18		18						19	22.5	119.5					

Semi-Final 1 - 2021 European Athletics U20 Championships (Tallin, EST) — *European Athletics (2021) - european athletics U20 championships results book*

date	17-Jul-21	time	6.84	11.61	16.27	21.06	25.84	28.14	30.96	36.19	41.37	46.73	52.28		58.53	3 / 4		
reaction time	0.170	interval		4.77	4.66	4.79	4.78		5.12	5.23	5.18	5.36	5.55	6.25	PB		14.22	15.13	16.09
		velocity	6.58	7.34	7.51	7.31	7.32	7.11	6.84	6.69	6.76	6.53	6.31	6.40	6.83		7.38	6.94	6.53
H1 lead leg		strides													0				

Kashima, Himari (JPN)

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

FINAL - 2009 Japanese National High School Championships (Nara, JPN) — *Matsuo (2009) - 62nd high school championships: JAF scientific committee - biomechanics data collection*

date	31-Jul-09	time	6.74	11.39	16.21	21.06	26.00		30.99	36.10	41.42	46.96	52.68		59.14	/ 2		
reaction time		interval		4.65	4.82	4.85	4.94		4.99	5.11	5.32	5.54	5.72	6.46			14.32	15.04	16.58
		velocity	6.68	7.53	7.26	7.22	7.09		7.01	6.85	6.58	6.32	6.12	6.19	6.76		7.33	6.98	6.33
H1 lead leg		strides		17	17	17	17		17	17	18	19	19		158				

Kashiwagura, Umi (JPN) (2004)

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

FINAL - 2022 Japanese National High School Championships (Naruto, JPN) — *Kishima (2022) - national high school championships biomechanics data collection*

date	05-Aug-22	time	6.75	11.22	15.77	20.57	25.53		30.65	35.88	41.18	46.75	52.53		59.12	7 / 2		
reaction time		interval		4.47	4.55	4.80	4.96		5.12	5.23	5.30	5.57	5.78	6.59	PB		13.82	15.31	16.65
		velocity	6.67	7.83	7.69	7.29	7.06		6.84	6.69	6.60	6.28	6.06	6.07	6.77		7.60	6.86	6.31
H1 lead leg	R	strides	22	16	16	17	17		17	17	17	18	19	23	199				

Katou, Misato (JPN) (2007)

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

FINAL - 2024 Japanese National High School Championsips (Fukuoka, JPN) — *Takashima (2024) - national high school sports festival - biomechanics data*

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				

FINAL - 2024 Japanese National U20 Championsips (Niigata, JPN) — *Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season*

date	30-Jun-24	time	6.91	11.51	16.18	20.95	25.86		30.93	36.24	41.71	47.41	53.29		59.68	9 / 5		
reaction time	0.155	interval		4.60	4.67	4.77	4.91		5.07	5.31	5.47	5.70	5.88	6.39	PB		14.04	15.29	17.05
		velocity	6.51	7.61	7.49	7.34	7.13		6.90	6.59	6.40	6.14	5.95	6.26	6.70		7.48	6.87	6.16
H1 lead leg	R	strides	24	17	17	17	17		17	17	17	17	19		179				

Kawabata, Szuka (JPN) (1993)

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

B FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN) — *Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*

date	24-Oct-20	time	6.64	10.99	15.58	20.30	25.26		30.53	35.82	41.11	46.93	52.97		59.45	7 / 1		
reaction time		interval		4.35	4.59	4.72	4.96		5.27	5.29	5.29	5.82	6.04	6.48			13.66	15.52	17.15
		velocity	6.78	8.05	7.63	7.42	7.06		6.64	6.62	6.62	6.01	5.79	6.17	6.73		7.69	6.77	6.12
H1 lead leg		strides		15	16	16	17		17	17	17	19	19		153				

FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN) — *Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*

date	20-Sep-20	time	6.76	11.18	15.90	20.72	25.73		30.88	36.19	41.84	47.58	53.50		59.98	2 / 5		
reaction time	0.198	interval		4.42	4.72	4.82	5.01		5.15	5.31	5.65	5.74	5.92	6.48			13.96	15.47	17.31
		velocity	6.66	7.92	7.42	7.26	6.99		6.80	6.59	6.19	6.10	5.91	6.17	6.67		7.52	6.79	6.07
H1 lead leg		strides		15	16	16	17		17	17	18	18	19		153				

B FINAL - 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN) — *Kobayashi (2019) - research on athlete performance and technique- 2019 data book*

date	03-May-19	time	6.76	11.21	15.87	20.64	25.58		30.66	36.05	41.68	47.36	53.32		59.87	/ 3		
reaction time		interval		4.45	4.66	4.77	4.94		5.08	5.39	5.63	5.68	5.96	6.55			13.88	15.41	17.27
		velocity	6.66	7.87	7.51	7.34	7.09		6.89	6.49	6.22	6.16	5.87	6.11	6.68		7.56	6.81	6.08
H1 lead leg		strides		15	16	16	16		16	17	18	18	19		151				

Kawachi, Sena (JPN) (2003)

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

FINAL - 2021 Japanese High School National Championships (Fukui, JPN) — *Shibayama (2021) - national high school and U20 national championhsips*

date	30-Jul-21	time	6.77	11.31	16.10	21.01	26.06		31.10	36.19	41.57	46.97	52.43		58.32	3 / 2		
reaction time	0.192	interval		4.54	4.79	4.91	5.05		5.04	5.09	5.38	5.40	5.46	5.89			14.24	15.18	16.24
		velocity	6.65	7.71	7.31	7.13	6.93		6.94	6.88	6.51	6.48	6.41	6.79	6.86		7.37	6.92	6.47
H1 lead leg		strides		16	16	16	17		17	17	17	18	18		152				

Kawahara, 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 - 2023 Shimane High School Championships (Izumo, JPN) — *Shimizu (2023) - shimane high school championships 2023 - biomechanics data analysis*

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)

	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	6.88	11.35	15.96	20.70	25.55		30.57	35.68	40.90	46.26	51.74		58.12	6 / 1		
reaction time	0.288	interval		4.47	4.61	4.74	4.85		5.02	5.11	5.22	5.36	5.48	6.38	PB		13.82	14.98	16.06
		velocity	6.54	7.83	7.59	7.38	7.22		6.97	6.85	6.70	6.53	6.39	6.27	6.88		7.60	7.01	6.54
H1 lead leg	R	strides	23	16	16	16	16		17	17	17	17	17	21.2	193.2				

FINAL - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN) — *Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*

date	03-May-21	time	7.02	11.64	16.42	21.20	26.06		31.15	36.29	41.56	46.95	52.50		58.96	3 / 4		
reaction time	0.214	interval		4.62	4.78	4.78	4.86		5.09	5.14	5.27	5.39	5.55	6.46			14.18	15.09	16.21
		velocity	6.41	7.58	7.32	7.32	7.20		6.88	6.81	6.64	6.49	6.31	6.19	6.78		7.40	6.96	6.48

H1 lead leg	R	strides	23	16	16	16	16		17	17	17	17	17		172								

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

date	03-Oct-20	time	6.96	11.51	16.18	20.99	25.84		30.85	36.00	41.29	46.68	52.17		58.38	2 / 8							
reaction time	0.212	interval		4.55	4.67	4.81	4.85		5.01	5.15	5.29	5.39	5.49	6.21	PB					14.03	15.01	16.17	
		velocity	6.47	7.69	7.49	7.28	7.22		6.99	6.80	6.62	6.49	6.38	6.44	6.85					7.48	7.00	6.49	
H1 lead leg	R	strides	23	16	16	16	16		17	17	17	17	17	21	193								

FINAL - 2019 Japanese National High School Championships (Okinawa, JPN) *Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection*

date	06-Aug-19	time	6.83	11.46	16.18	20.97	25.95		31.16	36.37	41.61	47.20	53.00		59.91	7 / 7							
reaction time		interval		4.63	4.72	4.79	4.98		5.21	5.21	5.24	5.59	5.80	6.91						14.14	15.40	16.63	
		velocity	6.59	7.56	7.42	7.31	7.03		6.72	6.72	6.68	6.26	6.03	5.79	6.68					7.43	6.82	6.31	
H1 lead leg		strides		17	17	17	17		17	17	18	18	19		157								

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

date	04-Aug-18	time	6.77	11.39	16.37	21.34	26.46		31.66	37.07	42.83	49.00	54.79		61.38	3 / 8							
reaction time		interval		4.62	4.98	4.97	5.12		5.20	5.41	5.76	6.17	5.79	6.59						14.57	15.73	17.72	
		velocity	6.65	7.58	7.03	7.04	6.84		6.73	6.47	6.08	5.67	6.04	6.07	6.52					7.21	6.68	5.93	
H1 lead leg		strides		17	17	17	17		17	17	19	19	19		159								

Kawano, Shiho (JPN) (1999)		**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**

FINAL - 2017 Japanese National High School Championships (Yamagata, JPN) *Kota (2017) - 70th high school championships: JAF scientific committee- biomechanics data*

date	31-Jul-17	time	6.84	11.43	16.13	21.17	26.29		31.58	36.92	42.29	47.88	53.55		59.96	5 / 7							
reaction time	0.240	interval		4.59	4.70	5.04	5.12		5.29	5.34	5.37	5.59	5.67	6.41						14.33	15.75	16.63	
		velocity	6.58	7.63	7.45	6.94	6.84		6.62	6.55	6.52	6.26	6.17	6.24	6.67					7.33	6.67	6.31	
H1 lead leg		strides		16	16	17	17		17	17	17	18	18		153								

Kira, Manami (JPN) (1991)		**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**

FINAL - 2015 Japanese National Championships (Niigata, JPN) *Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan*

date	28-Jun-15	time	6.71	11.13	15.54	20.04	24.66		29.46	34.41	39.63	45.00	50.77		57.92	7 / 1							
reaction time	0.178	interval		4.42	4.41	4.50	4.62		4.80	4.95	5.22	5.37	5.77	7.15						13.33	14.37	16.36	
		velocity	6.71	7.92	7.94	7.78	7.58		7.29	7.07	6.70	6.52	6.07	5.59	6.91					7.88	7.31	6.42	
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	18	22.7	190								

FINAL - 2015 Seiko Golden Grand Prix (Kawasaki, JPN) *Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan*

date	10-May-15	time	6.66	11.00	15.39	19.89	24.49		29.36	34.48	39.75	45.21	51.20		57.73	4 / 2							
reaction time		interval		4.34	4.39	4.50	4.60		4.87	5.12	5.27	5.46	5.99	6.53						13.23	14.59	16.72	
		velocity	6.76	8.06	7.97	7.78	7.61		7.19	6.84	6.64	6.41	5.84	6.13	6.93					7.94	7.20	6.28	
H1 lead leg		strides		15	15	15	15		16	16	16	16	17	22	163								

FINAL - 2014 Japanese National Championships (Fukushima, JPN) *Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions*

date	08-Jun-14	time	6.72	11.06	15.45	19.92	24.52		29.41	34.38	39.52	44.96	50.60		57.27	6 / 2							
reaction time		interval		4.34	4.39	4.47	4.60		4.89	4.97	5.14	5.44	5.64	6.67						13.20	14.46	16.22	
		velocity	6.70	8.06	7.97	7.83	7.61		7.16	7.04	6.81	6.43	6.21	6.00	6.98					7.95	7.26	6.47	
H1 lead leg	L	strides	23	15	15	15	15		16	17	17	17	18	22.2	190								

A FINAL - 2014 Shizuoka International Athletics Meeting (Fukuroi, JPN) *Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions*

date	03-May-14	time	6.81	11.25	15.79	20.42	25.07		29.94	35.00	40.14	45.50	51.12		57.69	/ 2							
reaction time		interval		4.44	4.54	4.63	4.65		4.87	5.06	5.14	5.36	5.62	6.57						13.61	14.58	16.12	
		velocity	6.61	7.88	7.71	7.56	7.53		7.19	6.92	6.81	6.53	6.23	6.09	6.93					7.71	7.20	6.51	
H1 lead leg		strides		15	15	15	15		16	16	16	16	17		141								

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) *European Athletics (2022) - european athletics championships race analysis*

date	17-Aug-22	time	6.37	10.68	15.02	19.51	24.22	26.33	29.05	34.24	39.65	45.21	51.10		57.46	5 / 7							
reaction time	0.199	interval		4.31	4.34	4.49	4.71		4.83	5.19	5.41	5.56	5.89	6.36						13.14	14.73	16.86	
		velocity	7.06	8.12	8.06	7.80	7.43	7.60	7.25	6.74	6.47	6.29	5.94	6.29	6.96					7.99	7.13	6.23	
H1 lead leg	R	strides	23	14	15	15	15		16	16	16	17	17	21	185								

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) *Paris 2024 Olympic Games - Results Book (2024)*

date	05-Aug-24	time	6.27	10.38	14.64	18.99	23.48		28.06	32.90	38.13	43.69	49.33		56.73	5 / 5							
reaction time	0.137	interval		4.11	4.26	4.35	4.49		4.58	4.84	5.23	5.56	5.64	7.40						12.72	13.91	16.43	
		velocity	7.18	8.52	8.22	8.05	7.80		7.64	7.23	6.69	6.29	6.21	5.41	7.05					8.25	7.55	6.39	
H1 lead leg	R	strides	22	15	15	15	15		15	15	17	17	17	22	185								

Heat 5 - 2024 Olympic Games (Paris, FRA) *Paris 2024 Olympic Games - Results Book (2024)*

date	04-Aug-24	time	6.32	10.54	14.85	19.34	23.88		28.58	33.58	38.85	44.57	50.46		57.69	8 / 7							
reaction time	0.158	interval		4.22	4.31	4.49	4.54		4.70	5.00	5.27	5.72	5.89	7.23						13.02	14.24	16.88	
		velocity	7.12	8.29	8.12	7.80	7.71		7.45	7.00	6.64	6.12	5.94	5.53	6.93					8.06	7.37	6.22	
H1 lead leg	R	strides	22	15	15	15	15		15	15	16		17		145								

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

date	11-Jun-24	time	6.32	10.40	14.68	19.06	23.55		28.20	32.95	38.08	43.51	49.00		55.29	5 / 6							
reaction time	0.168	interval		4.08	4.28	4.38	4.49		4.65	4.75	5.13	5.43	5.49	6.29						12.74	13.89	16.05	
		velocity	7.12	8.58	8.18	7.99	7.80		7.53	7.37	6.82	6.45	6.38	6.36	7.23					8.24	7.56	6.54	
H1 lead leg	R	strides	22	15	15				15	15	16		17	20	135								

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

date	10-Jun-24	time	6.23	10.31	14.67	18.99	23.51	28.12	32.79	37.77	43.22	48.48		54.56	7 / 1			
reaction time	0.171	interval		4.08	4.36	4.32	4.52	4.61	4.67	4.98	5.45	5.26	6.08			12.76	13.80	15.69
		velocity	7.22	8.58	8.03	8.10	7.74	7.59	7.49	7.03	6.42	6.65	6.58	7.33		8.23	7.61	6.69
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	19.5	178.5				

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

date	22-Aug-23	time	6.30	10.57	14.78	19.08	23.52			38.23	43.51	49.08		55.43	2 / 7			
reaction time	0.152	interval		4.27	4.21	4.30	4.44			14.71	5.28	5.57	6.35			12.78		
		velocity	7.14	8.20	8.31	8.14	7.88			7.14	6.63	6.28	6.30	7.22		8.22		
H1 lead leg	R	strides	22	14	14	15	15			16	16	17	20	149				

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

date	21-Aug-23	time	6.26	10.53	14.70	18.93	23.46	28.16	32.96	38.03	43.46	48.96		55.23	9 / 4			
reaction time	0.170	interval		4.27	4.17	4.23	4.53	4.70	4.80	5.07	5.43	5.50	6.27			12.67	14.03	16.00
		velocity	7.19	8.20	8.39	8.27	7.73	7.45	7.29	6.90	6.45	6.36	6.38	7.24		8.29	7.48	6.56
H1 lead leg	R	strides	22	14	14	15	15	15	15	15	16	16	19.5	176.5				

FINAL - 2023 Bislett Games (Oslo, NOR) *Omega Timing (2023) - diamond league race analysis*

date	15-Jun-23	time	6.27	10.42	14.75	19.10	23.57	28.22	33.14	38.50	43.91	49.63		56.44	2 / 8			
reaction time	0.150	interval		4.15	4.33	4.35	4.47	4.65	4.92	5.36	5.41	5.72	6.81			12.83	14.04	16.49
		velocity	7.18	8.43	8.08	8.05	7.83	7.53	7.11	6.53	6.47	6.12	5.87	7.09		8.18	7.48	6.37
H1 lead leg	R	strides	22	15	15	15	15	15	16	16	17	17		163				

Semi-Final 1 - 2022 European Athletics Championships (Munich, GER) *European Athletics (2022) - european athletics championships race analysis*

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

date	10-Aug-22	time	6.20	10.28	14.53	18.90	23.32	25.26	27.90	32.63	37.56	42.90	48.30		54.62	7 / 6		
reaction time	0.156	interval		4.08	4.25	4.37	4.42		4.58	4.73	4.93	5.34	5.40	6.32			12.70	13.73	15.67
		velocity	7.26	8.58	8.24	8.01	7.92	7.92	7.64	7.40	7.10	6.55	6.48	6.33	7.32		8.27	7.65	6.70
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	20	179				

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

date	16-Jun-22	time	6.28	10.40	14.78	19.18	23.72	28.54	33.54	38.64	44.08	49.66		56.07	3 / 7			
reaction time	0.135	interval		4.12	4.38	4.40	4.54	4.82	5.00	5.10	5.44	5.58	6.41			12.90	14.36	16.12
		velocity	7.17	8.50	7.99	7.95	7.71	7.26	7.00	6.86	6.43	6.27	6.24	7.13		8.14	7.31	6.51
H1 lead leg	R	strides	22	14	15	15	15	15	16	16	17	17	20	182				

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

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

date	15-Sep-20	time	6.36	10.60	15.04	19.52	24.20	29.00	34.04		44.80	50.32		56.71	6 / 5			
reaction time		interval		4.24	4.44	4.48	4.68	4.80	5.04		10.76	5.52	6.39			13.16	14.52	16.28
		velocity	7.08	8.25	7.88	7.81	7.48	7.29	6.94		6.51	6.34	6.26	7.05		7.98	7.23	6.45
H1 lead leg	R	strides	22	15	15	15	15	16	16			17	20	151				

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

date	07-Jun-18	time	6.56	10.84	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)	**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**

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

date	27-Jun-24	time	6.46	10.81	15.37	20.00	24.78	26.86	29.55	34.65	40.01	45.36	50.73		57.52	6 / 7		
reaction time		interval		4.35	4.56	4.63	4.78		4.77	5.10	5.36	5.35	5.37	6.79			13.54	14.65	16.08
		velocity	6.97	8.05	7.68	7.56	7.32	7.45	7.34	6.86	6.53	6.54	6.52	5.89	6.95		7.75	7.17	6.53
H1 lead leg		strides																	

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

date	24-Jun-22	time	6.59	10.92	15.44	20.03	24.84	27.02	29.86	35.02	40.42	45.94	51.59	*58.38*	58.38	9 / 5		
reaction time		interval		4.33	4.52	4.59	4.81		5.02	5.16	5.40	5.52	5.65	6.79			13.44	14.99	16.57
		velocity	6.83	8.08	7.74	7.63	7.28	7.40	6.97	6.78	6.48	6.34	6.19	5.89	6.85		7.81	7.00	6.34
H1 lead leg	L	strides	24	16	16	16	17		17	17	18				141				

Knight, Andrenette (JAM) (1996)	**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**

Long Hurdles - 2025 Grand Slam Track Miami (Miramar, FL) *Grand Slam Track (2025) - results and splits by race*

date	03-May-25	time	6.30	10.34	14.58	18.97	23.58	25.53	28.22	33.02	37.92	42.91	48.01		54.08	7 / 2		

reaction time	0.220	interval		4.04	4.24	4.39	4.61		4.64	4.80	4.90	4.99	5.10	6.07			12.67	14.05	14.99
		velocity	7.14	8.66	8.25	7.97	7.59	7.83	7.54	7.29	7.14	7.01	6.86	6.59	7.40		8.29	7.47	7.00
H1 lead leg	R	strides	23	15	15	15	15		16	16	16			19	150				

Long Hurdles - 2025 Grand Slam Track Kingston (Kingston, JAM) (TV Analysis) *Henson (2025) - Athlete First: 2025 year end hurdle report*

date	04-Apr-25	time	6.30	10.38	14.51	18.95	23.59		28.29	33.06	38.17	43.27	48.68		55.06	7 / 4			
reaction time	0.210	interval		4.08	4.13	4.44	4.64		4.70	4.77	5.11	5.10	5.41	6.38			12.65	14.11	15.62
		velocity	7.14	8.58	8.47	7.88	7.54		7.45	7.34	6.85	6.86	6.47	6.27	7.26		8.30	7.44	6.72
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	17	20	181				

FINAL - 2024 Memorial van damme (Brussels, BEL) *Omega Timing (2024) - diamond league race analysis*

date	14-Sep-24	time	6.24	10.24	14.41	18.74	23.29		28.07	33.07	38.26	43.79	49.58		56.70	2 / 8			
reaction time	0.165	interval		4.00	4.17	4.33	4.55		4.78	5.00	5.19	5.53	5.79	7.12			12.50	14.33	16.51
		velocity	7.21	8.75	8.39	8.08	7.69		7.32	7.00	6.74	6.33	6.04	5.62	7.05		8.40	7.33	6.36
H1 lead leg	R	strides	23				15		16	16	16	17	17	20.7	140.7				

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

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) *Omega Timing (2024) - diamond league race analysis*

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) *Omega Timing (2024) - diamond league race analysis*

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) *Omega Timing (2024) - diamond league race analysis*

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) *Omega Timing (2024) - diamond league race analysis*

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) *Omega Timing (2024) - diamond league race analysis*

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

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) *Omega Timing (2023) - diamond league race analysis*

date	08-Sep-23	time	6.09	9.97	13.98	18.10	22.43		27.03	31.79	36.78	42.09	47.77		54.75	3 / 6			
reaction time	0.153	interval		3.88	4.01	4.12	4.33		4.60	4.76	4.99	5.31	5.68	6.98			12.01	13.69	15.98
		velocity	7.39	9.02	8.73	8.50	8.08		7.61	7.35	7.01	6.59	6.16	5.73	7.31		8.74	7.67	6.57
H1 lead leg	R	strides	24	15	15				16	16	16	17	17	20.2	156.2				

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

date	02-Sep-23	time	6.18	10.13	14.20	18.43	22.83		27.44	32.21	37.24	42.44	47.64		53.87	7 / 2			
reaction time	0.162	interval		3.95	4.07	4.23	4.40		4.61	4.77	5.03	5.20	5.20	6.23			12.25	13.78	15.43
		velocity	7.28	8.86	8.60	8.27	7.95		7.59	7.34	6.96	6.73	6.73	6.42	7.43		8.57	7.62	6.80
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	20	186				

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

date	24-Aug-23	time	6.24	10.37	14.44	18.52	22.92		27.49	32.29	37.30	42.67	48.31		55.20	4 / 8			
reaction time	0.158	interval		4.13	4.07	4.08	4.40		4.57	4.80	5.01	5.37	5.64	6.89			12.28	13.77	16.02
		velocity	7.21	8.47	8.60	8.58	7.95		7.66	7.29	6.99	6.52	6.21	5.81	7.25		8.55	7.63	6.55
H1 lead leg	R	strides	23	15	15	15	15		16			17	17	20.7	153.7				

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

date	22-Aug-23	time	6.27	10.41	14.51	18.61	22.99		27.49	32.23	37.20	42.30	47.58		53.72	7 / 2					
reaction time	0.163	interval		4.14	4.10	4.10	4.38		4.50	4.74	4.97	5.10	5.28	6.14			12.34	13.62	15.35		
		velocity	7.18	8.45	8.54	8.54	7.99		7.78	7.38	7.04	6.86	6.63	6.51	7.45		8.51	7.71	6.84		
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	17	20	182						

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

date	21-Aug-23	time	6.20	10.00	14.03	18.13	22.50		27.16	31.98	36.96	42.23	47.60		54.21	5 / 2					
reaction time	0.165	interval		3.80	4.03	4.10	4.37		4.66	4.82	4.98	5.27	5.37	6.61			11.93	13.85	15.62		
		velocity	7.26	9.21	8.68	8.54	8.01		7.51	7.26	7.03	6.64	6.52	6.05	7.38		8.80	7.58	6.72		
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	17	16	20	184						

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

date	26-Aug-22	time	6.16	10.14		18.56	23.02	24.86	27.57	32.30	37.16	42.30	47.76		54.33	1 / 3					
reaction time	0.148	interval		3.98		8.42	4.46		4.55	4.73	4.86	5.14	5.46	6.57			12.40	13.74	15.46		
		velocity	7.31	8.79		8.31	7.85	8.05	7.69	7.40	7.20	6.81	6.41	6.09	7.36		8.47	7.64	6.79		
H1 lead leg	R	strides	22	15			15		15	16	16	16	17	20	152						

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

date	20-Jul-22	time	6.37	10.60	15.07	19.50	24.10	26.19	28.90	33.73	38.80		49.40		55.39	2 / 7					
reaction time	0.148	interval		4.23	4.47	4.43	4.60		4.80	4.83	5.07		10.60	5.99			13.13	14.23	15.67		
		velocity	7.06	8.27	7.83	7.90	7.61	7.64	7.29	7.25	6.90		6.60	6.68	7.22		8.00	7.38	6.70		
H1 lead leg	R	strides	22	15	15	15	15		15	15	15			19	146						

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	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		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 Olympic 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 Olympic 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	15	16	16	19	178						

Heat 3 - 2024 Olympic Games (Paris, FRA) *Paris 2024 Olympic 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	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					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	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) *Omega Timing (2023) - diamond league race analysis*

date	30-Jun-23	time	6.42	10.66	15.02	19.36	23.85	28.48	33.36	38.52	43.79	49.13		55.13	3 / 4			
reaction time	0.178	interval		4.24	4.36	4.34	4.49	4.63	4.88	5.16	5.27	5.34	6.00			12.94	14.00	15.77
		velocity	7.01	8.25	8.03	8.06	7.80	7.56	7.17	6.78	6.64	6.55	6.67	7.26		8.11	7.50	6.66
H1 lead leg	R	strides	22	14			14	15	15		16	16	19	131				

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

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

date	06-Aug-22	time	6.40	10.50	14.53	18.90	23.47	25.5	28.33	33.23	38.20	43.37	48.73		55.11	8 / 5		
reaction time	0.160	interval		4.10	4.03	4.37	4.57		4.86	4.90	4.97	5.17	5.36	6.38			12.50	14.33	15.50
		velocity	7.03	8.54	8.68	8.01	7.66	7.84	7.20	7.14	7.04	6.77	6.53	6.27	7.26		8.40	7.33	6.77
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	19.2	179.2				

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

date	30-Jun-22	time	6.44	10.68	14.98	19.36	23.88	25.76	28.58	33.56	38.62	43.80	49.04		54.89	5 / 7		
reaction time	0.157	interval		4.24	4.30	4.38	4.52		4.70	4.98	5.06	5.18	5.24	5.85			12.92	14.20	15.48
		velocity	6.99	8.25	8.14	7.99	7.74	7.76	7.45	7.03	6.92	6.76	6.68	6.84	7.29		8.13	7.39	6.78
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	19	178				

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

date	16-Jun-22	time	6.44	10.66	14.94	19.28	23.82	28.58	33.46	38.58	43.72	48.98		54.84	4 / 3			
reaction time	0.160	interval		4.22	4.28	4.34	4.54	4.76	4.88	5.12	5.14	5.26	5.86			12.84	14.18	15.52
		velocity	6.99	8.29	8.18	8.06	7.71	7.35	7.17	6.84	6.81	6.65	6.83	7.29		8.18	7.40	6.77
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	19.2	179.2				

FINAL - 2022 Golden Spike (Ostrava, CZE) (TV Analysis) (300m Hurdles) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	31-May-22	time	6.97	10.87	15.03	19.40	23.90	28.77	33.50					38.84	4 / 5			
reaction time	0.170	interval		3.90	4.16	4.37	4.50	4.87	4.73				5.34	**NR PB**		12.43	14.10	
		velocity	7.17	8.97	8.41	8.01	7.78	7.19	7.40				7.49	7.72		8.45	7.45	
H1 lead leg	R	strides	24	15	15	15	15		15				18.2	117.2				

FINAL - 2022 Müller Birmingham Diamond League (Birmingham, GBR) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

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

Heat 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis) *Henson (2024) - Athlete First: 2021 year end hurdle report*

date	31-Jul-21	time	*fell into hurdle*											dnf	2 / --			
reaction time	0.160	interval																
		velocity																
H1 lead leg	R	strides	23											23				

FINAL - 2021 Müller British Grand Prix (Gateshead, GBR) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	13-Jul-21	time	6.34	10.56	14.90	19.30	23.80	25.7	28.46	33.32	38.36	43.60	48.78		54.69	3 / 4		
reaction time	0.147	interval		4.22	4.34	4.40	4.50		4.66	4.86	5.04	5.24	5.18	5.91			12.96	14.02	15.46
		velocity	7.10	8.29	8.06	7.95	7.78	7.78	7.51	7.20	6.94	6.68	6.76	6.77	7.31		8.10	7.49	6.79

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	15	15	15		15	15	15	16	16	19	179				

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

date	17-Sep-20	time	6.40	10.72	15.16	19.60		26.2	28.88	33.84	38.92	44.16	49.48		55.58	2 / 6			
reaction time	0.164	interval		4.32	4.44	4.44			9.28	4.96	5.08	5.24	5.32	6.10			13.20	14.24	15.64
		velocity	7.03	8.10	7.88	7.88		7.63	7.54	7.06	6.89	6.68	6.58	6.56	7.20		7.95	7.37	6.71
H1 lead leg	R	strides	23	15	15	15				15	15	16	16	19.2	149.2				

Knoroz, Anna (RUS) (1970)

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

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

date	23-Aug-98	time	6.60				23.90						49.32		55.47	1 / 7			
reaction time		interval					17.30						25.42	6.15					
		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) *Behm (1995) - la tactique du 400 haies*

date	10-Aug-94	time	6.6	10.8	15.0	19.4	23.7		28.1	32.5	38.0	43.1	48.5		54.68	/ 3			
reaction time		interval		4.20	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	17	17	18		148				

Koda, Yuna (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) *Shimizu (2023) - shimane high school championships 2023 - biomechanics data analysis*

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)

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

FINAL - 2015 Japanese National Junior Championships (Nagoya, JPN) *Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan*

date	18-Oct-15	time	6.82	11.42	16.06	20.85	25.87		31.01	36.22	41.46	47.13	52.70		58.91	/ 1			
reaction time		interval		4.60	4.64	4.79	5.02		5.14	5.21	5.24	5.67	5.57	6.21	PB		14.03	15.37	16.48
		velocity	6.60	7.61	7.54	7.31	6.97		6.81	6.72	6.68	6.17	6.28	6.44	6.79		7.48	6.83	6.37
H1 lead leg		strides		16	16	16	17		17	17	17	18	18		152				

Kokoroha, Hidaka (JPN)

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

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

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)

	H1	H2	H3	H4	H5		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	6.62	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) *Shandong Athletics Sport Science (2024)*

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) *Shandong Athletics Sport Science (2024)*

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) *Shandong Athletics Sport Science (2024)*

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) *Shandong Athletics Sport Science (2024)*

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) *Shandong Athletics Sport Science (2023)*

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) *Shandong Athletics Sport Science (2023)*

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) *Shandong Athletics Sport Science (2023)*

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) *CAA Hurdle Development (2021)*

date	26-Jun-21	time	6.93	11.55	16.26	21.08	26.12		31.30	36.55	42.04	47.75	53.48		60.10	7 / 4				
reaction time	0.272	interval		4.62	4.71	4.82	5.04		5.18	5.25	5.49	5.71	5.73	6.62			14.15	15.47	16.93	
		velocity	6.49	7.58	7.43	7.26	6.94		6.76	6.67	6.38	6.13	6.11	6.04	6.66		7.42	6.79	6.20	
H1 lead leg	R	strides	23	16	16	16	17		17	17	18	18	18	22	198					

FINAL - 2020 Chinese Olympic Trials (Shaoxing, CHN) *CAA Hurdle Development (2021)*

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

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	/ 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	/ 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 (Fukuroi, JPN) *Kobayashi (2019) - research on athlete performance and technique- 2019 data book*

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

FINAL - 2018 Japanese National Championships (Yamaguchi, JPN) *Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018*

date	24-Jun-18	time	6.62	10.97	15.52	20.41	25.35	30.37	35.49	40.75	46.14	51.63		57.94	4 / 3		
reaction time	0.164	interval		4.35	4.55	4.89	4.94	5.02	5.12	5.26	5.39	5.49	6.31			13.79	15.08	16.14
		velocity	6.80	8.05	7.69	7.16	7.09	6.97	6.84	6.65	6.49	6.38	6.34	6.90		7.61	6.96	6.51
H1 lead leg	L		22	15	15	16	16	17	17	17	17	17	21	190				

FINAL - 2016 Japanese National High School Championships (Okayama, JPN) *Kota (2016) - 69th high school championships: JAF scientific committee- biomechanics data*

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) *Enomoto (2015) - 68th high school championships: JAF scientific committee- biomechanics data*

date	31-Jul-15	time	7.01	11.66	16.47	21.35	26.38	31.48	36.75	42.16	47.88	53.70		60.15	5 / 6		
reaction time		interval		4.65	4.81	4.88	5.03	5.10	5.27	5.41	5.72	5.82	6.45			14.34	15.40	16.95
		velocity	6.42	7.53	7.28	7.17	6.96	6.86	6.64	6.47	6.12	6.01	6.20	6.65		7.32	6.82	6.19
H1 lead leg		strides		17	17	17	17	17	17	17	18	18		155				

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) *Kota (2017) - 70th high school championships: JAF scientific committee- biomechanics data*

date	31-Jul-17	time	6.86	11.38	16.08	20.97	25.98	31.16	36.65	42.18	47.68	53.29		59.67	8 / 4		
reaction time	0.185	interval		4.52	4.70	4.89	5.01	5.18	5.49	5.53	5.50	5.61	6.38			14.11	15.68	16.64
		velocity	6.56	7.74	7.45	7.16	6.99	6.76	6.38	6.33	6.36	6.24	6.27	6.70		7.44	6.70	6.31
H1 lead leg		strides		17	17	17	17	17	17	17	17	17		153				

Krafzik, Carolina (GER) (1995)

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

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

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) *Paris 2024 Olympic Games - Results Book (2024)*

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

date	22-Aug-23	time	6.33	10.44	14.48	18.58	22.95	27.66	32.56	37.67	42.93	48.35		54.58	5 / 5		
reaction time	0.192	interval		4.11	4.04	4.10	4.37	4.71	4.90	5.11	5.26	5.42	6.23			12.25	13.98	15.79
		velocity	7.11	8.52	8.66	8.54	8.01	7.43	7.14	6.85	6.65	6.46	6.42	7.33		8.57	7.51	6.65
H1 lead leg	L	strides	23	15	15	15	15	17	17	17	17	17	21.7	189.7				

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

date	21-Aug-23	time	6.10	10.00	14.17	18.30	22.57	27.36	32.36	37.36	42.60	48.00		54.53	8 / 3		
reaction time	0.190	interval		3.90	4.17	4.13	4.27	4.79	5.00	5.00	5.24	5.40	6.53			12.20	14.06	15.64
		velocity	7.38	8.97	8.39	8.47	8.20	7.31	7.00	7.00	6.68	6.48	6.13	7.34		8.61	7.47	6.71
H1 lead leg	L	strides	23	15	15	15	15	17	17	17		17	21.7	172.7				

National FINAL - 2023 Bauhaus Galan (Stockholm, SWE) *Omega Timing (2023) - diamond league race analysis*

date	02-Jul-23	time	6.24	10.31	14.49	18.83	23.37	28.15	33.09	38.17	43.50	49.09		55.71	5 / 1		
reaction time	0.178	interval		4.07	4.18	4.34	4.54	4.78	4.94	5.08	5.33	5.59	6.62			12.59	14.26	16.00
		velocity	7.21	8.60	8.37	8.06	7.71	7.32	7.09	6.89	6.57	6.26	6.04	7.18		8.34	7.36	6.56
H1 lead leg		strides																

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

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) *European Athletics (2022) - european athletics championships race analysis*

date	18-Aug-22	time	6.16	10.16	14.29	18.58	23.02	25.01	27.66	32.57	37.79	43.15	48.78		55.29	3 / 2			
reaction time	0.184	interval		4.00	4.13	4.29	4.44		4.64	4.91	5.22	5.36	5.63	6.51			12.42	13.99	16.21
		velocity	7.31	8.75	8.47	8.16	7.88	8.00	7.54	7.13	6.70	6.53	6.22	6.14	7.23		8.45	7.51	6.48
H1 lead leg	L	strides	23	15		15	15		16	16	17	17	17	21	172				

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

date	17-Aug-22	time	6.34	10.38	14.59	18.86	23.19	25.15	27.81	32.68	37.81	42.99	48.28		54.32	4 / 1			
reaction time	0.249	interval		4.04	4.21	4.27	4.33		4.62	4.87	5.13	5.18	5.29	6.04	PB		12.52	13.82	15.60
		velocity	7.10	8.66	8.31	8.20	8.08	7.95	7.58	7.19	6.82	6.76	6.62	6.62	7.36		8.39	7.60	6.73
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	20	186				

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

date	16-Jun-22	time	6.34	10.42	14.64	19.02	23.72		28.74	33.84	39.10	44.82	51.06		58.74	1 / 8			
reaction time	0.170	interval		4.08	4.22	4.38	4.70		5.02	5.10	5.26	5.72	6.24	7.68			12.68	14.82	17.22
		velocity	7.10	8.58	8.29	7.99	7.45		6.97	6.86	6.65	6.12	5.61	5.21	6.81		8.28	7.09	6.10
H1 lead leg	L	strides	23	15	15	15	17		17	17		18	20		157				

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	14.50	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				

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

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	PB		12.40	14.53	15.69
		velocity	7.11	8.82	8.47	8.14	7.49		7.25	6.96	6.90	6.47	6.72	6.94	7.31		8.47	7.23	6.69
H1 lead leg	L	strides	23	15	15	15	17		17	17	17		17	20	173				

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

date	04-Jul-21	time	6.22	10.18	14.30		23.18	25.3	27.96	32.98	38.14	43.32	48.78		55.20	2 / 7			
reaction time	0.187	interval		3.96	4.12		8.88		4.78	5.02	5.16	5.18	5.46	6.42					15.80
		velocity	7.23	8.84	8.50		7.88	7.91	7.32	6.97	6.78	6.76	6.41	6.23	7.25				6.65
H1 lead leg	L	strides	22	15	15				16	17	17	17	19	21.7	159.7				

Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

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

Kron, Tina (GER) (1981)

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

Heat 1 - 2009 German National Championships (Ulm, GER) *Killing (2009) - der rhythmus is entscheidend*

date	04-Jul-09	time	6.54	10.71	14.98	19.30	23.80		28.54	33.73	39.17	44.77	50.52		57.18	/ 1			
reaction time	0.187	interval		4.17	4.27	4.32	4.50		4.74	5.19	5.44	5.60	5.75	6.66			12.76	14.43	16.79
		velocity	6.88	8.39	8.20	8.10	7.78		7.38	6.74	6.43	6.25	6.09	6.01	7.00		8.23	7.28	6.25
H1 lead leg		strides		15	15	15	15		16	16	18	18	18		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) *Morioka (2016) - race pattern of top 400m hurdlers in japan*

date	26-Jun-16	time	6.67	11.02	15.56	20.23	25.10		30.04	35.16	40.33	45.51	50.72		56.62	5 / 2			
reaction time	0.176	interval		4.35	4.54	4.67	4.87		4.94	5.12	5.17	5.18	5.21	5.90			13.56	14.93	15.56
		velocity	6.75	8.05	7.71	7.49	7.19		7.09	6.84	6.77	6.76	6.72	6.78	7.06		7.74	7.03	6.75
H1 lead leg		strides		16	16	16	16		16	17	17	17	17		148				

FINAL - 2016 Seiko Golden Grand Prix (Kawasaki, JPN) *Morioka (2016) - race pattern of top 400m hurdlers in japan*

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

FINAL - 2016 Shizuoka International Athletics Meeting (Fukuroi, JPN) *Morioka (2016) - race pattern of top 400m hurdlers in japan*

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

FINAL - 2014 Japanese National Championships (Fukushima, JPN) *Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions*

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

A FINAL - 2014 Shizuoka International Athletics Meeting (Fukuroi, JPN) *Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions*

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

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

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

A FINAL - 2012 Shizuoka International Athletics Meeting (Fukuroi, JPN) *Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions*

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

FINAL - 2011 Asian Championships (Kobe, JPN) *Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*

date	10-Jul-11	time	6.47	10.82	15.39	20.04	24.88	29.62	34.63	39.75	44.92	50.34		56.52	/ 1				
reaction time	0.198	interval		4.35	4.57	4.65	4.84	4.74	5.01	5.12	5.17	5.42	6.18			13.57	14.59	15.71	
		velocity	6.96	8.05	7.66	7.53	7.23	7.38	6.99	6.84	6.77	6.46	6.47	7.08		7.74	7.20	6.68	
H1 lead leg		strides		16	16	16	16	16	17	17	17	18		149					

FINAL - 2011 Japanese National Championships (Kumagaya, JPN) *Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*

date	12-Jun-11	time	6.51	10.91	15.36	19.95	24.55	29.37	34.22	39.19	44.30	49.61		55.81	/ 1				
reaction time		interval		4.40	4.45	4.59	4.60	4.82	4.85	4.97	5.11	5.31	6.20			13.44	14.27	15.39	
		velocity	6.91	7.95	7.87	7.63	7.61	7.26	7.22	7.04	6.85	6.59	6.45	7.17		7.81	7.36	6.82	
H1 lead leg		strides		16	16	16	16	17	17	17	17	17		149					

FINAL - 2010 Japanese National Championships (Marugume, JPN) *Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*

date	06-Jun-10	time	6.47	10.76	15.25	19.82	24.44	29.23	34.22	39.36	44.52	49.73		55.83	/ 1				
reaction time	0.183	interval		4.29	4.49	4.57	4.62	4.79	4.99	5.14	5.16	5.21	6.10			13.35	14.40	15.51	
		velocity	6.96	8.16	7.80	7.66	7.58	7.31	7.01	6.81	6.78	6.72	6.56	7.16		7.87	7.29	6.77	
H1 lead leg		strides		15	16	16	16	16	16	17	17	17		146					

FINAL - 2010 Osaka Grand Prix (Osaka, JPN) *Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*

date	08-May-10	time	6.34	10.58	14.95	19.32	23.94	28.61	33.58	38.79	44.18	49.72		56.29	/ 4				
reaction time		interval		4.24	4.37	4.37	4.62	4.67	4.97	5.21	5.39	5.54	6.57			12.98	14.26	16.14	
		velocity	7.10	8.25	8.01	8.01	7.58	7.49	7.04	6.72	6.49	6.32	6.09	7.11		8.09	7.36	6.51	
H1 lead leg		strides		16	16	16	16	16	17	17	17	17		148					

Race A - 2010 Shizuoka International Athletics Meeting (Fukuroi, JPN) *Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*

date	03-May-10	time	6.46	10.73	15.23	19.78	24.47	29.15	34.07	39.13	44.39	49.98		56.50	/ 2				
reaction time		interval		4.27	4.50	4.55	4.69	4.68	4.92	5.06	5.26	5.59	6.52			13.32	14.29	15.91	
		velocity	6.97	8.20	7.78	7.69	7.46	7.48	7.11	6.92	6.65	6.26	6.13	7.08		7.88	7.35	6.60	
H1 lead leg		strides		16	16	16	16	16	17	17	17	17		148					

FINAL - 2009 Japanese National Championships (Hiroshima, JPN) *Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*

date	27-Jun-09	time	6.54	10.88	15.50	20.19	25.09	29.94	34.96	40.12	45.36	50.62		56.70	4 / 1				
reaction time		interval		4.34	4.62	4.69	4.90	4.85	5.02	5.16	5.24	5.26	6.08			13.65	14.77	15.66	
		velocity	6.88	8.06	7.58	7.46	7.14	7.22	6.97	6.78	6.68	6.65	6.58	7.05		7.69	7.11	6.70	
H1 lead leg		strides		16	16	16	16	16	17	17	17	17		148					

FINAL - 2009 Osaka Grand Prix (Osaka, JPN) *Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*

date	09-May-09	time	6.52	10.81	15.33	19.88	24.57	29.34	34.29	39.46	44.73	50.22		56.73	/ 4				
reaction time		interval		4.29	4.52	4.55	4.69	4.77	4.95	5.17	5.27	5.49	6.51			13.36	14.41	15.93	
		velocity	6.90	8.16	7.74	7.69	7.46	7.34	7.07	6.77	6.64	6.38	6.14	7.05		7.86	7.29	6.59	
H1 lead leg		strides		16	16	16	16	16	17	17	17	18		149					

FINAL - 2008 Japanese National Championships (Kawasaki, JPN) *Yasunori (2009) - race pattern analysis of prestigious Japanese 400m hurdlers*

date	27-Jun-08	time	6.56	10.76	15.15	19.64	24.24	28.98	33.85	38.94	44.18	49.69		56.21	/ 1				
reaction time		interval		4.20	4.39	4.49	4.60	4.74	4.87	5.09	5.24	5.51	6.52			13.08	14.21	15.84	
		velocity	6.86	8.33	7.97	7.80	7.61	7.38	7.19	6.88	6.68	6.35	6.13	7.12		8.03	7.39	6.63	
H1 lead leg		strides		16	16	16	16	16	17	17	17	17		148					

FINAL - 2008 Osaka Grand Prix (Osaka, JPN) *Yasunori (2009) - race pattern analysis of prestigious Japanese 400m hurdlers*

date	10-May-08	time	6.77	11.23	15.70	20.43	25.18	30.08	35.20	40.41	45.82	51.49		57.84	8 / 4				
reaction time		interval		4.46	4.47	4.73	4.75	4.90	5.12	5.21	5.41	5.67	6.35			13.66	14.77	16.29	
		velocity	6.65	7.85	7.83	7.40	7.37	7.14	6.84	6.72	6.47	6.17	6.30	6.92		7.69	7.11	6.45	
H1 lead leg		strides		16	16	16	16	17	17	17	18	18		151					

Race 2 - 2008 Shizuoka International Athletics Meeting (Fukuroi, JPN) *Yasunori (2009) - race pattern analysis of prestigious Japanese 400m hurdlers*

date	03-May-08	time	6.61	10.96	15.40	19.92	24.61	29.43	34.40	39.52	44.93	50.50		56.83	/ 1				
reaction time		interval		4.35	4.44	4.52	4.69	4.82	4.97	5.12	5.41	5.57	6.33			13.31	14.48	16.10	
		velocity	6.81	8.05	7.88	7.74	7.46	7.26	7.04	6.84	6.47	6.28	6.32	7.04		7.89	7.25	6.52	
H1 lead leg		strides		16	16	16	16	17	17	17	18	18		151					

Heat 1 - 2007 IAAF World Championships (Osaka, JPN) *Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers*

date	27-Aug-07	time	6.57	10.90	15.44	20.06	24.83	29.77	34.86	40.00	45.26	50.77		57.01	2 / 6			
reaction time	0.202	interval		4.33	4.54	4.62	4.77	4.94	5.09	5.14	5.26	5.51	6.24			13.49	14.80	15.91
		velocity	6.85	8.08	7.71	7.58	7.34	7.09	6.88	6.81	6.65	6.35	6.41	7.02		7.78	7.09	6.60
H1 lead leg		strides		16	16	16	16	16	18	17	17	18		150				

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

date	01-Jul-07	time	6.56	10.99	15.43	20.00	24.64	29.40	34.28	39.31	44.48	49.93		56.09	/ 1			
reaction time		interval		4.43	4.44	4.57	4.64	4.76	4.88	5.03	5.17	5.45	6.16			13.44	14.28	15.65
		velocity	6.86	7.90	7.88	7.66	7.54	7.35	7.17	6.96	6.77	6.42	6.49	7.13		7.81	7.35	6.71
H1 lead leg		strides		16	16	16	16	17	17	17	17	18		150				

FiNAL - 2006 Seiko Super Grand Prix (Yokohama, JPN) *Yasunori (2007) - race pattern analysis of top Japanese 400m hurdlers*

date	24-Sep-06	time	6.59	10.88	15.38	19.92	24.69	29.48	34.47	39.53	44.72	50.03		56.19	/ 2			
reaction time		interval		4.29	4.50	4.54	4.77	4.79	4.99	5.06	5.19	5.31	6.16			13.33	14.55	15.56
		velocity	6.83	8.16	7.78	7.71	7.34	7.31	7.01	6.92	6.74	6.59	6.49	7.12		7.88	7.22	6.75
H1 lead leg		strides		16	16	16	16	16	17	17	17	17		148				

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

date	07-May-05	time	6.67	11.16	15.75	20.44	25.34	30.19	35.14	40.13	45.42	50.89		57.10	/ 2			
reaction time		interval		4.49	4.59	4.69	4.90	4.85	4.95	4.99	5.29	5.47	6.21			13.77	14.70	15.75
		velocity	6.75	7.80	7.63	7.46	7.14	7.22	7.07	7.01	6.62	6.40	6.44	7.01		7.63	7.14	6.67
H1 lead leg		strides		16	16	15	17	17	17	17	17	18		150				

FiNAL - 2004 Seiko Super Grand Prix (Yokohama, JPN) *Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers*

date	23-Sep-04	time	6.69	11.28	15.97	20.72	25.66	30.63	35.67	40.81	46.08	51.40		57.27	/ 4			
reaction time		interval		4.59	4.69	4.75	4.94	4.97	5.04	5.14	5.27	5.32	5.87	PB		14.03	14.95	15.73
		velocity	6.73	7.63	7.46	7.37	7.09	7.04	6.94	6.81	6.64	6.58	6.81	6.98		7.48	7.02	6.68
H1 lead leg		strides		16	16	17	17	17	17	17	17	17		151				

Kudo, Mei (JPN) (2002)

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

FINAL - 2023 Japanese National Championsips (Osaka, JPN) *Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season*

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

date	12-Jun-22	time	6.87	11.51	16.13	20.92	25.88	30.93	36.16	41.57	47.10	52.71		59.16	7 / 8			
reaction time	0.213	interval		4.64	4.62	4.79	4.96	5.05	5.23	5.41	5.53	5.61	6.45			14.05	15.24	16.55
		velocity	6.55	7.54	7.58	7.31	7.06	6.93	6.69	6.47	6.33	6.24	6.20	6.76		7.47	6.89	6.34
H1 lead leg		strides		16	16	16	16	17	17	17	17	18		150				

FINAL - 2022 Shizuoka International Athletics Meeting (Fukuroi, JPN) *Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*

date	03-May-22	time	7.01	11.68	16.38	21.34	26.46	31.70	36.97	42.29	47.71	53.37		59.49	7 / 8			
reaction time	0.205	interval		4.67	4.70	4.96	5.12	5.24	5.27	5.32	5.42	5.66	6.12			14.33	15.63	16.40
		velocity	6.42	7.49	7.45	7.06	6.84	6.68	6.64	6.58	6.46	6.18	6.54	6.72		7.33	6.72	6.40
H1 lead leg	L	strides	24	16	16	17	17	17	17	17	17	18		176				

FINAL - 2021 Japanese U20 National Championships (Osaka, JPN) *Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*

date	27-Jun-21	time	6.99	11.59	16.43	21.39	26.46	31.53	36.64	41.86	47.43	53.05		58.97	6 / 1			
reaction time	0.186	interval		4.60	4.84	4.96	5.07	5.07	5.11	5.22	5.57	5.62	5.92	PB		14.40	15.25	16.41
		velocity	6.44	7.61	7.23	7.06	6.90	6.90	6.85	6.70	6.28	6.23	6.76	6.78		7.29	6.89	6.40
H1 lead leg	L	strides	24	17	17	17	17	17	17	17	18	18	21.2	200.2				

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

date	25-Oct-20	time	6.92	11.58	16.45	21.40	26.51	31.77	37.24	42.93	48.87	54.79		60.75	6 / 7			
reaction time	0.210	interval		4.66	4.87	4.95	5.11	5.26	5.47	5.69	5.94	5.92	5.96			14.48	15.84	17.55
		velocity	6.50	7.51	7.19	7.07	6.85	6.65	6.40	6.15	5.89	5.91	6.71	6.58		7.25	6.63	5.98
H1 lead leg		strides		17	18	17	17	17	17	17	19	19		158				

Kudo, Mitsuki (JPN) (2004)

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

FINAL - 2021 Japanese High School National Championships (Fukui, JPN) *Shibayama (2021) - national high school and U20 national championhsips*

date	30-Jul-21	time	7.40	12.31	17.40	22.56	28.01	33.45	38.89	44.56	50.27	56.10		62.41	8 / 8			
reaction time	0.285	interval		4.91	5.09	5.16	5.45	5.44	5.44	5.67	5.71	5.83	6.31			15.16	16.33	17.21
		velocity	6.08	7.13	6.88	6.78	6.42	6.43	6.43	6.17	6.13	6.00	6.34	6.41		6.93	6.43	6.10
H1 lead leg		strides		19	19	17	19	19	19	19	19	19		169				

FINAL - 2021 Japanese U20 National Championships (Osaka, JPN) *Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*

date	27-Jun-21	time	7.07	11.61	16.22	20.94	25.99	31.33	36.67	42.23	47.91	54.05		61.02	9 / 6			
reaction time	0.206	interval		4.54	4.61	4.72	5.05	5.34	5.34	5.56	5.68	6.14	6.97			13.87	15.73	17.38
		velocity	6.36	7.71	7.59	7.42	6.93	6.55	6.55	6.29	6.16	5.70	5.74	6.56		7.57	6.68	6.04
H1 lead leg	R	strides	26	17	17	17	19	19	19	19	19	21		193				

Kuki, Yurie (JPN) (1993)

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

B FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN) *Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*

date	06-Jun-21	time	6.86	11.26	15.82	20.47	25.44	30.48	35.84	41.34	47.01	52.92		59.42	4 / 3				
reaction time		interval		4.40	4.56	4.65	4.97	5.04	5.36	5.50	5.67	5.91	6.50			13.61	15.37	17.08	
		velocity	6.56	7.95	7.68	7.53	7.04	6.94	6.53	6.36	6.17	5.92	6.15	6.73		7.71	6.83	6.15	
H1 lead leg	R	strides	23	15	15	15	16	16	17	17	17	18	22.2	191.2					

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

date	09-May-21	time	6.87	11.36	15.97	20.69	25.69	31.06	36.42	41.84	47.31	53.05		59.80	8 / 5				
reaction time	0.139	interval		4.49	4.61	4.72	5.00	5.37	5.36	5.42	5.47	5.74	6.75			13.82	15.73	16.63	
		velocity	6.55	7.80	7.59	7.42	7.00	6.52	6.53	6.46	6.40	6.10	5.93	6.69		7.60	6.68	6.31	
H1 lead leg	R	strides	23	15	15	15	16	18	17	17	17	18		171					

C FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN) *Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*

date	24-Oct-20	time	6.82	11.33	15.90	20.87	26.29	31.65	36.99	42.38	48.03	53.80		60.75	3 / 2				
reaction time		interval		4.51	4.57	4.97	5.42	5.36	5.34	5.39	5.65	5.77	6.95			14.05	16.12	16.81	
		velocity	6.60	7.76	7.66	7.04	6.46	6.53	6.55	6.49	6.19	6.07	5.76	6.58		7.47	6.51	6.25	
H1 lead leg		strides		15	15	16	17	18	17	17	17	17		149					

FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN) *Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*

date	20-Sep-20	time	6.97	11.54	16.30	21.17	26.29	31.43	36.79	42.28	47.80	53.40		59.94	7 / 4				
reaction time	0.192	interval		4.57	4.76	4.87	5.12	5.14	5.36	5.49	5.52	5.60	6.54			14.20	15.62	16.61	
		velocity	6.46	7.66	7.35	7.19	6.84	6.81	6.53	6.38	6.34	6.25	6.12	6.67		7.39	6.72	6.32	
H1 lead leg		strides		15	15	15	16	16	17	17	17	17		145					

Kuritani, Mizuki (JPN) (1998)

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

FINAL - 2016 Japanese National High School Championships (Okayama, JPN) *Kota (2016) - 69th high school championships: JAF scientific committee- biomechanics data*

date	31-Jul-16	time	6.79	11.29	16.23	21.35	26.74	32.18	37.70	43.31	49.05	54.85		61.21	3 / 7				
reaction time		interval		4.50	4.94	5.12	5.39	5.44	5.52	5.61	5.74	5.80	6.36			14.56	16.35	17.15	
		velocity	6.63	7.78	7.09	6.84	6.49	6.43	6.34	6.24	6.10	6.03	6.29	6.53		7.21	6.42	6.12	
H1 lead leg		strides		17	17	17	17	18	18	18	18	18		158					

Kurochkina, Tatyana (BLR) (1967)

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

FINAL - 2001 European Cup (Bremen, GER) *Graubner (2007) - http://www.fgs.uni-halle.de*

date	23-Jun-01	time	6.70	11.01	15.27	19.69	24.77	29.13	34.17	39.33	44.67	50.11		56.17	/ 5				
reaction time		interval		4.31	4.26	4.42	5.08	4.36	5.04	5.16	5.34	5.44	6.06			12.99	14.48	15.94	
		velocity	6.72	8.12	8.22	7.92	6.89	8.03	6.94	6.78	6.55	6.43	6.60	7.12		8.08	7.25	6.59	
H1 lead leg		strides																	

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

date	21-Jun-97	time	6.85		15.46	19.88	24.44	29.16	34.09	39.15	44.37	49.82		56.19	/ 4				
reaction time		interval			8.61	4.42	4.56	4.72	4.93	5.06	5.22	5.45	6.37			13.03	14.21	15.73	
		velocity	6.57		8.13	7.92	7.68	7.42	7.10	6.92	6.70	6.42	6.28	7.12		8.06	7.39	6.68	
H1 lead leg		strides																	

Kurochkina, Tatyana (URS) (1967)

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

date	28-Sep-88	time	6.52	10.57	14.73	19.05	23.46	27.98	32.67	37.59	42.79	48.18		54.39	1 / 7				
reaction time	0.231	interval		4.05	4.16	4.32	4.41	4.52	4.69	4.92	5.20	5.39	6.21	PB		12.53	13.62	15.51	
		velocity	6.90	8.64	8.41	8.10	7.94	7.74	7.46	7.11	6.73	6.49	6.44	7.35		8.38	7.71	6.77	
H1 lead leg	L	strides	23	15	15	15	15	15	15	16	16	17	20.1	182.1					

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

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

Kusaka, Ayana (JPN) (2003)

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

FINAL - 2022 Japanese U20 National Championsips (Osaka, JPN) *Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*

date	12-Jun-22	time	7.01	11.54	16.27	21.25	26.29	31.48	36.87	42.53	48.37	54.24		60.50	8 / 4				
reaction time	0.196	interval		4.53	4.73	4.98	5.04	5.19	5.39	5.66	5.84	5.87	6.26			14.24	15.62	17.37	
		velocity	6.42	7.73	7.40	7.03	6.94	6.74	6.49	6.18	5.99	5.96	6.39	6.61		7.37	6.72	6.04	
H1 lead leg		strides		17	17	17	17	17	17	19	19	19		159					

FINAL - 2021 Japanese High School National Championships (Fukui, JPN) *Shibayama (2021) - national high school and U20 national championhsips*

date	30-Jul-21	time	6.73	11.36	16.07	20.95	25.96	31.03	36.40	42.28	48.14	54.14		60.46	7 / 4				
reaction time	0.173	interval		4.63	4.71	4.88	5.01	5.07	5.37	5.88	5.86	6.00	6.32			14.22	15.45	17.74	
		velocity	6.69	7.56	7.43	7.17	6.99	6.90	6.52	5.95	5.97	5.83	6.33	6.62		7.38	6.80	5.92	
H1 lead leg	R	strides	24	17	17	17	17	17	17	19	19	19	22.5	205.5					

FINAL - 2021 Japanese U20 National Championships (Osaka, JPN) *Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*

date	27-Jun-21	time	6.81	11.28	15.90	20.59	25.51	30.76	36.40	42.18	48.11	54.29		61.20	3 / 7				
reaction time	0.194	interval		4.47	4.62	4.69	4.92	5.25	5.64	5.78	5.93	6.18	6.91			13.78	15.81	17.89	
		velocity	6.61	7.83	7.58	7.46	7.11	6.67	6.21	6.06	5.90	5.66	5.79	6.54		7.62	6.64	5.87	
H1 lead leg	R	strides	24	17	17	17	17	17	19	19	19	19		185					

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	6.86	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	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) — *Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas*

date	20-Sep-02	time	7.01	11.54	16.24	20.95	25.94		31.02	36.41	41.83	47.32	52.95		59.14	2 / 8			
reaction time	0.260	interval		4.53	4.70	4.71	4.99		5.08	5.39	5.42	5.49	5.63	6.19			13.94	15.46	16.54
		velocity	6.42	7.73	7.45	7.43	7.01		6.89	6.49	6.46	6.38	6.22	6.46	6.76		7.53	6.79	6.35
H1 lead leg	R	strides	24	16	16	16	16		17	17	18	19	19	21.5	199.5				

Lan Tianlu (CHN) (1999)

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

Heat 4 - 2021 Chinese National Championships (Chongqing, CHN) — *CAA Hurdle Development (2021)*

date	26-Jun-21	time	6.91	11.46	16.20	21.09	25.99		31.13	36.43	41.86	47.36	53.17		59.82	3 / 5			
reaction time	0.223	interval		4.55	4.74	4.89	4.90		5.14	5.30	5.43	5.50	5.81	6.65			14.18	15.34	16.74
		velocity	6.51	7.69	7.38	7.16	7.14		6.81	6.60	6.45	6.36	6.02	6.02	6.69		7.40	6.84	6.27
H1 lead leg	L	strides	22	16	16	16	16		17	17	17	17	18	21.5	193.5				

FINAL - 2020 Chinese National Championships (Shaoxing, CHN) — *CAA Hurdle Development (2020)*

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) — *CAA Hurdle Development (2019)*

date	23-Aug-19	time	6.80	11.28	15.92	20.82	25.80		30.94	36.14	41.41	47.06	53.10		60.04	8 / 3			
reaction time	0.228	interval		4.48	4.64	4.90	4.98		5.14	5.20	5.27	5.65	6.04	6.94			14.02	15.32	16.96
		velocity	6.62	7.81	7.54	7.14	7.03		6.81	6.73	6.64	6.19	5.79	5.76	6.66		7.49	6.85	6.19
H1 lead leg	L	strides	23	16	16	17	17		17	17	17	18	19	22.5	199.5				

Heat 1 - 2019 Chinese National Grand Prix Final (Daqing, CHN) — *CAA Hurdle Development (2019)*

date	22-Aug-19	time	7.02	11.63	16.38	21.29	26.24		31.45	36.70	42.06	47.56	53.55		60.49	7 / 3			
reaction time	0.306	interval		4.61	4.75	4.91	4.95		5.21	5.25	5.36	5.50	5.99	6.94			14.27	15.41	16.85
		velocity	6.41	7.59	7.37	7.13	7.07		6.72	6.67	6.53	6.36	5.84	5.76	6.61		7.36	6.81	6.23
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	17	18	22	195				

FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN) — *CAA Hurdle Development (2019)*

date	03-Aug-19	time	6.88	11.56	16.26	21.08	26.04		31.22	36.42	41.70	46.98	52.36		58.48	7 / 2			
reaction time	0.256	interval		4.68	4.70	4.82	4.96		5.18	5.20	5.28	5.28	5.38	6.12	PB		14.20	15.34	15.94
		velocity	6.54	7.48	7.45	7.26	7.06		6.76	6.73	6.63	6.63	6.51	6.54	6.84		7.39	6.84	6.59
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	17	17	21	193				

Heat 1 - 2019 Chinese World Championship Trials (Shenyang, CHN) — *CAA Hurdle Development (2019)*

date	03-Aug-19	time	7.16	12.16	17.21	22.51	27.91		33.67	39.97	46.15	52.55	58.93		66.40	2 / 3			
reaction time	0.269	interval		5.00	5.05	5.30	5.40		5.76	6.30	6.18	6.40	6.38	7.47			15.35	17.46	18.96
		velocity	6.28	7.00	6.93	6.60	6.48		6.08	5.56	5.66	5.47	5.49	5.35	6.02		6.84	6.01	5.54
H1 lead leg	L	strides	23	16	16	16	16		17	18	18	18	18	22	198				

FINAL - 2019 Chinese National Championships (Shenyang, CHN) — *CAA Hurdle Development (2019)*

date	10-Jul-19	time	6.87	11.47	16.10	20.73	25.52		30.56	35.67	40.97	46.41	52.23		58.79	6 / 4			
reaction time	0.203	interval		4.60	4.63	4.63	4.79		5.04	5.11	5.30	5.44	5.82	6.56	PB		13.86	14.94	16.56
		velocity	6.55	7.61	7.56	7.56	7.31		6.94	6.85	6.60	6.43	6.01	6.10	6.80		7.58	7.03	6.34
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	17	18	21.7	194.7				

Heat 2 - 2019 Chinese National Championships (Shenyang, CHN) — *CAA Hurdle Development (2019)*

date	09-Jul-19	time	6.90	11.52	16.16	20.99	25.86		30.90	36.03	41.34	46.88	52.68		59.40	7 / 2			
reaction time	0.228	interval		4.62	4.64	4.83	4.87		5.04	5.13	5.31	5.54	5.80	6.72	PB		14.09	15.04	16.65
		velocity	6.52	7.58	7.54	7.25	7.19		6.94	6.82	6.59	6.32	6.03	5.95	6.73		7.45	6.98	6.31
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	17	18	21.5	194.5				

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

date	08-Apr-19	time	6.85	11.26	15.88	20.60	25.47		30.56	35.83	41.47	47.44	53.76		61.06	9 / 5			
reaction time	0.303	interval		4.41	4.62	4.72	4.87		5.09	5.27	5.64	5.97	6.32	7.30			13.75	15.23	17.93
		velocity	6.57	7.94	7.58	7.42	7.19		6.88	6.64	6.21	5.86	5.54	5.48	6.55		7.64	6.89	5.86
H1 lead leg	L	strides	23	16	16	16	16		17	17	18	19	19	23	200				

Heat 4 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN) — *CAA Hurdle Development (2019)*

date	07-Apr-19	time	6.97	11.62	16.48	21.25	26.10		31.18	36.67	42.39	48.23	54.03		60.76	5 / 2			
reaction time	0.256	interval		4.65	4.86	4.77	4.85		5.08	5.49	5.72	5.84	5.80	6.73			14.28	15.42	17.36
		velocity	6.46	7.53	7.20	7.34	7.22		6.89	6.38	6.12	5.99	6.03	5.94	6.58		7.35	6.81	6.05
H1 lead leg	L	strides	23	16	16	16	16		17	17	18	18	18	22	197				

Landin, Tyra (SWE) (2002)

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

National FINAL - 2023 Bauhaus Galan (Stockholm, SWE) — *Omega Timing (2023) - diamond league race analysis*

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

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 USATF National Championships (Eugene, OR) (TV Analysis)																*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date	09-Jul-23	time	6.54	10.88	15.48	20.02	24.75		29.83		40.24				56.94	2 / 7			
reaction time		interval		4.34	4.60	4.54	4.73		5.08		10.41			16.70			13.48		
		velocity	6.88	8.06	7.61	7.71	7.40		6.89		6.72			6.29	7.02		7.79		
H1 lead leg	R	strides	24	16	17	16	16								89				

Lebreton, Catherine (FRA) (1960)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1987 French National Championships (Annecy, FRA)																*Veney - split times from PJ*			
date	09-Aug-87	time	7.10	12.00	16.70	21.55	26.60		31.70	36.85	42.00	47.30	52.60		58.68	/ 4			
reaction time		interval		4.90	4.70	4.85	5.05		5.10	5.15	5.15	5.30	5.30	6.08			14.45	15.30	15.75
		velocity	6.34	7.14	7.45	7.22	6.93		6.86	6.80	6.80	6.60	6.60	6.58	6.82		7.27	6.86	6.67
H1 lead leg		strides																	

Ledecká, Daniela (SVK) (1996)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2024 European Athletics Championships (Roma, ITA)																*European Athletics (2024) - 2024 european athletics championships - results book*			
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	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)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 1992 Olympic Games (Barcelona, ESP)																*Lyle (1992) - miscellaneous coaching notes*			
date	02-Aug-92	time	6.30	10.64	14.89	19.17	23.63		28.18	32.98	37.95	43.24	48.82		55.03	4 / 1			
reaction time		interval		4.34	4.25	4.28	4.46		4.55	4.80	4.97	5.29	5.58	6.21			12.87	13.81	15.84
		velocity	7.14	8.06	8.24	8.18	7.85		7.69	7.29	7.04	6.62	6.27	6.44	7.27		8.16	7.60	6.63
H1 lead leg		strides																	

Ledovskaya, Tatyana (URS) (1966)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1991 IAAF World Championships (Tokyo, JPN)																*Behm (1995) - la tactique du 400 haies*			
date	29-Aug-91	time	6.3	10.5	14.7	18.9	23.2		27.7	32.3	36.9	41.9	47.1		53.11	6 / 1			
reaction time		interval		4.20	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			
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	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) *European Athletics (2024) - 2024 european athletics championships - results book*

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

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'Athlétisme (Marrakech, MAR) (TV Analysis) *Henson (2024) - Athlete First: 2024 year end hurdle report*

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) *Omega Timing (2023) - diamond league race analysis*

date	02-Sep-23	time	6.31	10.42	14.67	19.13	23.74	28.55	33.39	38.48	43.71	49.08		55.44	2 / 8		
reaction time	0.215	interval		4.11	4.25	4.46	4.61	4.81	4.84	5.09	5.23	5.37	6.36			12.82	14.26	15.69
		velocity	7.13	8.52	8.24	7.85	7.59	7.28	7.23	6.88	6.69	6.52	6.29	7.22		8.19	7.36	6.69
H1 lead leg	R	strides	23	15	15	16	16	16	16	16	17	17		167				

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

date	22-Aug-23	time	6.42	10.61	14.81	18.88	23.29	27.89	32.66	37.63	42.72	48.04		54.48	4 / 3		
reaction time	0.200	interval		4.19	4.20	4.07	4.41	4.60	4.77	4.97	5.09	5.32	6.44			12.46	13.78	15.38
		velocity	7.01	8.35	8.33	8.60	7.94	7.61	7.34	7.04	6.88	6.58	6.21	7.34		8.43	7.62	6.83
H1 lead leg	R	strides	23	15	15	15	16	16	16	16	17	17	21	187				

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

date	21-Aug-23	time	6.23	10.30	14.70		23.46	28.20	33.03	38.00	43.20	48.50		54.65	2 / 4		
reaction time	0.181	interval		4.07	4.40		8.76	4.74	4.83	4.97	5.20	5.30	6.15					15.47
		velocity	7.22	8.60	7.95		7.99	7.38	7.25	7.04	6.73	6.60	6.50	7.32				6.79
H1 lead leg	R	strides	23	15	15	15		16		16	17	17	20	154				

FINAL - 2023 Athletissima (Lausanne, SUI) *Omega Timing (2023) - diamond league race analysis*

date	30-Jun-23	time	6.29	10.29	14.42	18.59	22.96	27.55	32.31	37.38	42.67	48.08		54.67	4 / 2		
reaction time	0.208	interval		4.00	4.13	4.17	4.37	4.59	4.76	5.07	5.29	5.41	6.59			12.30	13.72	15.77
		velocity	7.15	8.75	8.47	8.39	8.01	7.63	7.35	6.90	6.62	6.47	6.07	7.32		8.54	7.65	6.66
H1 lead leg	R	strides	23	15				16	16	16	17	17	21	141				

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

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) *European Athletics (2022) - european athletics championships race analysis*

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

date	20-Jul-22	time	6.27	10.30	14.60	18.97	23.57	25.75	28.30	33.10	38.10	43.20	48.40		54.60	4 / 6			
reaction time	0.168	interval		4.03	4.30	4.37	4.60		4.73	4.80	5.00	5.10	5.20	6.20	NR PB		12.70	14.13	15.30
		velocity	7.18	8.68	8.14	8.01	7.61	7.77	7.40	7.29	7.00	6.86	6.73	6.45	7.33		8.27	7.43	6.86
H1 lead leg	R	strides	23	15	15	15	16		16	16	17	17	17	20.2	187.2				

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

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

FINAL - 2022 Golden Spike (Ostrava, CZE) (TV Analysis) (300m Hurdles) *Henson (2022) - Athlete First: 2022 year end hurdle report*

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

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)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1992 ??? (???)																*Cui (2008) - research on the rhythm characteristics of outstanding female 400m hurdlers in China*			
date	???	time	6.44	10.80	15.29	19.92	24.53		29.03	34.06	39.49	44.68	49.90		56.40	???			
reaction time		interval		4.36	4.49	4.63	4.61		4.50	5.03	5.43	5.19	5.22	6.50			13.48	14.14	15.84
		velocity	6.99	8.03	7.80	7.56	7.59		7.78	6.96	6.45	6.74	6.70	6.15	7.09		7.79	7.43	6.63
H1 lead leg		strides	23	16	16	16	16		16	16	17	17	17	22.5	192.5				

FINAL - 1991 ??? (???) *Cui (2008) - research on the rhythm characteristics of outstanding female 400m hurdlers in China*

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

Lenskaya, Irina (UKR) (1971)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1997 European Cup (Munich, GER)																*Jung (2003) - http://www.fgs.uni-halle.de*			
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																	

Leuschner, Uschi (FRG)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1971 West German Athletics - 300m Hurdles Test (Bonn, FRG)																*Keydel (1971) - 300 ou 400 haies pour les femmes?*			
date	15-May-71	time	4.0	7.8	11.5	15.4	19.5		23.7	28.2	32.6	37.2	41.8		44.5	/ 2			
reaction time		interval		3.80	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				

Lhabze, Lamiae (MAR) (1984)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)																*Henson (2021) - Athlete First: 2018 year end hurdle report*			
date	09-Sep-18	time	6.44	10.76	15.20	19.72	24.40		29.28	34.36		45.04	50.68		57.35	6 / 7			
reaction time	0.158	interval		4.32	4.44	4.52	4.68		4.88	5.08		10.68	5.64	6.67			13.28	14.64	16.32
		velocity	6.99	8.10	7.88	7.74	7.48		7.17	6.89		6.55	6.21	6.00	6.97		7.91	7.17	6.43
H1 lead leg	L	strides	23	15	15	15	15		15	16			17	19.5	150.5				

Li Jianing (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)																*Shandong Athletics Sport Science (2022)*			
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				

Li Qianqian (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	7.31	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				

Li Yirong (CHN) (2002)

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

U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN) *CAA Hurdle Development (2019)*

date	17-Aug-19	time	7.08	11.86	16.78	21.82	26.92		32.24	37.66	43.40	49.50	55.94		63.46	6 / 4			
reaction time	0.188	interval		4.78	4.92	5.04	5.10		5.32	5.42	5.74	6.10	6.44	7.52			14.74	15.84	18.28
		velocity	6.36	7.32	7.11	6.94	6.86		6.58	6.46	6.10	5.74	5.43	5.32	6.30		7.12	6.63	5.74
H1 lead leg	L	strides	25	17	17	17	17		18	18	19	20	21	24.5	213.5				

Liang Ruihan (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	8.50	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				

Liang Yina (CHN) (2001)

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

U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN) *CAA Hurdle Development (2019)*

date	17-Aug-19	time	6.94	11.52	16.20	21.04	26.14		31.54	37.10	42.74	48.54	54.48		61.35	7 / 5			
reaction time	0.364	interval		4.58	4.68	4.84	5.10		5.40	5.56	5.64	5.80	5.94	6.87			14.10	16.06	17.38
		velocity	6.48	7.64	7.48	7.23	6.86		6.48	6.29	6.21	6.03	5.89	5.82	6.52		7.45	6.54	6.04
H1 lead leg	L	strides	24	17	17	17	17		18	18	18	18	18	22	204				

U20 Heat 1 - 2019 Chinese National Youth Games (Taiyuan, CHN) *CAA Hurdle Development (2019)*

date	17-Aug-19	time	6.98	11.70	16.58	21.56	26.80		32.32	38.08	43.84	49.84	55.92		62.37	7 / 2			
reaction time	0.241	interval		4.72	4.88	4.98	5.24		5.52	5.76	5.76	6.00	6.08	6.45			14.58	16.52	17.84
		velocity	6.45	7.42	7.17	7.03	6.68		6.34	6.08	6.08	5.83	5.76	6.20	6.41		7.20	6.36	5.89
H1 lead leg	R	strides	25	16	17	17	17		18	18	18	19	19	21.5	205.5				

Heat 3 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN) *CAA Hurdle Development (2019)*

date	07-Apr-19	time	7.06	11.73	16.55	21.45	26.54		31.83	37.52	43.29	49.22	55.39		62.02	8 / 2			
reaction time	0.376	interval		4.67	4.82	4.90	5.09		5.29	5.69	5.77	5.93	6.17	6.63			14.39	16.07	17.87
		velocity	6.37	7.49	7.26	7.14	6.88		6.62	6.15	6.07	5.90	5.67	6.03	6.45		7.30	6.53	5.88
H1 lead leg	L	strides	24	17	17	17	17		18	18	18	19	19	22	206				

Heat 1 - 2018 Chinese National Championships (Taiyuan, CHN) *Henson (2018) - coaching observations*

date	15-Sep-18	time	7.02	11.56	16.23	20.99	25.92		31.03	36.43	41.93	47.66	53.69		60.38	5 / 4			
reaction time		interval		4.54	4.67	4.76	4.93		5.11	5.40	5.50	5.73	6.03	6.69			13.97	15.44	17.26
		velocity	6.41	7.71	7.49	7.35	7.10		6.85	6.48	6.36	6.11	5.80	5.98	6.62		7.52	6.80	6.08
H1 lead leg	L	strides	25	17	17	17	17		17	18	18	18			164				

Lin Zixin (CHN) (2004)

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

Heat 3 - 2021 East China District Meeting (Zhaoqing, CHN) *CAA Hurdle Development (2021)*

date	25-Apr-21	time	7.54	12.70	18.08	23.61									72.25	5 / 6			
reaction time	0.223	interval		5.16	5.38	5.53											16.07		
		velocity	5.97	6.78	6.51	6.33									5.54		6.53		
H1 lead leg	L	strides	24	17	17	17									75				

Lindley, Ashton (USA) (2002)

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

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

date	26-Jun-21	time	6.54	11.04	15.65	20.32	25.15		30.26		40.83	46.21			58.04	2 / 7			
reaction time	0.288	interval		4.50	4.61	4.67	4.83		5.11		10.57	5.38					13.78		
		velocity	6.88	7.78	7.59	7.49	7.25		6.85		6.62	6.51			6.89		7.62		
H1 lead leg	L	strides		16	16	16	16					17			81				

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

date	12-Jun-21	time	6.57		15.40	19.97	24.73				39.97	45.13	50.50		56.74	2 / 7			
reaction time	0.213	interval			8.83	4.57	4.76				15.24	5.16	5.37	6.24	PB		13.40		
		velocity	6.85		7.93	7.66	7.35				6.89	6.78	6.52	6.41	7.05		7.84		
H1 lead leg	L	strides	23			16	16					17	17		89				

Ling Jiayu (CHN) (1997)

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

Heat 3 - 2021 Chinese National Championships (Chongqing, CHN) *CAA Hurdle Development (2021)*

date	26-Jun-21	time	6.96	11.53	16.26	21.07	26.02		31.16	36.70	42.57	48.60	54.70		61.28	2 / 6			
reaction time	0.186	interval		4.57	4.73	4.81	4.95		5.14	5.54	5.87	6.03	6.10	6.58			14.11	15.63	18.00
		velocity	6.47	7.66	7.40	7.28	7.07		6.81	6.32	5.96	5.80	5.74	6.08	6.53		7.44	6.72	5.83
H1 lead leg	R	strides	24	17	17	17	17		17	19	19	19	19	21	206				

Linkiewicz, Joanna (POL) (1990)

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

Semi-Final 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis) *Henson (2024) - Athlete First: 2021 year end hurdle report*

date	02-Aug-21	time	6.66	10.93	15.23	19.76	24.33		29.13	34.06	39.13	44.20	49.56		55.67	9 / 5			
reaction time	0.157	interval		4.27	4.30	4.53	4.57		4.80	4.93	5.07	5.07	5.36	6.11			13.10	14.30	15.50
		velocity	6.76	8.20	8.14	7.73	7.66		7.29	7.10	6.90	6.90	6.53	6.55	7.19		8.02	7.34	6.77
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	17	17	20.5	192.5				

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

date	31-Jul-21	time	6.60	10.90	15.26	19.83	24.50	29.30	34.17		44.22	49.23		54.93	8 / 4				
reaction time	0.130	interval		4.30	4.36	4.57	4.67	4.80	4.87		10.05	5.01	5.70	PB		13.23	14.34	15.06	
		velocity	6.82	8.14	8.03	7.66	7.49	7.29	7.19		6.97	6.99	7.02	7.28		7.94	7.32	6.97	
H1 lead leg	L	strides	24	16	16	16	16	17	17			17	20	159					

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

date	19-Aug-20	time	6.64	11.08	15.64	20.28	25.08	30.08	35.24	40.32	45.56			57.11	8 / 7				
reaction time	0.175	interval		4.44	4.56	4.64	4.80	5.00	5.16	5.08	5.24					13.64	14.96		
		velocity	6.78	7.88	7.68	7.54	7.29	7.00	6.78	6.89	6.68			7.00		7.70	7.02		
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17			156					

Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	02-Oct-19	time	6.48	10.72	15.04	19.56	24.24	29.04	33.96	38.92	44.00	49.24		55.38	9 / 6				
reaction time	0.166	interval		4.24	4.32	4.52	4.68	4.80	4.92	4.96	5.08	5.24	6.14			13.08	14.40	15.28	
		velocity	6.94	8.25	8.10	7.74	7.48	7.29	7.11	7.06	6.89	6.68	6.51	7.22		8.03	7.29	6.87	
H1 lead leg	L	strides	24	16	16	16	16	17	17	17		17	20.5	176.5					

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

date	19-May-19	time	6.56	10.84	15.30	19.81	24.57	29.51	34.52	39.57	44.76	50.07		56.35	7 / 4				
reaction time	0.112	interval		4.28	4.46	4.51	4.76	4.94	5.01	5.05	5.19	5.31	6.28			13.25	14.71	15.55	
		velocity	6.86	8.18	7.85	7.76	7.35	7.09	6.99	6.93	6.74	6.59	6.37	7.10		7.92	7.14	6.75	
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	17	21	194					

FINAL - 2018 Shanghai Diamond League (Shanghai, CHN) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

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

date	01-Sep-16	time	6.56	10.92	15.40	20.00	24.76	29.68	34.64	39.72	44.84			56.24	8 / 8				
reaction time	0.183	interval		4.36	4.48	4.60	4.76	4.92	4.96	5.08	5.12					13.44	14.64		
		velocity	6.86	8.03	7.81	7.61	7.35	7.11	7.06	6.89	6.84			7.11		7.81	7.17		
H1 lead leg	L	strides	24	16	16		16	17	17	17	17			140					

FINAL - 2016 Birmingham Diamond League (Birmingham, GBR) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	05-Jun-16	time	6.67	11.03	15.47	20.00	24.73	29.63	34.43	39.43	44.40	49.47		55.41	8 / 6				
reaction time	0.165	interval		4.36	4.44	4.53	4.73	4.90	4.80	5.00	4.97	5.07	5.94			13.33	14.43	15.04	
		velocity	6.75	8.03	7.88	7.73	7.40	7.14	7.29	7.00	7.04	6.90	6.73	7.22		7.88	7.28	6.98	
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	17		173					

Linz, Christine (FRG) (1940)

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

FINAL - 1973 DLV-Test (Frankfurt-am-Main, FRG) *Keydel (1973) - 400m Hürden test der frauen vom 26. bis 28.7.1973*

date	28-Jul-73	time	7.2	12.7	18.2	23.9	29.5	35.6	41.6	47.7	54.6	61.2		68.3	/ 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)

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

Long Hurdles - 2025 Grand Slam Track Miami (Miramar, FL) *Grand Slam Track (2025) - results and splits by race*

date	03-May-25	time	6.33	10.62	14.91	19.41	24.09	26.08	28.90	33.96	39.11	44.77	50.73		57.55	5 / 8				
reaction time	0.220	interval		4.29	4.29	4.50	4.68		4.81	5.06	5.15	5.66	5.96	6.82			13.08	14.55	16.77	
		velocity	7.11	8.16	8.16	7.78	7.48	7.67	7.28	6.92	6.80	6.18	5.87	5.87	6.95		8.03	7.22	6.26	
H1 lead leg	R	strides	23			15	15		16	16	16	17	17		135					

FINAL - 2024 Memorial van damme (Brussels, BEL) *Omega Timing (2024) - diamond league race analysis*

date	14-Sep-24	time	6.17	10.22	14.34	18.54	22.86	27.38	32.07	37.05	42.36	48.14		55.26	6 / 4				
reaction time	0.199	interval		4.05	4.12	4.20	4.32	4.52	4.69	4.98	5.31	5.78	7.12			12.37	13.53	16.07	
		velocity	7.29	8.64	8.50	8.33	8.10	7.74	7.46	7.03	6.59	6.06	5.62	7.24		8.49	7.76	6.53	
H1 lead leg	R	strides	23				15	15	15	16	16	17	20.7	137.7					

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

date	05-Sep-24	time	6.12	10.15	14.28	18.43	22.67	27.04	31.64	36.51	41.66	47.09		54.07	5 / 3				
reaction time	0.174	interval		4.03	4.13	4.15	4.24	4.37	4.60	4.87	5.15	5.43	6.98			12.31	13.21	15.45	
		velocity	7.35	8.68	8.47	8.43	8.25	8.01	7.61	7.19	6.80	6.45	5.73	7.40		8.53	7.95	6.80	
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	17	20.2	182.2					

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

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) *Omega Timing (2024) - diamond league race analysis*

date	22-Aug-24	time	6.22	10.36	14.60	19.00	23.57	28.34	33.28	38.86	44.81	51.08		58.57	6 / 8				
reaction time	0.203	interval		4.14	4.24	4.40	4.57	4.77	4.94	5.58	5.95	6.27	7.49			12.78	14.28	17.80	

		velocity	7.23	8.45	8.25	7.95	7.66	7.34	7.09	6.27	5.88	5.58	5.34	6.83		8.22	7.35	5.90
H1 lead leg	R	strides	23	15	15	15	15			17	18	18		136				

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

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			19	147				

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

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

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

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		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	15.04
		velocity	7.29	8.56	8.20	8.20	7.73	7.86	7.61	7.29	7.19	6.96	6.81	6.85	7.46		8.31	7.54	6.98
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	19.2	179.2				

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

date	24-Jun-22	time	6.50	10.70	15.10	19.66	24.36	26.35	29.16	34.20	39.33	44.46	49.73		55.60	7 / 3			
reaction time		interval		4.20	4.40	4.56	4.70		4.80	5.04	5.13	5.13	5.27	5.87			13.16	14.54	15.53
		velocity	6.92	8.33	7.95	7.68	7.45	7.59	7.29	6.94	6.82	6.82	6.64	6.81	7.19		7.98	7.22	6.76
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	16	16	20	182				

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

date	09-Sep-21	time	6.20	10.28		18.84	23.28	25.1	27.80	32.48	37.24	42.24	47.36		53.35	3 / 2			
reaction time	0.165	interval		4.08		8.56	4.44		4.52	4.68	4.76	5.00	5.12	5.99			12.64	13.64	14.88
		velocity	7.26	8.58		8.18	7.88	7.97	7.74	7.48	7.35	7.00	6.84	6.68	7.50		8.31	7.70	7.06
H1 lead leg	R	strides	22	15			15		15	15	16	16	16	20	150				

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

date	28-Aug-21	time	6.27	10.63	15.22	19.75	24.32		28.98	33.85	38.90	44.37	50.10		57.18	5 / 8			
reaction time	0.222	interval		4.36	4.59	4.53	4.57		4.66	4.87	5.05	5.47	5.73	7.08			13.48	14.10	16.25
		velocity	7.18	8.03	7.63	7.73	7.66		7.51	7.19	6.93	6.40	6.11	5.65	7.00		7.79	7.45	6.46
H1 lead leg	R	strides	23	16	16	15	15		16	16	16	17	17	20.2	187.2				

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

date	26-Aug-21	time	6.20	10.24	14.40				27.76	32.52	37.32	42.28	47.48		53.78	3 / 2			
reaction time	0.202	interval		4.04	4.16				13.36	4.76	4.80	4.96	5.20	6.30					14.96
		velocity	7.26	8.66	8.41				7.86	7.35	7.29	7.06	6.73	6.35	7.44				7.02
H1 lead leg	R	strides	23	15	15					16	16	16	17	20	138				

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

date	21-Aug-21	time	6.28	10.40	14.60	18.88	23.46	25.4	28.20	33.10	37.96	42.88	47.88		53.79	6 / 2			
reaction time	0.190	interval		4.12	4.20	4.28	4.58		4.74	4.90	4.86	4.92	5.00	5.91			12.60	14.22	14.78
		velocity	7.17	8.50	8.33	8.18	7.64	7.87	7.38	7.14	7.20	7.11	7.00	6.77	7.44		8.33	7.38	7.10
H1 lead leg	R	strides	23	15	15	15	16		16	16	16	17	16	19	184				

FINAL - 2021 Müller British Grand Prix (Gateshead, GBR) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	13-Jul-21	time	6.40	10.56	14.82	19.16	23.58	25.5	28.12	32.92	37.90	43.10	48.38		54.53	4 / 2			
reaction time	0.214	interval		4.16	4.26	4.34	4.42		4.54	4.80	4.98	5.20	5.28	6.15			12.76	13.76	15.46
		velocity	7.03	8.41	8.22	8.06	7.92	7.84	7.71	7.29	7.03	6.73	6.63	6.50	7.34		8.23	7.63	6.79
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	16	17	19	182				

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

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

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

date	04-Jul-21	time	6.18	10.28	14.42	18.78	23.28	25.2	27.72	32.26	36.92	41.72	46.72		52.39	6 / 2			
reaction time	0.200	interval		4.10	4.14	4.36	4.50		4.44	4.54	4.66	4.80	5.00	5.67	**PB**		12.60	13.48	14.46
		velocity	7.28	8.54	8.45	8.03	7.78	7.94	7.88	7.71	7.51	7.29	7.00	7.05	7.64		8.33	7.79	7.26
H1 lead leg	R	strides		15	15	15	15		15	15	15	16	16	19.7	156.7				

FINAL - 2020 USA Olympic Trials (Eugene, OR) *Athlete Tracking (2021) - Women's 400mH - Unofficial Split Times*

date	27-Jun-21	time	6.20	10.22	14.38	18.59	22.96	24.93	27.52	32.27	36.99	42.50	47.69		53.85	5 / 4				
reaction time	0.213	interval		4.02	4.16	4.21	4.37		4.56	4.75	4.72	5.51	5.19	6.16			12.39	13.68	15.42	
		velocity	7.26	8.71	8.41	8.31	8.01	8.02	7.68	7.37	7.42	6.35	6.74	6.49	7.43		8.47	7.68	6.81	
H1 lead leg	R	strides		15	15	15	15		16	16	15	18	17		142					

Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	26-Jun-21	time	6.37	10.54	14.86	19.25	23.75		28.43	33.23	38.10	43.01	48.01		53.71	5 / 1				
reaction time	0.222	interval		4.17	4.32	4.39	4.50		4.68	4.80	4.87	4.91	5.00	5.70			12.88	13.98	14.78	
		velocity	7.06	8.39	8.10	7.97	7.78		7.48	7.29	7.19	7.13	7.00	7.02	7.45		8.15	7.51	7.10	
H1 lead leg	R	strides		15	15	15	15		16	16	16	16	16	19	159					

Heat 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	25-Jun-21	time	6.53	10.80	15.16	19.66	24.30		29.06	33.93	38.76	43.86	49.10		55.22	7 / 1				
reaction time	0.301	interval		4.27	4.36	4.50	4.64		4.76	4.87	4.83	5.10	5.24	6.12			13.13	14.27	15.17	
		velocity	6.89	8.20	8.03	7.78	7.54		7.35	7.19	7.25	6.86	6.68	6.54	7.24		8.00	7.36	6.92	
H1 lead leg	R	strides	23	15	15	15	16		16	16	16	16	16	19	183					

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

date	29-Aug-19	time	6.18	10.40		18.96	23.38	25.3	27.92	32.68		42.56	47.74		53.86	2 / 2				
reaction time	0.202	interval		4.22		8.56	4.42		4.54	4.76		9.88	5.18	6.12			12.78	13.72	15.06	
		velocity	7.28	8.29		8.18	7.92	7.91	7.71	7.35		7.09	6.76	6.54	7.43		8.22	7.65	6.97	
H1 lead leg	L	strides	22	15			15		15	15			16	20	118					

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

date	28-Jul-19	time	6.15	10.11	14.28	18.45	22.78		27.36	32.13	37.07	42.10	47.34		53.91	5 / 4				
reaction time	0.198	interval		3.96	4.17	4.17	4.33		4.58	4.77	4.94	5.03	5.24	6.57			12.30	13.68	15.21	
		velocity	7.32	8.84	8.39	8.39	8.08		7.64	7.34	7.09	6.96	6.68	6.09	7.42		8.54	7.68	6.90	
H1 lead leg	L	strides	23	14	14	14	14		15	16	16	16	17	21	180					

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

date	05-Jul-19	time	6.12	10.24	14.50	18.88	23.32	25.3	27.90	32.74	37.72	42.80	48.00		53.73	5 / 1				
reaction time	0.223	interval		4.12	4.26	4.38	4.44		4.58	4.84	4.98	5.08	5.20	5.73			12.76	13.86	15.26	
		velocity	7.35	8.50	8.22	7.99	7.88	7.91	7.64	7.23	7.03	6.89	6.73	6.98	7.44		8.23	7.58	6.88	
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	16	17	19.7	182.7					

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

date	13-Jun-19	time	6.32	10.42	14.62	18.88	23.38	25.3	28.06	32.90	37.86	43.10	48.50		54.92	6 / 3				
reaction time	0.273	interval		4.10	4.20	4.26	4.50		4.68	4.84	4.96	5.24	5.40	6.42			12.56	14.02	15.60	
		velocity	7.12	8.54	8.33	8.22	7.78	7.91	7.48	7.23	7.06	6.68	6.48	6.23	7.28		8.36	7.49	6.73	
H1 lead leg	R	strides	24	15	15	15	15		16	16	16	17	17	20	186					

FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	06-Jun-19	time	6.28	10.44	14.72	19.12	23.64		28.32	33.08	38.04	43.12	48.30		54.40	4 / 2				
reaction time	0.215	interval		4.16	4.28	4.40	4.52		4.68	4.76	4.96	5.08	5.18	6.10			12.84	13.96	15.22	
		velocity	7.17	8.41	8.18	7.95	7.74		7.48	7.35	7.06	6.89	6.76	6.56	7.35		8.18	7.52	6.90	
H1 lead leg	R	strides	24	15	15	15	15		16	16	16	16	16	20	184					

FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis) *Henson (2021) - Athlete First: 2018 year end hurdle report*

date	09-Sep-18	time	6.28	10.52	14.88	19.32	23.84		28.36	33.00	37.84	42.80	47.88		53.86	5 / 2				
reaction time	0.223	interval		4.24	4.36	4.44	4.52		4.52	4.64	4.84	4.96	5.08	5.98			13.04	13.68	14.88	
		velocity	7.17	8.25	8.03	7.88	7.74		7.74	7.54	7.23	7.06	6.89	6.69	7.43		8.05	7.68	7.06	
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	15	16	19.2	178.2					

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

date	30-Aug-18	time	6.24	10.44	14.75	19.20	23.64	25.6	28.24	32.96	37.84	42.88	48.08		54.21	3 / 2				
reaction time	0.213	interval		4.20	4.31	4.45	4.44		4.60	4.72	4.88	5.04	5.20	6.13			12.96	13.76	15.12	
		velocity	7.21	8.33	8.12	7.87	7.88	7.81	7.61	7.42	7.17	6.94	6.73	6.53	7.38		8.10	7.63	6.94	
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	17	20	182					

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

date	21-Jul-18	time	6.32	10.60	14.92	19.32	23.92		28.52	33.36	38.24	43.24	48.24		53.95	5 / 1				
reaction time	0.143	interval		4.28	4.32	4.40	4.60		4.60	4.84	4.88	5.00	5.00	5.71			13.00	14.04	14.88	
		velocity	7.12	8.18	8.10	7.95	7.61		7.61	7.23	7.17	7.00	7.00	7.01	7.41		8.08	7.48	7.06	
H1 lead leg	L	strides	23	15	14	15	15		15	16	16	16	16	19.5	180.5					

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

date	05-Jul-18	time	6.16	10.36	14.68	19.04	23.48		28.04	32.72	37.52	42.44	47.48		53.41	4 / 1				
reaction time	0.188	interval		4.20	4.32	4.36	4.44		4.56	4.68	4.80	4.92	5.04	5.93			12.88	13.68	14.76	
		velocity	7.31	8.33	8.10	8.03	7.88		7.68	7.48	7.29	7.11	6.94	6.75	7.49		8.15	7.68	7.11	
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	16	20	181					

FINAL - 2018 USATF National Champinships (Des Moines, IA) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	24-Jun-18	time	6.30	10.51	14.78	19.15	23.55		28.09	32.66	37.40	42.31	47.54		53.61	5 / 1				
reaction time		interval		4.21	4.27	4.37	4.40		4.54	4.57	4.74	4.91	5.23	6.07			12.85	13.51	14.88	
		velocity	7.14	8.31	8.20	8.01	7.95		7.71	7.66	7.38	7.13	6.69	6.59	7.46		8.17	7.77	7.06	
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	20	180					

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

date	07-Jun-18	time	6.20	10.28	14.52	18.88	23.36	25.3	27.88	32.56	37.48	42.48	47.68		53.94	4 / 2			
reaction time	0.200	interval		4.08	4.24	4.36	4.48		4.52	4.68	4.92	5.00	5.20	6.26			12.68	13.68	15.12
		velocity	7.26	8.58	8.25	8.03	7.81	7.91	7.74	7.48	7.11	7.00	6.73	6.39	7.42		8.28	7.68	6.94
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	16	20	181				

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

date	26-May-18	time	6.44	10.52	14.64	18.88	23.28		27.88	32.68	37.72	43.12	48.72		55.23	2 / 5			
reaction time	0.249	interval		4.08	4.12	4.24	4.40		4.60	4.80	5.04	5.40	5.60	6.51			12.44	13.80	16.04
		velocity	6.99	8.58	8.50	8.25	7.95		7.61	7.29	6.94	6.48	6.25	6.14	7.24		8.44	7.61	6.55
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	20	184				

FINAL - 2017 Müller Grand Prix (Birmingham, GBR) (TV Analysis) *Henson (2021) - Athlete First: 2017 year end hurdle report*

date	20-Aug-17	time	6.48	10.64	14.88	19.20	23.76		28.56	33.56	38.80	44.32	50.24		57.42	3 / 6			
reaction time	0.220	interval		4.16	4.24	4.32	4.56		4.80	5.00	5.24	5.52	5.92	7.18			12.72	14.36	16.68
		velocity	6.94	8.41	8.25	8.10	7.68		7.29	7.00	6.68	6.34	5.91	5.57	6.97		8.25	7.31	6.29
H1 lead leg	R	strides	24	15	15	15	15		16	16	16	17	18		167				

FINAL - 2017 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis) *Henson (2020) - Athlete First: 2017 year end hurdle report*

date	21-Jul-17	time	6.32	10.40		19.00	23.44			32.60	37.52	42.60	47.84		54.02	4 / 2			
reaction time	0.243	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) *Henson (2021) - Athlete First: 2017 year end hurdle report*

date	06-Jul-17	time	6.48	10.80	15.24	19.64	24.12		28.72	33.36	38.16	43.28	48.64		55.10	4 / 6			
reaction time	0.230	interval		4.32	4.44	4.40	4.48		4.60	4.64	4.80	5.12	5.36	6.46			13.16	13.72	15.28
		velocity	6.94	8.10	7.88	7.95	7.81		7.61	7.54	7.29	6.84	6.53	6.19	7.26		7.98	7.65	6.87
H1 lead leg	R	strides	24	15	15	15	15		15	15	15	16	16	20	181				

FINAL - 2017 USATF Championships (Sacramento, CA) (TV Analysis) *Henson (2021) - Athlete First: 2017 year end hurdle report*

date	25-Jun-17	time	6.34		14.51				27.36	31.96	36.77	41.84	46.94		52.75	4 / 2			
reaction time	0.186	interval			8.17				12.85	4.60	4.81	5.07	5.10	5.81	PB				14.98
		velocity	7.10		8.57				8.17	7.61	7.28	6.90	6.86	6.88	7.58				7.01
H1 lead leg	R	strides	24							15	16	16	16	19.5	106.5				

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

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

FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis) *Henson (2021) - Athlete First: 2016 year end hurdle report*

date	01-Sep-16	time	6.32	10.44	14.68	19.00	23.36		27.88	32.48	37.36	42.44	47.80		53.97	3 / 1			
reaction time	0.215	interval		4.12	4.24	4.32	4.36		4.52	4.60	4.88	5.08	5.36	6.17			12.68	13.48	15.32
		velocity	7.12	8.50	8.25	8.10	8.03		7.74	7.61	7.17	6.89	6.53	6.48	7.41		8.28	7.79	6.85
H1 lead leg	R	strides	23	15	15		15		15	15	16	16	17	20	167				

FINAL - 2016 Athletissime (Laussane, SUI) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	25-Aug-16	time	6.40	10.60	14.92	19.32	23.80		28.48	33.36	38.28	43.52	49.04		55.20	4 / 5			
reaction time	0.249	interval		4.20	4.32	4.40	4.48		4.68	4.88	4.92	5.24	5.52	6.16			12.92	14.04	15.68
		velocity	7.03	8.33	8.10	7.95	7.81		7.48	7.17	7.11	6.68	6.34	6.49	7.25		8.13	7.48	6.70
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	17	17	20	185				

FINAL - 2016 London Anniversary Games (London, GBR) (TV Analysis) *Henson (2021) - Athlete First: 2016 year end hurdle report*

date	22-Jul-16	time	6.33	10.50	14.66	18.90	23.36		27.93	32.73	37.56	42.53	48.16		55.01	5 / 6			
reaction time	0.263	interval		4.17	4.16	4.24	4.46		4.57	4.80	4.83	4.97	5.63	6.85			12.57	13.83	15.43
		velocity	7.11	8.39	8.41	8.25	7.85		7.66	7.29	7.25	7.04	6.22	5.84	7.27		8.35	7.59	6.80
H1 lead leg	R	strides	23	16	16	16	16		16	16	17	17	17	20.5	190.5				

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

date	15-Jul-16	time	6.33	10.43	14.80	19.27	23.77		28.60	33.47	38.57	43.93	49.40		55.73	5 / 6			
reaction time	0.183	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) *Henson (2021) - Athlete First: major championships report*

date	26-Aug-15	time	6.40	10.56	14.76	19.12	23.56			32.72	37.64	42.68	47.96		53.94	2 / 2			
reaction time	0.227	interval		4.16	4.20	4.36	4.44			9.16	4.92	5.04	5.28	5.98			12.72	13.60	15.24
		velocity	7.03	8.41	8.33	8.03	7.88			7.64	7.11	6.94	6.63	6.69	7.42		8.25	7.72	6.89
H1 lead leg	R	strides		15		15	15				16	16	17	20	114				

Liu Hongjuan (CHN) (1996)		**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Heat 3 - 2021 Chinese National Championships (Chongqing, CHN)															*CAA Hurdle Development (2021)*			
date	26-Jun-21	time	6.94	11.56	16.26	21.24	26.32		31.70	37.32	43.04	48.97	55.07		62.11	4 / 7			
reaction time	0.250	interval		4.62	4.70	4.98	5.08		5.38	5.62	5.72	5.93	6.10	7.04			14.30	16.08	17.75
		velocity	6.48	7.58	7.45	7.03	6.89		6.51	6.23	6.12	5.90	5.74	5.68	6.44		7.34	6.53	5.92

H1 lead leg	L	strides	23	16	16	16	16		17	18	18	19	19	22.2	200.2				

FINAL - 2021 East China District Meeting (Zhaoqing, CHN) *CAA Hurdle Development (2021)*

date	25-Apr-21	time	6.66	11.18	15.82	20.68	25.68		30.94	36.40	41.90	47.74	53.58		60.33	7 / 5			
reaction time	0.240	interval		4.52	4.64	4.86	5.00		5.26	5.46	5.50	5.84	5.84	6.75			14.02	15.72	17.18
		velocity	6.76	7.74	7.54	7.20	7.00		6.65	6.41	6.36	5.99	5.99	5.93	6.63		7.49	6.68	6.11
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	18	18	22	196				

Heat 1 - 2021 East China District Meeting (Zhaoqing, CHN) *CAA Hurdle Development (2021)*

date	25-Apr-21	time	6.82	11.36	16.00	20.82	25.78		31.05	36.44	42.04	47.78	53.75		60.54	7 / 2			
reaction time	0.249	interval		4.54	4.64	4.82	4.96		5.27	5.39	5.60	5.74	5.97	6.79			14.00	15.62	17.31
		velocity	6.60	7.71	7.54	7.26	7.06		6.64	6.49	6.25	6.10	5.86	5.89	6.61		7.50	6.72	6.07
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	18	19	22	197				

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

date	22-Aug-19	time	7.10	11.78	16.54	21.52	26.71		32.28	37.95	43.96	50.03	56.19		63.27	8 / 5			
reaction time	0.284	interval		4.68	4.76	4.98	5.19		5.57	5.67	6.01	6.07	6.16	7.08			14.42	16.43	18.24
		velocity	6.34	7.48	7.35	7.03	6.74		6.28	6.17	5.82	5.77	5.68	5.65	6.32		7.28	6.39	5.76
H1 lead leg	L	strides	23	16	16	16	16		18	18	19	19	19	22.2	202.2				

FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN) *CAA Hurdle Development (2019)*

date	03-Aug-19	time	7.02	11.78	16.57	21.44	26.46		31.68	37.02	42.61	48.28	54.20		61.02	3 / 8			
reaction time	0.251	interval		4.76	4.79	4.87	5.02		5.22	5.34	5.59	5.67	5.92	6.82			14.42	15.58	17.18
		velocity	6.41	7.35	7.31	7.19	6.97		6.70	6.55	6.26	6.17	5.91	5.87	6.56		7.28	6.74	6.11
H1 lead leg	L	strides	23	16	16	16	16		17	17	18	18	19	22.2	198.2				

Heat 1 - 2019 Chinese World Championship Trials (Shenyang, CHN) *CAA Hurdle Development (2019)*

date	03-Aug-19	time	7.09	11.84	16.70	21.70	26.83		32.22	37.74	43.24	49.02	54.87		61.69	4 / 1			
reaction time	0.228	interval		4.75	4.86	5.00	5.13		5.39	5.52	5.50	5.78	5.85	6.82			14.61	16.04	17.13
		velocity	6.35	7.37	7.20	7.00	6.82		6.49	6.34	6.36	6.06	5.98	5.87	6.48		7.19	6.55	6.13
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	18	18	21.2	195.2				

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				
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) *CAA Hurdle Development (2019)*

date	10-Jul-19	time	7.20	11.86	16.82	21.95	27.32	33.01	38.72	44.56				64.88	8 / 8				
reaction time	0.428	interval		4.66	4.96	5.13	5.37	5.69	5.71	5.84						14.75	16.77		
		velocity	6.25	7.51	7.06	6.82	6.52	6.15	6.13	5.99				6.17		7.12	6.26		
H1 lead leg	L	strides	25	17	17	17	18	18	19	19				150					

Heat 1 - 2019 Chinese National Championships (Shenyang, CHN) *CAA Hurdle Development (2019)*

date	09-Jul-19	time	7.19	11.78	16.40	21.12	25.92	30.93	36.07	41.39	46.96	52.75		59.86	7 / 2				
reaction time	0.281	interval		4.59	4.62	4.72	4.80	5.01	5.14	5.32	5.57	5.79	7.11			13.93	14.95	16.68	
		velocity	6.26	7.63	7.58	7.42	7.29	6.99	6.81	6.58	6.28	6.04	5.63	6.68		7.54	7.02	6.29	
H1 lead leg	L	strides	25	17	17	17	17	18	18	19	19	19	24	210					

FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN) *CAA Hurdle Development (2019)*

date	12-Apr-19	time	7.42	12.22	16.96	21.76	26.76	31.98	37.32	42.86	48.62	54.40		60.97	2 / 3				
reaction time	0.355	interval		4.80	4.74	4.80	5.00	5.22	5.34	5.54	5.76	5.78	6.57			14.34	15.56	17.08	
		velocity	6.06	7.29	7.38	7.29	7.00	6.70	6.55	6.32	6.08	6.06	6.09	6.56		7.32	6.75	6.15	
H1 lead leg	L	strides	25	17	17	17	17	18	18	19	19	19	23.5	209.5					

Heat 5 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN) *CAA Hurdle Development (2019)*

date	12-Apr-19	time	7.09	11.71	16.55	21.52	26.72	32.25	37.77	43.36	49.20	55.07		61.85	8 / 2				
reaction time	0.310	interval		4.62	4.84	4.97	5.20	5.53	5.52	5.59	5.84	5.87	6.78			14.43	16.25	17.30	
		velocity	6.35	7.58	7.23	7.04	6.73	6.33	6.34	6.26	5.99	5.96	5.90	6.47		7.28	6.46	6.07	
H1 lead leg	L	strides	25	17	17	17	18	19	19	19	20	20	24	215					

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

date	08-Apr-19	time	7.16	11.85	16.68	21.53	26.66	32.06	37.48	43.04	48.78	54.65		61.71	8 / 6				
reaction time	0.269	interval		4.69	4.83	4.85	5.13	5.40	5.42	5.56	5.74	5.87	7.06			14.37	15.95	17.17	
		velocity	6.28	7.46	7.25	7.22	6.82	6.48	6.46	6.29	6.10	5.96	5.67	6.48		7.31	6.58	6.12	
H1 lead leg	L	strides	25	17	17	17	18	18	19	19	19	20	24	213					

Heat 5 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN) *CAA Hurdle Development (2019)*

date	07-Apr-19	time	7.14	11.86	16.75	21.62	26.63	31.75	37.00	42.49	48.13	54.00		60.80	6 / 2				
reaction time	0.247	interval		4.72	4.89	4.87	5.01	5.12	5.25	5.49	5.64	5.87	6.80			14.48	15.38	17.00	
		velocity	6.30	7.42	7.16	7.19	6.99	6.84	6.67	6.38	6.21	5.96	5.88	6.58		7.25	6.83	6.18	
H1 lead leg	L	strides	24	17	17	17	17	18	18	19	19	20	24	210					

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

date	16-Sep-18	time	7.11	11.72	16.48	21.30	26.21	31.18	36.42	41.94	47.54	53.34		59.80	1 / 5				
reaction time		interval		4.61	4.76	4.82	4.91	4.97	5.24	5.52	5.60	5.80	6.46			14.19	15.12	16.92	
		velocity	6.33	7.59	7.35	7.26	7.13	7.04	6.68	6.34	6.25	6.03	6.19	6.69		7.40	6.94	6.21	
H1 lead leg	L	strides	25	17	17	17	17	17	18	19	19	20	23.5	209.5					

Heat 1 - 2018 Chinese National Championships (Taiyuan, CHN) *Henson (2018) - coaching observations*

date	15-Sep-18	time	7.04	11.58	16.16	20.90	25.76	30.83	36.07	41.41	46.98	52.67		59.18	3 / 3				
reaction time		interval		4.54	4.58	4.74	4.86	5.07	5.24	5.34	5.57	5.69	6.51			13.86	15.17	16.60	
		velocity	6.39	7.71	7.64	7.38	7.20	6.90	6.68	6.55	6.28	6.15	6.14	6.76		7.58	6.92	6.33	

H1 lead leg	L	strides	25	17	17	17	17		17	18	18	19	19	25.3	209.3				

Losch, Susanne (GDR) (1966)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 1988 Olympic Games (Seoul, KOR)														*Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*			
date 26-Sep-88 time	6.53	10.55	14.83	19.36	24.05		28.85	33.78	38.74	43.94	49.41		55.56	8 / 6			
reaction time 0.213 interval		4.02	4.28	4.53	4.69		4.80	4.93	4.96	5.20	5.47	6.15			12.83	14.42	15.63
velocity	6.89	8.71	8.18	7.73	7.46		7.29	7.10	7.06	6.73	6.40	6.50	7.20		8.18	7.28	6.72
H1 lead leg strides	23	15	15	15	15		15	16	16	17	17	20	184				

Lu Zhangwei (CHN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Chinese National Championships (Quzhou, CHN)														*Shandong Athletics Sport Science (2024)*			
date 16-Sep-24 time	6.44	10.69	14.98	19.32	23.82		28.62	33.63	38.82	44.31	49.90		56.25	6 / 2			
reaction time 0.195 interval		4.25	4.29	4.34	4.50		4.80	5.01	5.19	5.49	5.59	6.35	PB		12.88	14.31	16.27
velocity	6.99	8.24	8.16	8.06	7.78		7.29	6.99	6.74	6.38	6.26	6.30	7.11		8.15	7.34	6.45
H1 lead leg R strides	24	16	16	16	16		17	17	17	18	18	21.2	196.2				
FINAL - 2024 Chinese National Grand Prix Final (Rizhao, CHN)														*Shandong Athletics Sport Science (2024)*			
date 29-Jun-24 time	6.52	10.74	15.08	19.62	24.27		29.22	34.25	39.54	45.04	50.55		56.90	6 / 3			
reaction time 0.192 interval		4.22	4.34	4.54	4.65		4.95	5.03	5.29	5.50	5.51	6.35			13.10	14.63	16.30
velocity	6.90	8.29	8.06	7.71	7.53		7.07	6.96	6.62	6.36	6.35	6.30	7.03		8.02	7.18	6.44
H1 lead leg R strides	24	16	16	16	16		17	17	17	18	18	21.2	196.2				
FINAL - 2021 Chinese National Championships (Chongqing, CHN)														*CAA Hurdle Development (2021)*			
date 26-Jun-21 time	6.82	11.21	15.73	20.40	25.16		30.41	fell					74.02	3 / 7			
reaction time 0.259 interval		4.39	4.52	4.67	4.76		5.25								13.58		
velocity	6.60	7.97	7.74	7.49	7.35		6.67						5.40		7.73		
H1 lead leg R strides	24	16	16	16	16		17						105				
Heat 4 - 2021 Chinese National Championships (Chongqing, CHN)														*CAA Hurdle Development (2021)*			
date 26-Jun-21 time	6.83	11.26	15.80	20.61	25.49		30.55	35.75	41.07	46.67	52.47		59.03	5 / 1			
reaction time 0.261 interval		4.43	4.54	4.81	4.88		5.06	5.20	5.32	5.60	5.80	6.56			13.78	15.14	16.72
velocity	6.59	7.90	7.71	7.28	7.17		6.92	6.73	6.58	6.25	6.03	6.10	6.78		7.62	6.94	6.28
H1 lead leg L strides	24	16	16	17	17		17	17	17	18	18	21	198				
FINAL - 2020 Chinese National Championships (Shaoxing, CHN)														*CAA Hurdle Development (2020)*			
date 17-Sep-20 time	6.54	11.00	15.42	20.12	24.83		29.75	34.83	40.04	45.58	51.29		57.89	3 / 2			
reaction time interval		4.46	4.42	4.70	4.71		4.92	5.08	5.21	5.54	5.71	6.60			13.58	14.71	16.46
velocity	6.88	7.85	7.92	7.45	7.43		7.11	6.89	6.72	6.32	6.13	6.06	6.91		7.73	7.14	6.38
H1 lead leg R strides	24	16	16	16	16		17	17	17	18	18	22	197				
FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)														*CAA Hurdle Development (2019)*			
date 23-Aug-19 time	6.87	11.23	15.85	20.64	25.48		30.60	35.65	41.01	46.65	52.57		59.30	5 / 2			
reaction time 0.247 interval		4.36	4.62	4.79	4.84		5.12	5.05	5.36	5.64	5.92	6.73			13.77	15.01	16.92
velocity	6.55	8.03	7.58	7.31	7.23		6.84	6.93	6.53	6.21	5.91	5.94	6.75		7.63	7.00	6.21
H1 lead leg R strides	24	17	17	17	17		17	17	17	18	18	23	202				
Heat 1 - 2019 Chinese National Grand Prix Final (Daqing, CHN)														*CAA Hurdle Development (2019)*			
date 22-Aug-19 time	6.84	11.33	15.97	20.75	25.68		30.74	35.97	41.46	47.08	52.85		59.39	6 / 1			
reaction time 0.256 interval		4.49	4.64	4.78	4.93		5.06	5.23	5.49	5.62	5.77	6.54			13.91	15.22	16.88
velocity	6.58	7.80	7.54	7.32	7.10		6.92	6.69	6.38	6.23	6.07	6.12	6.74		7.55	6.90	6.22
H1 lead leg R strides	24	17	17	17	17		17	17	18	18	19	22.5	203.5				
U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)														*CAA Hurdle Development (2019)*			
date 17-Aug-19 time	6.84	11.32	15.96	20.74	25.62		30.64	35.88	41.18	46.70	52.28		58.53	5 / 2			
reaction time 0.206 interval		4.48	4.64	4.78	4.88		5.02	5.24	5.30	5.52	5.58	6.25	PB		13.90	15.14	16.40
velocity	6.58	7.81	7.54	7.32	7.17		6.97	6.68	6.60	6.34	6.27	6.40	6.83		7.55	6.94	6.40
H1 lead leg R strides	24	17	17	17	17		17	17	17	18	18	21.5	200.5				
U20 Heat 2 - 2019 Chinese National Youth Games (Taiyuan, CHN)														*CAA Hurdle Development (2019)*			
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)														*CAA Hurdle Development (2019)*			
date 03-Aug-19 time	6.88	11.38	15.98	20.72	25.62		30.72	35.94	41.30	46.92	52.54		58.90	6 / 3			
reaction time 0.275 interval		4.50	4.60	4.74	4.90		5.10	5.22	5.36	5.62	5.62	6.36	PB		13.84	15.22	16.60
velocity	6.54	7.78	7.61	7.38	7.14		6.86	6.70	6.53	6.23	6.23	6.29	6.79		7.59	6.90	6.33
H1 lead leg R strides	24	17	17	17	17		17	17	17	18	18	22.2	201.2				
Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN)														*CAA Hurdle Development (2019)*			
date 03-Aug-19 time	6.90	11.48	16.26	21.12	26.16		31.46	36.78	42.16	47.74	53.38		59.81	6 / 1			
reaction time 0.229 interval		4.58	4.78	4.86	5.04		5.30	5.32	5.38	5.58	5.64	6.43			14.22	15.66	16.60
velocity	6.52	7.64	7.32	7.20	6.94		6.60	6.58	6.51	6.27	6.21	6.22	6.69		7.38	6.70	6.33
H1 lead leg R strides	24	17	17	17	17		17	17	17	18	18	21.5	200.5				
FINAL - 2019 Chinese National Championships (Shenyang, CHN)														*CAA Hurdle Development (2019)*			

date	10-Jul-19	time	6.84	11.24	15.85	20.58	25.44	30.48	35.67	41.02	46.70	52.48		59.05	2 / 6			
reaction time	0.273	interval		4.40	4.61	4.73	4.86	5.04	5.19	5.35	5.68	5.78	6.57	PB		13.74	15.09	16.81
		velocity	6.58	7.95	7.59	7.40	7.20	6.94	6.74	6.54	6.16	6.06	6.09	6.77		7.64	6.96	6.25
H1 lead leg	R	strides	24	17	17	17	17	17	17	17	18	18	22.5	201.5				

Heat 3 - 2019 Chinese National Championships (Shenyang, CHN) *CAA Hurdle Development (2019)*

date	09-Jul-19	time	6.90	11.39	15.96	20.75	25.67	30.81	36.15	41.50	47.17	53.13		60.11	6 / 4			
reaction time	0.244	interval		4.49	4.57	4.79	4.92	5.14	5.34	5.35	5.67	5.96	6.98			13.85	15.40	16.98
		velocity	6.52	7.80	7.66	7.31	7.11	6.81	6.55	6.54	6.17	5.87	5.73	6.65		7.58	6.82	6.18
H1 lead leg	R	strides	24	17	17	17	17	17	17	17	18	19	23	203				

FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN) *CAA Hurdle Development (2019)*

date	12-Apr-19	time	7.04	11.53				36.58	42.46	48.53	54.75			62.25	9 / 8			
reaction time	0.326	interval		4.49				25.05	5.88	6.07	6.22	7.50						18.17
		velocity	6.39	7.80				6.99	5.95	5.77	5.63	5.33	6.43					5.78
H1 lead leg	R	strides	24	17					19	19	19	23	121					

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

date	12-Apr-19	time	6.98	11.52	16.12	20.84	25.74	30.94	36.56	42.20	48.04	54.20		61.28	3 / 3			
reaction time	0.237	interval		4.54	4.60	4.72	4.90	5.20	5.62	5.64	5.84	6.16	7.08			13.86	15.72	17.64
		velocity	6.45	7.71	7.61	7.42	7.14	6.73	6.23	6.21	5.99	5.68	5.65	6.53		7.58	6.68	5.95
H1 lead leg	R	strides		17	17	17	17	17	18	18	19	19	22.5	181.5				

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

date	08-Apr-19	time	6.91	11.44	16.03	20.75	25.71	30.84	36.08	41.48	47.21	52.88		59.22	6 / 2			
reaction time	0.260	interval		4.53	4.59	4.72	4.96	5.13	5.24	5.40	5.73	5.67	6.34	PB		13.84	15.33	16.80
		velocity	6.51	7.73	7.63	7.42	7.06	6.82	6.68	6.48	6.11	6.17	6.31	6.75		7.59	6.85	6.25
H1 lead leg	R	strides	24	17	17	17	17	17	17	17	18	18	22	201				

Heat 4 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN) *CAA Hurdle Development (2019)*

date	07-Apr-19	time	6.85	11.38	15.96	20.62	25.47	30.51	35.71	41.12	46.90	53.02		59.89	6 / 1			
reaction time	0.220	interval		4.53	4.58	4.66	4.85	5.04	5.20	5.41	5.78	6.12	6.87			13.77	15.09	17.31
		velocity	6.57	7.73	7.64	7.51	7.22	6.94	6.73	6.47	6.06	5.72	5.82	6.68		7.63	6.96	6.07
H1 lead leg	R	strides	24	17	17	17	17	17	17	17	19	19	23	204				

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								14.90		
		velocity	6.34	7.42	7.17	6.60	6.18		5.93					5.90			7.05		
H1 lead leg	L	strides		16	16	17	17		17					83					

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	19	22	201				

Mager, Anna (AUT) (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 - 2023 European Athletics U23 Championships (Espoo, FIN)																*European Athletics (2023) - european athletics U23 championships results book*			
date	15-Jul-23	time	6.69	10.96	15.65	20.12	28.30		33.79	39.41	46.14	51.85	58.38		66.10	3 / 8			
reaction time	0.295	interval		4.27	4.69	4.47	8.18		5.49	5.62	6.73	5.71	6.53	7.72			13.43	19.29	18.97
		velocity	6.73	8.20	7.46	7.83	4.28		6.38	6.23	5.20	6.13	5.36	5.18	6.05		7.82	5.44	5.54
H1 lead leg		strides													0				

Manabe, Ayana (JPN) (2001)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2020 Japanese U20 National Championships (Hiroshima, JPN)																*Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*			
date	25-Oct-20	time	7.27	12.20	17.22	22.37	27.58		32.90	38.39	43.99	49.53	55.12		61.35	2 / 6			
reaction time	0.202	interval		4.93	5.02	5.15	5.21		5.32	5.49	5.60	5.54	5.59	6.23			15.10	16.02	16.73
		velocity	6.19	7.10	6.97	6.80	6.72		6.58	6.38	6.25	6.32	6.26	6.42	6.52		6.95	6.55	6.28
H1 lead leg		strides		16	16	16	16		16	17	17	17	17		148				

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)																*Omega Timing (2024) - diamond league race analysis*			
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)																*Paris 2024 Olympic Games - Results Book (2024)*			
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)																*Paris 2024 Olympic Games - Results Book (2024)*			
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)																*Paris 2024 Olympic Games - Results Book (2024)*			
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)																*European Athletics (2024) - 2024 european athletics championships - results book*			
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)																*European Athletics (2024) - 2024 european athletics championships - results book*			
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				
FINAL - 2023 European Athletics U23 Championships (Espoo, FIN)																*European Athletics (2023) - european athletics U23 championships results book*			
date	16-Jul-23	time	6.43	10.57	14.94	19.32	23.87		28.62	33.53	38.93	43.99	49.40		55.83	6 / 2			
reaction time	0.185	interval		4.14	4.37	4.38	4.55		4.75	4.91	5.40	5.06	5.41	6.43	PB		12.89	14.21	15.87

		velocity	7.00	8.45	8.01	7.99	7.69	7.37	7.13	6.48	6.92	6.47	6.22	7.16		8.15	7.39	6.62
H1 lead leg		strides												0				

Semi-Final 2 - 2023 European Athletics U23 Championships (Espoo, FIN) *European Athletics (2023) - european athletics U23 championships results book*

date	15-Jul-23	time	6.55	10.83	15.27	19.92	24.68	29.79	34.98	40.73	45.51	50.77		56.95	6 / 1			
reaction time	0.223	interval		4.28	4.44	4.65	4.76	5.11	5.19	5.75	4.78	5.26	6.18			13.37	15.06	15.79
		velocity	6.87	8.18	7.88	7.53	7.35	6.85	6.74	6.09	7.32	6.65	6.47	7.02		7.85	6.97	6.65
H1 lead leg		strides												0				

Marchiando, Eleonora (ITA) (1997)

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

Heat 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis) *Henson (2024) - Athlete First: 2021 year end hurdle report*

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 / ~~6~~ 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)

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

B-Race - 2011 Poks Memorial (Hässleholm, SWE) *Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx*

date	12-Jun-11	time	7.12	11.84	16.66	21.66	26.74	31.98	37.46	43.10	48.78	54.52		60.75	/ 1			
reaction time		interval		4.72	4.82	5.00	5.08	5.24	5.48	5.64	5.68	5.74	6.23			14.54	15.80	17.06
		velocity	6.32	7.42	7.26	7.00	6.89	6.68	6.39	6.21	6.16	6.10	6.42	6.58		7.22	6.65	6.15
H1 lead leg	R	strides		17	17	17	17	17	17	18	18	18	22	178				

Marx, Claudia (GER) (1978)

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

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

date	09-Aug-06	time	6.4	10.6	14.7	19.2	23.6	28.3	33.2	38.3	43.5	48.8		54.99	5 / 4			
reaction time		interval		4.20	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)

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

FINAL - 1998 Spanish National Championships (San Sebastián, ESP) *Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas*

date	02-Aug-98	time	7.27	12.18	17.17	22.22	27.52	32.89	38.38	44.09	49.90	55.99		63.01	7 / 6			
reaction time		interval		4.91	4.99	5.05	5.30	5.37	5.49	5.71	5.81	6.09	7.02			14.95	16.16	17.61
		velocity	6.19	7.13	7.01	6.93	6.60	6.52	6.38	6.13	6.02	5.75	5.70	6.35		7.02	6.50	5.96
H1 lead leg	L	strides	24	17	17	17	17	17	18	18	18	19	23	205				

Masuko, Meri (JPN) (2003)

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

FINAL - 2024 Japanese National Championsips (Niigata, JPN) *Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season*

date	30-Jun-24	time	6.77	11.24	15.78	20.52	25.36	30.33	35.54	40.87	46.46	52.05		58.07	9 / 4			
reaction time	0.199	interval		4.47	4.54	4.74	4.84	4.97	5.21	5.33	5.59	5.59	6.02			13.75	15.02	16.51
		velocity	6.65	7.83	7.71	7.38	7.23	7.04	6.72	6.57	6.26	6.26	6.64	6.89		7.64	6.99	6.36
H1 lead leg	R	strides	23	16	16	16	16	17	17	17	17	17	21	193				

FINAL - 2022 Japanese U20 National Championsips (Osaka, JPN) *Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*

date	12-Jun-22	time	6.99	11.56	16.35	21.20	26.18	31.35	36.64	42.18	48.15	54.29		60.81	9 / 5			
reaction time	0.162	interval		4.57	4.79	4.85	4.98	5.17	5.29	5.54	5.97	6.14	6.52			14.21	15.44	17.65
		velocity	6.44	7.66	7.31	7.22	7.03	6.77	6.62	6.32	5.86	5.70	6.13	6.58		7.39	6.80	5.95
H1 lead leg	R	strides	24	17	17	17	17	17	17	17	18	19	22	202				

Mátó, Sára (HUN) (2000)

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

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

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				

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 - 2024 Japanese National Championsips (Niigata, JPN) *Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season*

date	30-Jun-24	time	6.81	11.36	15.97	20.69	25.53	30.53	35.60	40.79	46.03	51.48		57.61	8 / 3			
reaction time	0.236	interval		4.55	4.61	4.72	4.84	5.00	5.07	5.19	5.24	5.45	6.13			13.88	14.91	15.88
		velocity	6.61	7.69	7.59	7.42	7.23	7.00	6.90	6.74	6.68	6.42	6.53	6.94		7.56	7.04	6.61
H1 lead leg	R	strides	24	16	16	16	16	17	17	17	17	17	21.7	194.7				

A FINAL - 2024 Shizuoka International Meeting (Fukuroi, JPN) *Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season*

date	03-May-24	time	6.94	11.58	16.42	21.22	26.13		31.11	36.24	41.54	46.81	52.27		58.49	2 / 7					
reaction time	0.251	interval		4.64	4.84	4.80	4.91		4.98	5.13	5.30	5.27	5.46	6.22			14.28	15.02	16.03		
		velocity	6.48	7.54	7.23	7.29	7.13		7.03	6.82	6.60	6.64	6.41	6.43	6.84		7.35	6.99	6.55		
H1 lead leg	R	strides	24	16	16	16	16		17	17	17	17	17		173						

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 Championsips (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 Championsips (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 Championsips (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 Championsips (Osaka, JPN)														*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date 12-Jun-22	time 6.82	11.46	16.20	21.02	25.91		30.98	36.05	41.26	46.51	51.75		57.57	9 / 3			
reaction time 0.215	interval	4.64	4.74	4.82	4.89		5.07	5.07	5.21	5.25	5.24	5.82	PB		14.20	15.03	15.70
	velocity 6.60	7.54	7.38	7.26	7.16		6.90	6.90	6.72	6.67	6.68	6.87	6.95		7.39	6.99	6.69
H1 lead leg R	strides 24	16	16	16	16		17	17	17	17	17		173				

Matthews, Gabrielle (JAM) (2002)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 NCAA Championships (Eugene, OR) (TV Analysis)														*Henson (2024) - Athlete First: 2024 year end hurdle report*			
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				

McBride, Allyria (USA) (2004)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2024 USA Olympic Trials (Eugene, OR)														*USATF and Karmarush (2024) - USA Olympic trials results and race analysis*			
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)

	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	6.48	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)

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

McLaughlin, Elaine (GBR) (1963)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1988 Olympic Games (Seoul, KOR)														*Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*			
date 26-Sep-88 time	6.77	11.13	15.59	20.14	24.78		29.66	34.65	39.69	44.82	50.01		55.91	2 / 6			
reaction time 0.168 interval		4.36	4.46	4.55	4.64		4.88	4.99	5.04	5.13	5.19	5.90			13.37	14.51	15.36
velocity	6.65	8.03	7.85	7.69	7.54		7.17	7.01	6.94	6.82	6.74	6.78	7.15		7.85	7.24	6.84
H1 lead leg strides	25	16	16	16	16		16	16	17	17	17	19.5	191.5				

McLaughlin-Levrone, Sydney (USA)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Long Hurdles - 2025 Grand Slam Track Miami (Miramar, FL)														*Grand Slam Track (2025) - results and splits by race*			
date 03-May-25 time	6.18	10.28	14.47	18.75	23.22	25.24	27.95	32.69	37.34	42.00	46.67		52.07	6 / 1			
reaction time 0.230 interval		4.10	4.19	4.28	4.47		4.73	4.74	4.65	4.66	4.67	5.40			12.57	13.94	13.98
velocity	7.28	8.54	8.35	8.18	7.83	7.92	7.40	7.38	7.53	7.51	7.49	7.41	7.68		8.35	7.53	7.51
H1 lead leg R strides	22	14	14	14	15		16	15	15	15	15	18	173				
Long Hurdles - 2025 Grand Slam Track Kingston (Kingston, JAM) (TV Analysis)														*Henson (2025) - Athlete First: 2025 year end hurdle report*			
date 04-Apr-25 time	6.30	10.31	14.28	18.48	22.89		27.53	32.23	37.13	42.11	47.08		52.76	5 / 1			
reaction time 0.200 interval		4.01	3.97	4.20	4.41		4.64	4.70	4.90	4.98	4.97	5.68			12.18	13.75	14.85
velocity	7.14	8.73	8.82	8.33	7.94		7.54	7.45	7.14	7.03	7.04	7.04	7.58		8.62	7.64	7.07
H1 lead leg R strides	22	14	14	14	14		15	15	16	16	16	19	175				
FINAL - 2024 Olympic Games (Paris, FRA)														*Paris 2024 Olympic Games - Results Book (2024)*			
date 08-Aug-24 time	5.91	9.79	13.81	17.86	22.02		26.29	30.72	35.24	39.89	44.71		50.37	5 / 1			
reaction time 0.139 interval		3.88	4.02	4.05	4.16		4.27	4.43	4.52	4.65	4.82	5.66	WR		11.95	12.86	13.99
velocity	7.61	9.02	8.71	8.64	8.41		8.20	7.90	7.74	7.53	7.26	7.07	7.94		8.79	8.16	7.51
H1 lead leg R strides	22	14	14	14	14		14	14	15	15	15	19	170				
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				

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

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

date	27-Jun-24	time	6.08	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				

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	6.27	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				

McLaughlin, Sydney (USA) (1999)

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

date	08-Aug-22	time	6.24	10.27	14.36	18.63	22.96			32.16	36.86	41.63	46.30		51.68	4 / 1		
reaction time	0.182	interval		4.03	4.09	4.27	4.33			9.20	4.70	4.77	4.67	5.38			12.39	13.53	14.14
		velocity	7.21	8.68	8.56	8.20	8.08			7.61	7.45	7.34	7.49	7.43	7.74		8.47	7.76	7.43
H1 lead leg	R	strides	22	14	14	14	14				15	15	15	18	141				

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

date	22-Jul-22	time	6.10	10.10	14.10	18.27	22.50	24.25	26.84	31.23	35.80	40.40	45.17		50.68	5 / 1		
reaction time	0.158	interval		4.00	4.00	4.17	4.23		4.34	4.39	4.57	4.60	4.77	5.51	**WR**		12.17	12.96	13.94
		velocity	7.38	8.75	8.75	8.39	8.27	8.25	8.06	7.97	7.66	7.61	7.34	7.26	7.89		8.63	8.10	7.53
H1 lead leg	R	strides	22	14	14	14	14		14	14	15	15	15	18.7	169.7				

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

date	20-Jul-22	time	6.12	10.10	14.30	18.42	22.73	24.61	27.27	31.90	36.60	41.43	46.43		52.17	6 / 1		
reaction time	0.174	interval		3.98	4.20	4.12	4.31		4.54	4.63	4.70	4.83	5.00	5.74			12.30	13.48	14.53
		velocity	7.35	8.79	8.33	8.50	8.12	8.13	7.71	7.56	7.45	7.25	7.00	6.97	7.67		8.54	7.79	7.23
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	16	18	172				

Heat 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	19-Jul-22	time	6.40	10.43	14.83	19.12	23.60	25.48	28.36		38.03	43.20	48.30		53.95	8 / 1		
reaction time	0.168	interval		4.03	4.40	4.29	4.48		4.76		9.67	5.17	5.10	5.65			12.72		
		velocity	7.03	8.68	7.95	8.16	7.81	7.85	7.35		7.24	6.77	6.86	7.08	7.41		8.25		
H1 lead leg	R	strides	22	14	14	14	14		15			16	16	18	143				

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

date	25-Jun-22	time	6.20	10.14	14.21	18.48	22.85	24.63	27.36	31.89	36.53	41.31	46.08		51.41	5 / 1		
reaction time		interval		3.94	4.07	4.27	4.37		4.51	4.53	4.64	4.78	4.77	5.33	**WR**		12.28	13.41	14.19
		velocity	7.26	8.88	8.60	8.20	8.01	8.12	7.76	7.73	7.54	7.32	7.34	7.50	7.78		8.55	7.83	7.40
H1 lead leg	R	strides	22	14	14	14	14		14	14	14	15	15	18.2	168.2				

Semi-Final 1 - 2022 USATF National Championships (Eugene, OR) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	24-Jun-22	time	6.26	10.26	14.40	18.73	23.20	25.04	27.83	32.60	37.46	42.30	47.23		52.90	5 / 1		
reaction time		interval		4.00	4.14	4.33	4.47		4.63	4.77	4.86	4.84	4.93	5.67			12.47	13.87	14.63
		velocity	7.19	8.75	8.45	8.08	7.83	7.99	7.56	7.34	7.20	7.23	7.10	7.05	7.56		8.42	7.57	7.18
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	16	18.2	172.2				

Heat 1 - 2022 USATF National Championships (Eugene, OR) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	23-Jun-22	time	6.37	10.41	14.61	18.98	23.42	25.30	28.09	32.90	37.87	43.01	48.21		54.11	5 / 1		
reaction time		interval		4.04	4.20	4.37	4.44		4.67	4.81	4.97	5.14	5.20	5.90			12.61	13.92	15.31
		velocity	7.06	8.66	8.33	8.01	7.88	7.91	7.49	7.28	7.04	6.81	6.73	6.78	7.39		8.33	7.54	6.86
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	16	16	18.5	173.5				

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

date	05-Jun-22	time	5.84	10.37	14.46	18.65	23.42		27.27	31.87	36.50	41.33	46.33		51.61	5 / 1		
reaction time		interval		4.53	4.09	4.19	4.77		3.85	4.60	4.63	4.83	5.00	5.28			12.81	13.22	14.46
		velocity	7.71	7.73	8.56	8.35	8.39		9.09	7.61	7.56	7.25	7.00	7.58	7.75		8.20	7.94	7.26
H1 lead leg	R	strides		14	14	14	16		13	15	15		16		117				

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

date	04-Aug-21	time	6.16	10.16	14.24	18.36	22.64		27.00	31.56	36.32	41.20	46.04		51.46	4 / 1		
reaction time	0.163	interval		4.00	4.08	4.12	4.28		4.36	4.56	4.76	4.88	4.84	5.42	**WR**		12.20	13.20	14.48
		velocity	7.31	8.75	8.58	8.50	8.18		8.03	7.68	7.35	7.17	7.23	7.38	7.77		8.61	7.95	7.25
H1 lead leg	R	strides	22	14	14	14	14		14	14	15	16	15	18.5	170.5				

Semi-Final 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis) *Henson (2024) - Athlete First: 2021 year end hurdle report*

date	02-Aug-21	time	6.30	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				

Heat 3 - 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	19.40	23.90		28.70	33.63	38.50	43.67	48.85		54.65	5 / 1		
reaction time	0.180	interval		4.20	4.30	4.47	4.50		4.80	4.93	4.87	5.17	5.18	5.80			12.97	14.23	15.22
		velocity	7.00	8.33	8.14	7.83	7.78		7.29	7.10	7.19	6.77	6.76	6.90	7.32		8.10	7.38	6.90

H1 lead leg	R	strides	22	14	14	14	14		15	15	15	16	16	18.5	173.5				

FINAL - 2020 USA Olympic Trials (Eugene, OR) *Athlete Tracking (2021) - Women's 400mH - Unofficial Split Times*

date	27-Jun-21	time	6.11	10.14	14.36	18.60	23.04	24.97	27.59	32.24	36.91	41.64	46.46		51.90	6 / 1			
reaction time	0.194	interval		4.03	4.22	4.24	4.44		4.55	4.65	4.67	4.73	4.82	5.44	**WR**		12.49	13.64	14.22
		velocity	7.36	8.68	8.29	8.25	7.88	8.01	7.69	7.53	7.49	7.40	7.26	7.35	7.71		8.41	7.70	7.38
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	18.2	171.2				

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

date	26-Jun-21	time	6.14	10.21	14.34	18.58	22.99		27.59	32.33	37.07	42.07	47.04		53.03	5 / 1			
reaction time	0.227	interval		4.07	4.13	4.24	4.41		4.60	4.74	4.74	5.00	4.97	5.99			12.44	13.75	14.71
		velocity	7.33	8.60	8.47	8.25	7.94		7.61	7.38	7.38	7.00	7.04	6.68	7.54		8.44	7.64	7.14
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	16	15	18.2	172.2				

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

date	25-Jun-21	time	6.33	10.46	14.67	19.10	23.77		28.50	33.26	38.07	42.93	48.00		54.07	5 / 1			
reaction time	0.255	interval		4.13	4.21	4.43	4.67		4.73	4.76	4.81	4.86	5.07	6.07			12.77	14.16	14.74
		velocity	7.11	8.47	8.31	7.90	7.49		7.40	7.35	7.28	7.20	6.90	6.59	7.40		8.22	7.42	7.12
H1 lead leg	R	strides	22	14	14	15	15		15	15	15	15	16	18.2	174.2				

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

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

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

date	04-Oct-19	time	6.27	10.27	14.38	18.65	22.98		27.42	31.96	36.73	41.57	46.58		52.23	4 / 2			
reaction time	0.161	interval		4.00	4.11	4.27	4.33		4.44	4.54	4.77	4.84	5.01	5.65	**PB**		12.38	13.31	14.62
		velocity	7.18	8.75	8.52	8.20	8.08		7.88	7.71	7.34	7.23	6.99	7.08	7.66		8.48	7.89	7.18
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	16	19.2	180.2				

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

date	02-Oct-19	time	6.30	10.41	14.71	19.00	23.48		27.99	32.69	37.60	42.57	47.74		53.81	5 / 1			
reaction time	0.170	interval		4.11	4.30	4.29	4.48		4.51	4.70	4.91	4.97	5.17	6.07			12.70	13.69	15.05
		velocity	7.14	8.52	8.14	8.16	7.81		7.76	7.45	7.13	7.04	6.77	6.59	7.43		8.27	7.67	6.98
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	18.5	178.5				

Heat 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis) *Henson (2021) - Athlete First: 2019 year end hurdle report*

date	01-Oct-19	time	6.48	10.64	14.92	19.40	23.92			33.40	38.52	43.44	48.52		54.45	8 / 1			
reaction time	0.176	interval		4.16	4.28	4.48	4.52			9.48	5.12	4.92	5.08	5.93			12.92	14.00	15.12
		velocity	6.94	8.41	8.18	7.81	7.74			7.38	6.84	7.11	6.89	6.75	7.35		8.13	7.50	6.94
H1 lead leg	R	strides	23	15	15	15	15				16	16	16	18.2	149.2				

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

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

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

date	28-Jul-19	time	6.37	10.54	14.71	18.98	23.32		28.12	32.72	37.52	42.55	47.52		52.88	6 / 2			
reaction time	0.198	interval		4.17	4.17	4.27	4.34		4.80	4.60	4.80	5.03	4.97	5.36			12.61		
		velocity	7.06	8.39	8.39	8.20	8.06		7.29	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) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	12-Jul-19	time	6.26	10.44	14.74	19.08	23.54	25.4	28.06	32.68	37.60	42.58	47.68		53.32	4 / 1			
reaction time	0.151	interval		4.18	4.30	4.34	4.46		4.52	4.62	4.92	4.98	5.10	5.64			12.82	13.60	15.00
		velocity	7.19	8.37	8.14	8.06	7.85	7.87	7.74	7.58	7.11	7.03	6.86	7.09	7.50		8.19	7.72	7.00
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	16	18.5	179.5				

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

date	13-Jun-19	time	6.36	10.64	14.96		23.76	25.6	28.30	33.00	38.02	43.14	48.38		54.16	4 / 1			
reaction time	0.213	interval		4.28	4.32		8.80		4.54	4.70	5.02	5.12	5.24	5.78					15.38
		velocity	7.08	8.18	8.10		7.95	7.81	7.71	7.45	6.97	6.84	6.68	6.92	7.39				6.83
H1 lead leg	R	strides	23	15	15				15	15	16	16	16	19	150				

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

date	09-Jun-18	time	6.43	10.53	14.63	18.90	23.20		27.73	32.43	37.33	42.60	47.93		53.96	4 / 1			
reaction time		interval		4.10	4.10	4.27	4.30		4.53	4.70	4.90	5.27	5.33	6.03			12.47	13.53	15.50
		velocity	7.00	8.54	8.54	8.20	8.14		7.73	7.45	7.14	6.64	6.57	6.63	7.41		8.42	7.76	6.77
H1 lead leg	R	strides		14	14	14	14		15	15	15	16	16	19.2	152.2				

FINAL - 2018 South Eastern Conference Championships (Knoxville, TN) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	13-May-18	time	6.23	10.40	14.66	18.93	23.33		27.83	32.43	37.13	42.16	47.20		52.75	5 / 1			
reaction time		interval		4.17	4.26	4.27	4.40		4.50	4.60	4.70	5.03	5.04	5.55	**WJR PB**		12.70	13.50	14.77

		velocity	7.22	8.39	8.22	8.20	7.95	7.78	7.61	7.45	6.96	6.94	7.21	7.58		8.27	7.78	7.11
H1 lead leg	R	strides		15	15	15	15	15	15	15	16	16	18.5	155.5				

A FINAL - 2018 National Relay Championships (Fayetteville, AR) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	27-Apr-18	time	6.31	10.30		19.08	23.53	28.06	32.80	37.66	42.81	47.95		53.60	5 / 1				
reaction time		interval		3.99		8.78	4.45	4.53	4.74	4.86	5.15	5.14	5.65	**WJR PB**		12.77	13.72	15.15	
		velocity	7.13	8.77		7.97	7.87	7.73	7.38	7.20	6.80	6.81	7.08	7.46		8.22	7.65	6.93	
H1 lead leg	R	strides	22	15			15	15	15	15	16	16	18.5	147.5					

FINAL - 2017 USATF Championships (Sacramento, CA) (TV Analysis) *Henson (2021) - Athlete First: 2017 year end hurdle report*

date	25-Jun-17	time	6.27	10.51	14.71	18.89	23.12	27.69	32.46	37.37	42.57	47.81		53.82	8 / 6				
reaction time	0.305	interval		4.24	4.20	4.18	4.23	4.57	4.77	4.91	5.20	5.24	6.01	**WJR PB**		12.62	13.57	15.35	
		velocity	7.18	8.25	8.33	8.37	8.27	7.66	7.34	7.13	6.73	6.68	6.66	7.43		8.32	7.74	6.84	
H1 lead leg	R	strides	23	14	14	14	14	15	15	15	16	16	18.5	174.5					

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

date	10-Jul-16	time	6.47	10.64	14.95	19.28	23.76	28.36	33.03	37.84	42.91	48.08		54.15	5 / 3				
reaction time	0.371	interval		4.17	4.31	4.33	4.48	4.60	4.67	4.81	5.07	5.17	6.07	**WJR WYB PB**		12.81	13.75	15.05	
		velocity	6.96	8.39	8.12	8.08	7.81	7.61	7.49	7.28	6.90	6.77	6.59	7.39		8.20	7.64	6.98	
H1 lead leg	R	strides	22	15	14	14	15	15	15	15	16	16	19.7	176.7					

McLean, Hayley (GBR) (1994)

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

Semi-Final 3 - 2022 European Athletics Championships (Munich, GER) *European Athletics (2022) - european athletics championships race analysis*

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				

Heat 3 - 2022 European Athletics Championships (Munich, GER) *European Athletics (2022) - european athletics championships race analysis*

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				

Medina, Celia (ESP) (1977)

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

FINAL - 1998 Spanish National Championships (San Sebastián, ESP) *Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas*

date	02-Aug-98	time	6.75	11.61	16.49	21.56	26.70	31.80	37.08	42.36	47.99	53.86		60.80	4 / 4				
reaction time		interval		4.86	4.88	5.07	5.14	5.10	5.28	5.28	5.63	5.87	6.94			14.81	15.52	16.78	
		velocity	6.67	7.20	7.17	6.90	6.81	6.86	6.63	6.63	6.22	5.96	5.76	6.58		7.09	6.77	6.26	
H1 lead leg	L	strides	22	16	16	17	17	17	17	17	18	18	21	196					

Meisberger, Shannon (USA) (1999)

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

FINAL - 2022 USATF National Championships (Eugene, OR) *USATF (2022) - Results powered by Karmarush*

date	25-Jun-22	time	6.42	10.46	14.57	18.86	23.27	25.34	28.03	32.89	38.21	43.67	49.67	*55.42*	55.39	9 / 5			
reaction time		interval		4.04	4.11	4.29	4.41		4.76	4.86	5.32	5.46	6.00	5.72	**PB**		12.44	14.03	16.78
		velocity	7.01	8.67	8.52	8.16	7.94	7.89	7.35	7.20	6.58	6.41	5.83	6.99	7.22		8.44	7.48	6.26
H1 lead leg	L	strides	22	15	15	15	15		16	16	16				130				

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

date	24-Jun-22	time	6.37	10.30	14.39	18.79	23.29	25.34	28.02	32.90	38.12	43.43	49.03	*55.61*	55.61	8 / 4			
reaction time		interval		3.93	4.09	4.40	4.50		4.73	4.88	5.22	5.31	5.60	6.58	**PB**		12.42	14.11	16.13
		velocity	7.06	8.91	8.56	7.95	7.78	7.89	7.40	7.17	6.70	6.59	6.25	6.08	7.19		8.45	7.44	6.51
H1 lead leg	L	strides	22	15	15	15	15		16	16	16	17			147				

Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	26-Jun-21	time	6.44	10.67	15.08	19.68	24.46	29.36	34.50		45.21			57.22	9 / 5				
reaction time	0.260	interval		4.23	4.41	4.60	4.78	4.90	5.14		10.71					13.24	14.82		
		velocity	6.99	8.27	7.94	7.61	7.32	7.14	6.81		6.54			6.99		7.93	7.09		
H1 lead leg	L	strides		15	15	15	16	16	17	17				111					

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

date	12-Jun-21	time	6.60	10.97	15.17	19.60	24.17		33.87	38.83	44.03	49.40		55.70	8 / 2				
reaction time	0.275	interval		4.37	4.20	4.43	4.57		9.70	4.96	5.20	5.37	6.30	**PB**		13.00	14.27	15.53	
		velocity	6.82	8.01	8.33	7.90	7.66		7.22	7.06	6.73	6.52	6.35	7.18		8.08	7.36	6.76	
H1 lead leg	R	strides	23	15	15	15	16				17	17	20.5	138.5					

Meißner, Heike (GER) (1970)

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

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

date	28-Aug-03	time	6.5	10.8	15.1	19.6	24.2	28.9	33.7	38.8	44.2	49.6		55.60	1 / 7				
reaction time	0.233	interval		4.30	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					

FINAL - 2002 IAAF World Cup (Madrid, ESP) *Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas*

date	20-Sep-02	time	6.72	11.45	16.08	20.50	25.21	30.01	35.10	40.23	45.65	51.06		57.40	5 / 7				
reaction time	0.177	interval		4.73	4.63	4.42	4.71	4.80	5.09	5.13	5.42	5.41	6.34			13.78	14.60	15.96	
		velocity	6.70	7.40	7.56	7.92	7.43	7.29	6.88	6.82	6.46	6.47	6.31	6.97		7.62	7.19	6.58	

H1 lead leg	R	strides	23	16	16	15	15		15	16	17	17	17	20.5	187.5						

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

date	08-Aug-02	time	6.74	10.91	15.16	19.51	24.07		28.84	33.73	38.83	44.15	49.59		55.89	/ 2					
reaction time	0.180	interval		4.17	4.25	4.35	4.56		4.77	4.89	5.10	5.32	5.44	6.30					12.77	14.22	15.86
		velocity	6.68	8.39	8.24	8.05	7.68		7.34	7.16	6.86	6.58	6.43	6.35	7.16				8.22	7.38	6.62
H1 lead leg		strides		15	15	15	16		16	16	16	17	17		143						

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

date	07-Aug-02	time	6.75	11.04	15.35	19.75	24.23		29.09	33.97	39.97	44.13	49.47		55.67	/ 2					
reaction time	0.160	interval		4.29	4.31	4.40	4.48		4.86	4.88	6.00	4.16	5.34	6.20					13.00	14.22	15.50
		velocity	6.67	8.16	8.12	7.95	7.81		7.20	7.17	5.83	8.41	6.55	6.45	7.19				8.08	7.38	6.77
H1 lead leg		strides																			

FINAL - 2001 European Cup (Bremen, GER) *Graubner (2007) - http://www.fgs.uni-halle.de*

date	23-Jun-01	time	6.73	10.93	15.27	19.71	24.20		28.85	33.71	38.83	44.07	49.37		55.33	/ 3					
reaction time		interval		4.20	4.34	4.44	4.49		4.65	4.86	5.12	5.24	5.30	5.96					12.98	14.00	15.66
		velocity	6.69	8.33	8.06	7.88	7.80		7.53	7.20	6.84	6.68	6.60	6.71	7.23				8.09	7.50	6.70
H1 lead leg		strides																			

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

date	31-Jul-96	time	6.6	10.6	14.8	19.0	23.4		28.1	32.9	37.8	42.8	48.1		54.03	1 / 5					
reaction time	0.272	interval		4.00	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) *Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)*

date	17-Aug-93	time	6.53	10.67	14.89	19.27	23.62		28.11	32.99	38.06	43.26	48.56		54.64	2 / 3					
reaction time		interval		4.14	4.22	4.38	4.35		4.49	4.88	5.07	5.20	5.30	6.08					12.74	13.72	15.57
		velocity	6.89	8.45	8.29	7.99	8.05		7.80	7.17	6.90	6.73	6.60	6.58	7.32				8.24	7.65	6.74
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	21	185						

FINAL - 1991 European Cup (Frankfurt, GER) *Federle (2003) - http://www.fgs.uni-halle.de*

date	29-Jun-91	time	6.57	10.76	15.12	19.54	24.01		28.60	33.42	38.59	44.03	49.53		55.64	/ 3					
reaction time		interval		4.19	4.36	4.42	4.47		4.59	4.82	5.17	5.44	5.50	6.11					12.97	13.88	16.11
		velocity	6.85	8.35	8.03	7.92	7.83		7.63	7.26	6.77	6.43	6.36	6.55	7.19				8.10	7.56	6.52
H1 lead leg		strides																			

Melvin, Chelby (USA) (2003)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)																*USATF and Karmarush (2024) - USA Olympic trials results and race analysis*			
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	6.21	7.10		8.10	7.35	6.49
H1 lead leg	R	strides	22	15	15	15	15		16	16	17	17	17	20.2	185.2				

Heat 2 - 2024 USA Olympic Trials (Eugene, OR) *USATF and Karmarush (2024) - USA Olympic trials results and race analysis*

date	27-Jun-24	time	6.62	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)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 Japanese National Championships (Kumagaya, JPN)																*Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*			
date	12-Jun-11	time	6.61	11.08	15.67	20.34	25.19		30.18	35.24	40.38	45.64	50.93		56.92	/ 3			
reaction time		interval		4.47	4.59	4.67	4.85		4.99	5.06	5.14	5.26	5.29	5.99	PB		13.73	14.90	15.69
		velocity	6.81	7.83	7.63	7.49	7.22		7.01	6.92	6.81	6.65	6.62	6.68	7.03		7.65	7.05	6.69
H1 lead leg		strides		16	16	16	16		17	17	17	17	17		149				

FINAL - 2009 Japanese National High School Championships (Nara, JPN) *Matsuo (2009) - 62nd high school championships: JAF scientific committee- biomechanics*

date	31-Jul-09	time	6.87	11.64	16.43	21.40	26.51		31.82	37.19	42.56	47.83	53.09		58.96	/ 1			
reaction time		interval		4.77	4.79	4.97	5.11		5.31	5.37	5.37	5.27	5.26	5.87			14.53	15.79	15.90
		velocity	6.55	7.34	7.31	7.04	6.85		6.59	6.52	6.52	6.64	6.65	6.81	6.78		7.23	6.65	6.60
H1 lead leg		strides		17	16	16	16		17	17	17	17	17		150				

FINAL - 2008 Japanese National High School Championships (Kumagaya, JPN) *Abe (2008) - 61st high school championships: JAF scientific committee- biomechanics data*

date	31-Jul-08	time	7.01	11.73	16.62	21.47	26.46		31.68	36.95	42.24	47.55	52.79		58.79	/ 1			
reaction time		interval		4.72	4.89	4.85	4.99		5.22	5.27	5.29	5.31	5.24	6.00			14.46	15.48	15.84
		velocity	6.42	7.42	7.16	7.22	7.01		6.70	6.64	6.62	6.59	6.68	6.67	6.80		7.26	6.78	6.63
H1 lead leg		strides		16	16	16	16		17	17	17	17	17		149				

Minamisawa, Akane (JPN) (1997)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Japanese National Championsips (Niigata, JPN)																*Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season*			
date	30-Jun-24	time	6.71	11.19	15.72	20.32	25.16		30.10	35.27	40.54	45.91	51.47		58.26	4 / 5			
reaction time		interval		4.48	4.53	4.60	4.84		4.94	5.17	5.27	5.37	5.56	6.79			13.61	14.95	16.20
		velocity	6.71	7.81	7.73	7.61	7.23		7.09	6.77	6.64	6.52	6.29	5.89	6.87		7.71	7.02	6.48
H1 lead leg	L	strides	23	15	15	15	16		16	17	17	17	17	22	190				

A FINAL - 2024 Michitaka Kinami Memorial (Osaka, JPN) *Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season*

date	12-May-24	time	6.87	11.39	16.00	20.57	25.33	30.18	35.24	40.47	45.90	51.48		58.24	3 / 4				
reaction time	0.227	interval		4.52	4.61	4.57	4.76	4.85	5.06	5.23	5.43	5.58	6.76			13.70	14.67	16.24	
		velocity	6.55	7.74	7.59	7.66	7.35	7.22	6.92	6.69	6.45	6.27	5.92	6.87		7.66	7.16	6.47	
H1 lead leg		strides		15	16	15	16	16	16	17	17	17		145					

A FINAL - 2024 Shizuoka International Meeting (Fukuroi, JPN) *Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season*

date	03-May-24	time	6.81	11.24	15.85	20.54	25.28	30.05	35.04	40.27	45.61	51.25		57.94	3 / 5				
reaction time	0.286	interval		4.43	4.61	4.69	4.74	4.77	4.99	5.23	5.34	5.64	6.69			13.73	14.50	16.21	
		velocity	6.61	7.90	7.59	7.46	7.38	7.34	7.01	6.69	6.55	6.21	5.98	6.90		7.65	7.24	6.48	
H1 lead leg	L	strides	23	15	16	16	16	16	16	17	17	18	21.7	191.7					

FINAL - 2023 Japanese National Championsips (Osaka, JPN) *Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season*

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) *Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season*

date	06-May-23	time	6.84	11.31	15.93	20.67	25.64	30.53	35.57	40.86	46.23	51.84		58.38	5 / 1				
reaction time	0.189	interval		4.47	4.62	4.74	4.97	4.89	5.04	5.29	5.37	5.61	6.54	PB		13.83	14.90	16.27	
		velocity	6.58	7.83	7.58	7.38	7.04	7.16	6.94	6.62	6.52	6.24	6.12	6.85		7.59	7.05	6.45	
H1 lead leg		strides		15	15	15	16	16	16	17	17	18		145					

B FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN) *Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*

date	06-Jun-21	time	6.97	11.54	16.10	20.70	25.59	30.55	35.72	41.04	46.56	52.45		59.45	5 / 4				
reaction time		interval		4.57	4.56	4.60	4.89	4.96	5.17	5.32	5.52	5.89	7.00			13.73	15.02	16.73	
		velocity	6.46	7.66	7.68	7.61	7.16	7.06	6.77	6.58	6.34	5.94	5.71	6.73		7.65	6.99	6.28	
H1 lead leg	L	strides	23	16	16	16	16	16	17	17	17	18	22.7	194.7					

FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN) *Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*

date	20-Sep-20	time	7.16	12.00	16.87	21.82	26.83	32.03	37.52	43.03	48.58	54.29		60.69	4 / 6				
reaction time	0.243	interval		4.84	4.87	4.95	5.01	5.20	5.49	5.51	5.55	5.71	6.40			14.66	15.70	16.77	
		velocity	6.28	7.23	7.19	7.07	6.99	6.73	6.38	6.35	6.31	6.13	6.25	6.59		7.16	6.69	6.26	
H1 lead leg		strides		16	16	16	16	16	17	17	17	18		149					

Mitzuguchi, Moe (JPN) (2002)

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

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

date	09-May-21	time	6.96	11.64	16.48	21.30	26.33	31.51	37.14	42.81	48.57	54.59		61.41	1 / 7				
reaction time	0.194	interval		4.68	4.84	4.82	5.03	5.18	5.63	5.67	5.76	6.02	6.82			14.34	15.84	17.45	
		velocity	6.47	7.48	7.23	7.26	6.96	6.76	6.22	6.17	6.08	5.81	5.87	6.51		7.32	6.63	6.02	
H1 lead leg	R	strides	24	16	17	16	17	17	18	18	18	18		179					

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

date	25-Oct-20	time	6.62	10.94	15.45	20.05	24.74	29.78	35.02	40.32	45.98	52.14		59.16	7 / 4				
reaction time	0.192	interval		4.32	4.51	4.60	4.69	5.04	5.24	5.30	5.66	6.16	7.02			13.43	14.97	17.12	
		velocity	6.80	8.10	7.76	7.61	7.46	6.94	6.68	6.60	6.18	5.68	5.70	6.76		7.82	7.01	6.13	
H1 lead leg		strides		16	16	17	17	17	17	17	18	19		154					

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

date	23-Aug-20	time	6.86	11.53	16.37	21.10	25.99	31.15	36.45	42.09	47.98	53.90		60.50	2 / 7				
reaction time	0.156	interval		4.67	4.84	4.73	4.89	5.16	5.30	5.64	5.89	5.92	6.60			14.24	15.35	17.45	
		velocity	6.56	7.49	7.23	7.40	7.16	6.78	6.60	6.21	5.94	5.91	6.06	6.61		7.37	6.84	6.02	
H1 lead leg		strides		16	17	16	17	17	17	18	18	18		154					

Mo Jiadie (CHN) (2000)

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

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

date	06-Aug-24	time	6.37	10.54	14.92	19.39	24.03	28.75	33.73	38.84	44.07	49.40		55.63	2 / 9				
reaction time	0.163	interval		4.17	4.38	4.47	4.64	4.72	4.98	5.11	5.23	5.33	6.23			13.02	14.34	15.67	
		velocity	7.06	8.39	7.99	7.83	7.54	7.42	7.03	6.85	6.69	6.57	6.42	7.19		8.06	7.32	6.70	
H1 lead leg	L	strides	23	15	15	15	16	16	17	17		18		152					

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

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					

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

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					

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

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				

Heat 3 - 2024 Chinese National Grand Prix Final (Rizhao, CHN) *Shandong Athletics Sport Science (2024)*

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				

A FINAL - 2024 Shizuoka International Meeting (Fukuroi, JPN) *Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season*

date	03-May-24	time	6.47	10.59	14.78	19.12	23.61	28.29	33.23	38.32	43.48	48.78		54.78	5 / 1			
reaction time	0.232	interval		4.12	4.19	4.34	4.49	4.68	4.94	5.09	5.16	5.30	6.00	PB		12.65	14.11	15.55
		velocity	6.96	8.50	8.35	8.06	7.80	7.48	7.09	6.88	6.78	6.60	6.67	7.30		8.30	7.44	6.75
H1 lead leg	L	strides	23	15	15	15	16	16	17	17	17	17	21.7	189.7				

FINAL - 2023 Asian Games (Hangzhou, CHN) *Shandong Athletics Sport Science (2023)*

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				

FINAL - 2023 Chinese World Championship & Asian Games Trials (Shenyang, CHN) *Shandong Athletics Sport Science (2023)*

date	27-Jun-23	time	6.45	10.64	15.06	19.50	24.14	28.96	33.93	38.95	44.16	49.48		55.55	4 / 1			
reaction time	0.205	interval		4.19	4.42	4.44	4.64	4.82	4.97	5.02	5.21	5.32	6.07			13.05	14.43	15.55
		velocity	6.98	8.35	7.92	7.88	7.54	7.26	7.04	6.97	6.72	6.58	6.59	7.20		8.05	7.28	6.75
H1 lead leg	L	strides	23	15	16	16	16	16	17	17	17	17	21.7	191.7				

Heat 2 - 2023 Chinese World Championship & Asian Games Trials (Shenyang, CHN) *Shandong Athletics Sport Science (2023)*

date	27-Jun-23	time	6.52	10.73	15.00	19.47	24.19	28.93	33.90	39.15	44.59	50.23		56.58	6 / 1			
reaction time	0.446	interval		4.21	4.27	4.47	4.72	4.74	4.97	5.25	5.44	5.64	6.35			12.95	14.43	16.33
		velocity	6.90	8.31	8.20	7.83	7.42	7.38	7.04	6.67	6.43	6.21	6.30	7.07		8.11	7.28	6.43
H1 lead leg	L	strides	23	15	15	16	16	16	16	17	17	18	21	190				

FINAL - 2023 Chinese National Grand Prix 4 (Chongqing, CHN) *Shandong Athletics Sport Science (2023)*

date	04-Jun-23	time	6.51	10.69	15.06	19.54	24.14	28.91	33.92	39.11	44.44	49.88		55.93	4 / 1			
reaction time	0.277	interval		4.18	4.37	4.48	4.60	4.77	5.01	5.19	5.33	5.44	6.05			13.03	14.38	15.96
		velocity	6.91	8.37	8.01	7.81	7.61	7.34	6.99	6.74	6.57	6.43	6.61	7.15		8.06	7.30	6.58
H1 lead leg	L	strides	23	15	15	16	16	16	16	17	18	18	21.5	191.5				

FINAL - 2021 Chinese Student Games (Qingdao, CHN) *CAA Hurdle Development (2021)*

date	14-Jul-21	time	6.74	11.17	15.61	20.28	25.05	29.99	35.09	40.43	45.80	51.23		57.50	5 / 1			
reaction time		interval		4.43	4.44	4.67	4.77	4.94	5.10	5.34	5.37	5.43	6.27			13.54	14.81	16.14
		velocity	6.68	7.90	7.88	7.49	7.34	7.09	6.86	6.55	6.52	6.45	6.38	6.96		7.75	7.09	6.51
H1 lead leg	L	strides	24	16	16	16	16	17	17	18	18	18	21.2	197.2				

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

date	26-Jun-21	time	6.66	10.96	15.42	19.98	24.62	29.44	34.50	39.62	44.88	50.26		56.27	5 / 1			
reaction time	0.296	interval		4.30	4.46	4.56	4.64	4.82	5.06	5.12	5.26	5.38	6.01	PB		13.32	14.52	15.76
		velocity	6.76	8.14	7.85	7.68	7.54	7.26	6.92	6.84	6.65	6.51	6.66	7.11		7.88	7.23	6.66
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	18	21.2	195.2				

Heat 2 - 2021 Chinese National Championships (Chongqing, CHN) *CAA Hurdle Development (2021)*

date	26-Jun-21	time	6.83	11.22	15.77	20.45	25.20	30.16	35.35	40.64	46.14	51.77		58.07	5 / 1			
reaction time	0.321	interval		4.39	4.55	4.68	4.75	4.96	5.19	5.29	5.50	5.63	6.30			13.62	14.90	16.42
		velocity	6.59	7.97	7.69	7.48	7.37	7.06	6.74	6.62	6.36	6.22	6.35	6.89		7.71	7.05	6.39
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21	196				

FINAL - 2020 Chinese Olympic Trials (Shaoxing, CHN) *CAA Hurdle Development (2021)*

date	13-Jun-21	time	6.69	11.14	15.82	20.42	25.21	30.13	35.25	40.42	45.88	51.62		58.34	4 / 2			
reaction time	0.254	interval		4.45	4.68	4.60	4.79	4.92	5.12	5.17	5.46	5.74	6.72			13.73	14.83	16.37
		velocity	6.73	7.87	7.48	7.61	7.31	7.11	6.84	6.77	6.41	6.10	5.95	6.86		7.65	7.08	6.41
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21	196				

FINAL - 2021 East China District Meeting (Zhaoqing, CHN) *CAA Hurdle Development (2021)*

date	25-Apr-21	time	6.56	10.89	15.35	19.94	24.66	29.60	34.68	39.89	45.28	50.83		56.73	5 / 1			
reaction time	0.258	interval		4.33	4.46	4.59	4.72	4.94	5.08	5.21	5.39	5.55	5.90			13.38	14.74	16.15
		velocity	6.86	8.08	7.85	7.63	7.42	7.09	6.89	6.72	6.49	6.31	6.78	7.05		7.85	7.12	6.50
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21	196				

Heat 2 - 2021 East China District Meeting (Zhaoqing, CHN) *CAA Hurdle Development (2021)*

date	25-Apr-21	time	6.84	11.28	15.83	20.44	25.22	30.28	35.65	41.19	47.01	53.00		59.57	3 / 1			
reaction time	0.312	interval		4.44	4.55	4.61	4.78	5.06	5.37	5.54	5.82	5.99	6.57			13.60	15.21	17.35
		velocity	6.58	7.88	7.69	7.59	7.32	6.92	6.52	6.32	6.01	5.84	6.09	6.71		7.72	6.90	6.05
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21	196				

FINAL - 2020 Chinese National Championships (Shaoxing, CHN) *CAA Hurdle Development (2020)*

date	17-Sep-20	time	6.46	10.79	15.17	19.67	24.25	29.04	34.08	39.37	44.92	50.37		56.77	4 / 1			

reaction time		interval		4.33	4.38	4.50	4.58	4.79	5.04	5.29	5.55	5.45	6.40			13.21	14.41	16.29
		velocity	6.97	8.08	7.99	7.78	7.64	7.31	6.94	6.62	6.31	6.42	6.25	7.05		7.95	7.29	6.45
H1 lead leg	L	strides	24	16	16	16	16	17	17	18	18	18	21.5	197.5				

U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN) *CAA Hurdle Development (2019)*

date	17-Aug-19	time	6.66	11.08	15.66	20.38	25.26	30.26	35.42	40.58	46.04	51.58		57.76	6 / 1			
reaction time	0.241	interval		4.42	4.58	4.72	4.88	5.00	5.16	5.16	5.46	5.54	6.18			13.72	15.04	16.16
		velocity	6.76	7.92	7.64	7.42	7.17	7.00	6.78	6.78	6.41	6.32	6.47	6.93		7.65	6.98	6.50
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	18	18	20.8	194.8				

U20 Heat 1 - 2019 Chinese National Youth Games (Taiyuan, CHN) *CAA Hurdle Development (2019)*

date	17-Aug-19	time	6.78	11.34	16.10	20.94	25.94	31.14	36.54	41.94	47.78	53.66		60.37	6 / 1			
reaction time	0.222	interval		4.56	4.76	4.84	5.00	5.20	5.40	5.40	5.84	5.88	6.71			14.16	15.60	17.12
		velocity	6.64	7.68	7.35	7.23	7.00	6.73	6.48	6.48	5.99	5.95	5.96	6.63		7.42	6.73	6.13
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21	196				

FINAL - 2019 Chinese National Championships (Shenyang, CHN) *CAA Hurdle Development (2019)*

date	10-Jul-19	time	6.61	10.89	15.28	19.87	24.55	29.46	34.47	39.59	44.93	50.61		56.70	3 / 1			
reaction time	0.293	interval		4.28	4.39	4.59	4.68	4.91	5.01	5.12	5.34	5.68	6.09	PB		13.26	14.60	16.14
		velocity	6.81	8.18	7.97	7.63	7.48	7.13	6.99	6.84	6.55	6.16	6.57	7.05		7.92	7.19	6.51
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21.5	196.5				

Heat 3 - 2019 Chinese National Championships (Shenyang, CHN) *CAA Hurdle Development (2019)*

date	09-Jul-19	time	6.70	11.18	15.71	20.42	25.21	30.23	35.42	40.81	46.51	52.27		58.75	4 / 1			
reaction time	0.295	interval		4.48	4.53	4.71	4.79	5.02	5.19	5.39	5.70	5.76	6.48			13.72	15.00	16.85
		velocity	6.72	7.81	7.73	7.43	7.31	6.97	6.74	6.49	6.14	6.08	6.17	6.81		7.65	7.00	6.23
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21.2	196.2				

FINAL - 2019 Asian Athletics Championships (Doha, QAT) *CAA Hurdle Development (2019)*

date	22-Apr-19	time	6.89	11.39	15.96	20.72	25.55	30.53	35.68	41.04	46.78	52.56		59.20	9 / 8			
reaction time	0.181	interval		4.50	4.57	4.76	4.83	4.98	5.15	5.36	5.74	5.78	6.64			13.83	14.96	16.88
		velocity	6.53	7.78	7.66	7.35	7.25	7.03	6.80	6.53	6.10	6.06	6.02	6.76		7.59	7.02	6.22
H1 lead leg	L	strides	24	16	16	16	16	17	17	18	18	18	21.5	197.5				

Heat 1 - 2019 Asian Athletics Championships (Doha, QAT) *CAA Hurdle Development (2019)*

date	21-Apr-19	time	6.64	11.02	15.58	20.23	25.12	30.23	35.42	40.70	46.31	51.92		58.28	6 / 3			
reaction time	0.224	interval		4.38	4.56	4.65	4.89	5.11	5.19	5.28	5.61	5.61	6.36			13.59	15.19	16.50
		velocity	6.78	7.99	7.68	7.53	7.16	6.85	6.74	6.63	6.24	6.24	6.29	6.86		7.73	6.91	6.36
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21.2	196.2				

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

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) *CAA Hurdle Development (2019)*

date	07-Apr-19	time	7.00	11.53	16.20	21.04	26.02	31.18	36.47	42.19	47.90	53.69		60.19	8 / 1			
reaction time	0.319	interval		4.53	4.67	4.84	4.98	5.16	5.29	5.72	5.71	5.79	6.50			14.04	15.43	17.22
		velocity	6.43	7.73	7.49	7.23	7.03	6.78	6.62	6.12	6.13	6.04	6.15	6.65		7.48	6.80	6.10
H1 lead leg	L	strides	24	16	16	16	16	17	17	18	18	18	21	197				

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

date	16-Sep-18	time	6.76	11.18	15.68	20.32	25.09	30.08	35.28	40.69	46.18	51.78		57.86	3 / 2			
reaction time		interval		4.42	4.50	4.64	4.77	4.99	5.20	5.41	5.49	5.60	6.08	PB		13.56	14.96	16.50
		velocity	6.66	7.92	7.78	7.54	7.34	7.01	6.73	6.47	6.38	6.25	6.58	6.91		7.74	7.02	6.36
H1 lead leg	L	strides	24	16	16	16	16	17	17	18	18	18	21.5	197.5				

Heat 3 - 2018 Chinese National Championships (Taiyuan, CHN) *Henson (2018) - coaching observations*

date	15-Sep-18	time	6.74	11.08	15.58	20.13	24.99	30.12	35.55	41.26	47.15	53.17		59.60	5 / 1			
reaction time		interval		4.34	4.50	4.55	4.86	5.13	5.43	5.71	5.89	6.02	6.43			13.39	15.42	17.62
		velocity	6.68	8.06	7.78	7.69	7.20	6.82	6.45	6.13	5.94	5.81	6.22	6.71		7.84	6.81	5.96
H1 lead leg	L	strides	24	16	16	16	16	17	18	18	19	19	21.5	200.5				

Moelo, Annie (FRA) (1962)

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

FINAL - 1987 French National Championships (Annecy, FRA) *Veney - split times from PJ*

date	09-Aug-87	time	6.85	11.15	15.65	20.40	25.10	30.00	35.05	40.05	45.20	50.60		57.33	/ 2			
reaction time		interval		4.30	4.50	4.75	4.70	4.90	5.05	5.00	5.15	5.40	6.73			13.55	14.65	15.55
		velocity	6.57	8.14	7.78	7.37	7.45	7.14	6.93	7.00	6.80	6.48	5.94	6.98		7.75	7.17	6.75
H1 lead leg		strides																

Mohai, Regina (HUN) (2003)

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

Semi-Final 1 - 2021 European Athletics U20 Championships (Tallin, EST) *European Athletics (2021) - european athletics U20 championships results book*

date	17-Jul-21	time	6.61	11.26	15.90	20.60	25.50	27.73	30.60	35.92	41.34	46.93	52.62		59.40	2 / 6			
reaction time	0.173	interval		4.65	4.64	4.70	4.90		5.10	5.32	5.42	5.59	5.69	6.78			13.99	15.32	16.70
		velocity	6.81	7.53	7.54	7.45	7.14	7.21	6.86	6.58	6.46	6.26	6.15	5.90	6.73		7.51	6.85	6.29
H1 lead leg		strides													0				

Moline, Georganne (USA) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Inspiration Games (Zürich, SUI) (TV Analysis) (300m Hurdles)														*Henson (2020) - Athlete First: 2020 year end hurdle report*			
date 09-Jul-20	time	6.20	10.10	14.20	18.46	22.86		27.50	32.46				39.08	3 / 1			
reaction time	interval		3.90	4.10	4.26	4.40		4.64	4.96			6.62	*(Walnut, CA)*		12.76	14.00	
	velocity	8.06	8.97	8.54	8.22	7.95		7.54	7.06			6.04	7.68		8.23	7.50	
H1 lead leg R	strides	22	15	15	15	15		16	16			22.5	136.5				
FINAL - 2018 Weltklasse (Zürich, SUI) (TV Analysis)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 30-Aug-18	time	6.52	10.72	15.04		23.92	25.9	28.48	33.16		43.24	48.76	55.00	2 / 4			
reaction time 0.261	interval		4.20	4.32		8.88		4.56	4.68		10.08	5.52	6.24				15.60
	velocity	6.90	8.33	8.10		7.88	7.72	7.68	7.48		6.94	6.34	6.41	7.27			6.73
H1 lead leg L	strides	23	16	15				15	15			17	20.2	121.2			
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	10.80	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)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 05-Jul-18	time	6.32	10.56		19.32	23.72		28.24	32.80	37.56	42.52	47.68	53.90	7 / 3			
reaction time 0.204	interval		4.24		8.76	4.40		4.52	4.56	4.76	4.96	5.16	6.22		13.00	13.48	14.88
	velocity	7.12	8.25		7.99	7.95		7.74	7.68	7.35	7.06	6.78	6.43	7.42	8.08	7.79	7.06
H1 lead leg R	strides	22	15			15		15	15	15	16	16	20	149			
FINAL - 2018 USATF National Champinships (Des Moines, IA) (TV Analysis)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 24-Jun-18	time	6.40	10.51	14.71	19.05	23.49		27.99	32.56	37.27	42.24	47.58	54.12	4 / 2			
reaction time	interval		4.11	4.20	4.34	4.44		4.50	4.57	4.71	4.97	5.34	6.54		12.65	13.51	15.02
	velocity	7.03	8.52	8.33	8.06	7.88		7.78	7.66	7.43	7.04	6.55	6.12	7.39	8.30	7.77	6.99
H1 lead leg R	strides	22	15	15	15	15		15	15	15	16	17	20.5	180.5			
FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 31-May-18	time	6.32	10.44	14.72	19.12	23.56		28.08	32.72	37.64	42.80	48.08	53.97	7 / 1			
reaction time 0.213	interval		4.12	4.28	4.40	4.44		4.52	4.64	4.92	5.16	5.28	5.89		12.80	13.60	15.36
	velocity	7.12	8.50	8.18	7.95	7.88		7.74	7.54	7.11	6.78	6.63	6.79	7.41	8.20	7.72	6.84
H1 lead leg R	strides	22	15	15	15	15		15	15	16	17	17	20	182			
FINAL - 2018 Prefontaine Classic (Eugene, OR) (TV Analysis)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 26-May-18	time	6.72	11.00	15.16	19.36	23.68		28.08	32.64	37.52	42.60	48.04	54.33	1 / 3			
reaction time 0.219	interval		4.28	4.16	4.20	4.32		4.40	4.56	4.88	5.08	5.44	6.29		12.64	13.28	15.40
	velocity	6.70	8.18	8.41	8.33	8.10		7.95	7.68	7.17	6.89	6.43	6.36	7.36	8.31	7.91	6.82
H1 lead leg L	strides	23	16		15	15		15	15	16	16	17	20	168			
FINAL - 2017 USATF Championships (Sacramento, CA) (TV Analysis)														*Henson (2021) - Athlete First: 2017 year end hurdle report*			
date 25-Jun-17	time	6.34	10.44	14.65	18.92	23.22		27.69	32.36	37.10	42.04	47.05	53.14	6 / 5			
reaction time 0.272	interval		4.10	4.21	4.27	4.30		4.47	4.67	4.74	4.94	5.01	6.09	**PB**	12.58	13.44	14.69
	velocity	7.10	8.54	8.31	8.20	8.14		7.83	7.49	7.38	7.09	6.99	6.57	7.53	8.35	7.81	7.15
H1 lead leg R	strides	22	15	15	15	15		15	15	15	16	16	19.7	178.7			
FINAL - 2017 Prefontaine Classic (Eugene, OR) (TV Analysis)														*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date 27-May-17	time	6.53	10.73	15.13	19.60	24.13		28.76	33.63	38.60	43.60	48.60	54.09	3 / 3			
reaction time 0.285	interval		4.20	4.40	4.47	4.53		4.63	4.87	4.97	5.00	5.00	5.49		13.07	14.03	14.97
	velocity	6.89	8.33	7.95	7.83	7.73		7.56	7.19	7.04	7.00	7.00	7.29	7.40	8.03	7.48	7.01
H1 lead leg R	strides	22	15	15	15	15		15	16	16	16	16	19	180			
FINAL - 2016 Birmingham Diamond League (Birmingham, GBR) (TV Analysis)														*Henson (2020) - Athlete First: 2016 year end hurdle report*			
date 05-Jun-16	time	6.47	10.60	14.90	19.40	23.90		28.57	33.27	38.27	43.40	48.63	54.63	7 / 3			
reaction time 0.214	interval		4.13	4.30	4.50	4.50		4.67	4.70	5.00	5.13	5.23	6.00		12.93	13.87	15.36
	velocity	6.96	8.47	8.14	7.78	7.78		7.49	7.45	7.00	6.82	6.69	6.67	7.32	8.12	7.57	6.84
H1 lead leg R	strides	22	15	15	15	15		15	15	16	16	16	20	180			
FINAL - 2012 Olympic Games (London, GBR)														*Hillier (2012) - uka 2012 olympic games report: 400m hurdles*			
date 08-Aug-12	time	6.57	10.72	15.08	19.47	23.92	25.72	28.44	33.00	37.73	42.75	48.04	53.92	8 / ~~5~~ 4			
reaction time 0.177	interval		4.15	4.36	4.39	4.45		4.52	4.56	4.73	5.02	5.29	5.88	**PB**	12.90	13.53	15.04
	velocity	6.85	8.43	8.03	7.97	7.87	7.78	7.74	7.68	7.40	6.97	6.62	6.80	7.42	8.14	7.76	6.98
H1 lead leg R	strides	23	15	15	15	15		15	15	15	16	16	19.2	179			

Molnár, Janka (HUN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 European Athletics U23 Championships (Espoo, FIN)														*European Athletics (2023) - european athletics U23 championships results book*			
date 16-Jul-23	time	6.46	10.69	14.94	19.32	23.80		28.47	33.42	38.90	43.95	49.55	56.16	8 / 4			
reaction time 0.287	interval		4.23	4.25	4.38	4.48		4.67	4.95	5.48	5.05	5.60	6.61		12.86	14.10	16.13
	velocity	6.97	8.27	8.24	7.99	7.81		7.49	7.07	6.39	6.93	6.25	6.05	7.12	8.16	7.45	6.51
H1 lead leg	strides													0			
Semi-Final 2 - 2023 European Athletics U23 Championships (Espoo, FIN)														*European Athletics (2023) - european athletics U23 championships results book*			
date 15-Jul-23	time	6.52	10.68	15.09	19.65	24.34		29.38	34.60	40.09	45.65	51.08	57.27	1 / 3			

reaction time	0.283	interval		4.16	4.41	4.56	4.69		5.04	5.22	5.49	5.56	5.43	6.19			13.13	14.95	16.48
		velocity	6.90	8.41	7.94	7.68	7.46		6.94	6.70	6.38	6.29	6.45	6.46	6.98		8.00	7.02	6.37
H1 lead leg		strides													0				

Heat 3 - 2022 European Athletics Championships (Munich, GER) *European Athletics (2022) - european athletics championships race analysis*

date	17-Aug-22	time	6.58	10.84	15.11	19.64	24.34	26.49	29.16	34.17	39.51	45.03	50.94		57.38	3 / 6			
reaction time	0.287	interval		4.26	4.27	4.53	4.70		4.82	5.01	5.34	5.52	5.91	6.44			13.06	14.53	16.77
		velocity	6.84	8.22	8.20	7.73	7.45	7.55	7.26	6.99	6.55	6.34	5.92	6.21	6.97		8.04	7.23	6.26
H1 lead leg	L	strides	23	16			16		16	16	17	18	18	21	161				

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

date	08-Aug-22	time	6.53	10.70	15.07	19.57	24.26		28.96		39.10	44.36	49.73		56.04	3 / 5			
reaction time	0.232	interval		4.17	4.37	4.50	4.69		4.70		10.14	5.26	5.37	6.31			13.04		
		velocity	6.89	8.39	8.01	7.78	7.46		7.45		6.90	6.65	6.52	6.34	7.14		8.05		
H1 lead leg	L	strides	23	16	16	16	16					17	17		121				

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

date	19-Aug-20	time	6.80			20.24	24.92		29.76	34.76	39.96	45.28	50.76		57.10	2 / 6			
reaction time	0.218	interval				13.44	4.68		4.84	5.00	5.20	5.32	5.48	6.34			13.44	14.52	16.00
		velocity	6.62			7.81	7.48		7.23	7.00	6.73	6.58	6.39	6.31	7.01		7.81	7.23	6.56
H1 lead leg	R	strides	24				16		16	17	17	17	17		124				

Montcalm, Noelle (CAN) (1988)

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

Heat 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis) *Henson (2024) - Athlete First: 2021 year end hurdle report*

date	31-Jul-21	time	6.50	10.60	14.93	19.30	23.90		28.76	33.80	38.93	44.17	49.56		55.85	3 / 6			
reaction time	0.197	interval		4.10	4.33	4.37	4.60		4.86	5.04	5.13	5.24	5.39	6.29			12.80	14.50	15.76
		velocity	6.92	8.54	8.08	8.01	7.61		7.20	6.94	6.82	6.68	6.49	6.36	7.16		8.20	7.24	6.66
H1 lead leg	R	strides	24	16	16	16	16		16	17	17	17	17	21.2	193.2				

Montero, Beatriz (ESP) (1977)

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

FINAL - 2002 IAAF World Cup (Madrid, ESP) *Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas*

date	20-Sep-02	time	6.69	11.18	15.76	20.50	25.42		30.56	35.88	41.34	47.11	52.87		59.79	8 / 9			
reaction time	0.181	interval		4.49	4.58	4.74	4.92		5.14	5.32	5.46	5.77	5.76	6.92			13.81	15.38	16.99
		velocity	6.73	7.80	7.64	7.38	7.11		6.81	6.58	6.41	6.07	6.08	5.78	6.69		7.60	6.83	6.18
H1 lead leg	R	strides	24	16	16	16	17		17	18	18	19	19	22.5	202.5				

FINAL - 1998 Spanish National Championships (San Sebastián, ESP) *Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas*

date	02-Aug-98	time	6.84	11.76	16.88	22.17	27.70		33.17	38.89	44.70	50.64	56.74		64.54	8 / 7			
reaction time		interval		4.92	5.12	5.29	5.53		5.47	5.72	5.81	5.94	6.10	7.80			15.33	16.72	17.85
		velocity	6.58	7.11	6.84	6.62	6.33		6.40	6.12	6.02	5.89	5.74	5.13	6.20		6.85	6.28	5.88
H1 lead leg	L	strides	23	16	17	17	17		17	18	18	18	18	23.5	202.5				

Morandais, Sylvanie (FRA) (1979)

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

FINAL - 2001 European Cup (Bremen, GER) *Graubner (2007) - http://www.fgs.uni-halle.de*

date	23-Jun-01	time	6.56	10.86	15.25	19.68	24.23			34.09	39.08	44.31	49.59		55.50	/ 4			
reaction time		interval		4.30	4.39	4.43	4.55			9.86	4.99	5.23	5.28	5.91	PB		13.12	14.41	15.50
		velocity	6.86	8.14	7.97	7.90	7.69			7.10	7.01	6.69	6.63	6.77	7.21		8.00	7.29	6.77
H1 lead leg		strides																	

Moriwaki, Kanami (JPN) (2004)

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

FINAL - 2022 Japanese National High School Championships (Naruto, JPN) *Kishima (2022) - national high school championships biomechanics data collection*

date	05-Aug-22	time	6.85	11.40	16.27	21.32	26.58		32.03	37.50	42.93	48.50	54.27		60.89	1 / 7			
reaction time	0.166	interval		4.55	4.87	5.05	5.26		5.45	5.47	5.43	5.57	5.77	6.62	PB		14.47	16.18	16.77
		velocity	6.57	7.69	7.19	6.93	6.65		6.42	6.40	6.45	6.28	6.07	6.04	6.57		7.26	6.49	6.26
H1 lead leg	L	strides	24	16	17	17	17		17	17	17	17	17	22	198				

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

FINAL - 2023 Shimane High School Championships (Izumo, JPN) *Shimizu (2023) - shimane high school championships 2023 - biomechanics data analysis*

date	27-May-23	time	7.55	12.97	18.47	24.28	30.32		36.62	43.05	49.48	56.25	63.08		70.46	7 / 4			
reaction time		interval		5.42	5.50	5.81	6.04		6.30	6.43	6.43	6.77	6.83	7.38			16.73	18.77	20.03
		velocity	5.96	6.46	6.36	6.02	5.79		5.56	5.44	5.44	5.17	5.12	5.42	5.68		6.28	5.59	5.24
H1 lead leg		strides	26	18	18	19	19		20	20	20	21	21	24.2	226.2				

Morley, Sue (GBR) (1957)

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

Semi-Final 1 - 1984 Olympic Games (Los Angeles, CA) *Arnold (1984) - 1984 olympic games - hurdles*

date	06-Aug-84	time	6.5	10.6	15.4	19.5	24.0	26.0	28.8	33.8	39.1	44.5	50.3		56.67	8 / 7			
reaction time		interval		4.10	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	L	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

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

date	20-Aug-09	time	6.17	10.14	14.24	18.56	22.97		27.70	32.63	37.70	43.08	48.71		55.04	1 / 8			
reaction time	0.183	interval		3.97	4.10	4.32	4.41		4.73	4.93	5.07	5.38	5.63	6.33			12.39	14.07	16.08
		velocity	7.29	8.82	8.54	8.10	7.94		7.40	7.10	6.90	6.51	6.22	6.32	7.27		8.47	7.46	6.53
H1 lead leg		strides		14	14	15	14		15	15	15	16	17		135				

Semi-Final 1 - 2009 IAAF World Championships (Berlin, GER) *Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*

date	18-Aug-09	time	6.16	10.14	14.21	18.54	23.04	27.66	32.44	37.34	42.54	47.98		54.15	5 / 3			
reaction time	0.218	interval		3.98	4.07	4.33	4.50	4.62	4.78	4.90	5.20	5.44	6.17			12.38	13.90	15.54
		velocity	7.31	8.79	8.60	8.08	7.78	7.58	7.32	7.14	6.73	6.43	6.48	7.39		8.48	7.55	6.76
H1 lead leg		strides																

Heat 4 - 2009 IAAF World Championships (Berlin, GER) *Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*

date	17-Aug-09	time	6.21	10.32	14.62	18.87	23.25	27.96	32.83	37.75	42.80	48.35		54.70	3 / 1			
reaction time	0.187	interval		4.11	4.30	4.25	4.38	4.71	4.87	4.92	5.05	5.55	6.35			12.66	13.96	15.52
		velocity	7.25	8.52	8.14	8.24	7.99	7.43	7.19	7.11	6.93	6.31	6.30	7.31		8.29	7.52	6.77
H1 lead leg		strides																

Muhammad, Dalilah (USA) (1990)

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

FINAL - 2025 Botswana Golden Grand Prix (Gaborone, BOT) (TV Analysis) *Henson (2025) - Athlete First: 2025 year end hurdle report*

date	12-Apr-25	time	6.37	10.42	14.65	19.00	23.50	28.13	32.83	37.63	42.66	47.86		53.81	5 / 1			
reaction time		interval		4.05	4.23	4.35	4.50	4.63	4.70	4.80	5.03	5.20	5.95			12.63	13.83	15.03
		velocity	7.06	8.64	8.27	8.05	7.78	7.56	7.45	7.29	6.96	6.73	6.72	7.43		8.31	7.59	6.99
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	19	178				

Long Hurdles - 2025 Grand Slam Track Kingston (Kingston, JAM) (TV Analysis) *Henson (2025) - Athlete First: 2025 year end hurdle report*

date	04-Apr-25	time	6.30	10.38	14.45	18.75	23.25			37.77	42.97	48.31		54.59	2 / 2			
reaction time	0.190	interval		4.08	4.07	4.30	4.50			14.52	5.20	5.34	6.28			12.45		
		velocity	7.14	8.58	8.60	8.14	7.78			7.23	6.73	6.55	6.37	7.33		8.43		
H1 lead leg	R	strides	22	14	15	15	15			16	16	17	20	150				

FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL) *Omega Timing (2024) - diamond league race analysis*

date	25-Aug-24	time	6.30	10.38	14.61	19.05	23.57	28.33	33.39	38.78	44.15	49.50		55.99	9 / 9			
reaction time	0.163	interval		4.08	4.23	4.44	4.52	4.76	5.06	5.39	5.37	5.35	6.49			12.75	14.34	16.11
		velocity	7.14	8.58	8.27	7.88	7.74	7.35	6.92	6.49	6.52	6.54	6.16	7.14		8.24	7.32	6.52
H1 lead leg	R	strides	22	14	14	15	15	15	15	16	16			142				

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

date	30-Jun-24	time	6.29	10.40	14.59	18.93	23.45	25.44	28.00	32.71	37.75	43.13	48.33		54.27	9 / 6		
reaction time		interval		4.11	4.19	4.34	4.52		4.55	4.71	5.04	5.38	5.20	5.94			12.64	13.78	15.62
		velocity	7.15	8.52	8.35	8.06	7.74	7.86	7.69	7.43	6.94	6.51	6.73	6.73	7.37		8.31	7.62	6.72
H1 lead leg	R	strides		15	15	15	15		15	15	15	16	16	19.2	156.2				

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	6.35	10.40	14.53	18.84	23.27	25.23	27.73	32.45	37.39	42.59	47.96		54.16	5 / 2		
reaction time		interval		4.05	4.13	4.31	4.43		4.46	4.72	4.94	5.20	5.37	6.20			12.49	13.61	15.51
		velocity	7.09	8.64	8.47	8.12	7.90	7.93	7.85	7.42	7.09	6.73	6.52	6.45	7.39		8.41	7.71	6.77
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	20	179				

Heat 4 - 2024 USA Olympic Trials (Eugene, OR) *USATF and Karmarush (2024) - USA Olympic trials results and race analysis*

date	27-Jun-24	time	6.50	10.66	14.96	19.41	24.03	26.09	28.71	33.61	38.81	43.99	49.32		55.51	5 / 2		
reaction time		interval		4.16	4.30	4.45	4.62		4.68	4.90	5.20	5.18	5.33	6.19			12.91	14.20	15.71
		velocity	6.92	8.41	8.14	7.87	7.58	7.67	7.48	7.14	6.73	6.76	6.57	6.46	7.21		8.13	7.39	6.68
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	19	179				

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

date	22-Aug-23	time	6.24	10.38	14.48	18.55	22.89	27.42	32.16	37.20	42.49	47.94		54.19	6 / 3			
reaction time	0.169	interval		4.14	4.10	4.07	4.34	4.53	4.74	5.04	5.29	5.45	6.25			12.31	13.61	15.78
		velocity	7.21	8.45	8.54	8.60	8.06	7.73	7.38	6.94	6.62	6.42	6.40	7.38		8.53	7.71	6.65
H1 lead leg	R	strides	22	14	14	15	15	15	15	15	16	16	19.7	176.7				

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

date	21-Aug-23	time	6.03	10.03	14.37	18.67	23.03	27.60	32.36	37.27	42.46	47.80		54.21	5 / 2			
reaction time	0.156	interval		4.00	4.34	4.30	4.36	4.57	4.76	4.91	5.19	5.34	6.41			12.64	13.69	15.44
		velocity	7.46	8.75	8.06	8.14	8.03	7.66	7.35	7.13	6.74	6.55	6.24	7.38		8.31	7.67	6.80
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	19	178				

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

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

FINAL - 2023 Meeting International Mohammed VI d'Athlétisme (Rabat, MAR) *Omega Timing (2023) - diamond league race analysis*

date	28-May-23	time	6.18	10.28	14.58	19.13	23.79	28.53	33.54	38.67	43.85	49.26		55.72	6 / 5			
reaction time	0.170	interval		4.10	4.30	4.55	4.66	4.74	5.01	5.13	5.18	5.41	6.46			12.95	14.41	15.72
		velocity	7.28	8.54	8.14	7.69	7.51	7.38	6.99	6.82	6.76	6.47	6.19	7.18		8.11	7.29	6.68
H1 lead leg	R	strides	22	14	14	15	15	15	15			16	20	146				

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

date	08-Sep-22	time	6.04	10.01	14.18	18.42	22.82	24.64	27.29	31.87	36.70	41.87	47.31		53.83	5 / 4		
reaction time	0.150	interval		3.97	4.17	4.24	4.40		4.47	4.58	4.83	5.17	5.44	6.52			12.38	13.45	15.44
		velocity	7.45	8.82	8.39	8.25	7.95	8.12	7.83	7.64	7.25	6.77	6.43	6.13	7.43		8.48	7.81	6.80

H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	20	179				

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

date	26-Aug-22	time	6.13	10.10	14.24	18.67	23.13	25.02	27.73	32.57	37.57	43.16	49.10		56.03	4 / 7			
reaction time	0.184	interval		3.97	4.14	4.43	4.46		4.60	4.84	5.00	5.59	5.94	6.93			12.54	13.90	16.53
		velocity	7.34	8.82	8.45	7.90	7.85	7.99	7.61	7.23	7.00	6.26	5.89	5.77	7.14		8.37	7.55	6.35
H1 lead leg	R	strides	22	14	14	15	15		15	15	15	16	17		158				

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

date	22-Jul-22	time	6.17	10.13	14.23	18.66	23.17	25.03	27.70	32.28	37.03	42.17	47.23		53.13	6 / 3			
reaction time	0.162	interval		3.96	4.10	4.43	4.51		4.53	4.58	4.75	5.14	5.06	5.90			12.49	13.62	14.95
		velocity	7.29	8.84	8.54	7.90	7.76	7.99	7.73	7.64	7.37	6.81	6.92	6.78	7.53		8.41	7.71	7.02
H1 lead leg	R	strides	22	14	14	15	15		15	15	15	16	16		157				

Semi-Final 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	20-Jul-22	time	6.06	10.06	14.26	18.53	23.07	25.20	27.77	32.47	37.27	42.10	47.26		53.28	4 / 1			
reaction time	0.224	interval		4.00	4.20	4.27	4.54		4.70	4.70	4.80	4.83	5.16	6.02			12.47	13.94	14.79
		velocity	7.43	8.75	8.33	8.20	7.71	7.94	7.45	7.45	7.29	7.25	6.78	6.64	7.51		8.42	7.53	7.10
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	15	16	19	177				

Heat 4 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	19-Jul-22	time	6.26	10.43	14.76	19.17	23.76	25.73	28.48	33.30	38.36	43.50	48.70		54.45	3 / 1			
reaction time	0.169	interval		4.17	4.33	4.41	4.59		4.72	4.82	5.06	5.14	5.20	5.75			12.91	14.13	15.40
		velocity	7.19	8.39	8.08	7.94	7.63	7.77	7.42	7.26	6.92	6.81	6.73	6.96	7.35		8.13	7.43	6.82
H1 lead leg	R	strides	22	1515	15	15	15		15	15	16	16	16	19	1679				

FINAL - 2022 Müller Birmingham Diamond League (Birmingham, GBR) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	21-May-22	time	6.30	10.23	14.43	18.73	23.27	25.11	28.03	33.03	38.06	43.23	48.45		54.54	4 / 1			
reaction time	0.160	interval		3.93	4.20	4.30	4.54		4.76	5.00	5.03	5.17	5.22	6.09			12.43	14.30	15.42
		velocity	7.14	8.91	8.33	8.14	7.71	7.96	7.35	7.00	6.96	6.77	6.70	6.57	7.33		8.45	7.34	6.81
H1 lead leg	R	strides	22	14	15	15	15		15	16	16	16	16	20	180				

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

date	26-Aug-21	time	6.12	10.08	14.40	18.88	23.52		28.28	33.12	38.12	43.36	48.56		54.50	5 / 4			
reaction time	0.189	interval		3.96	4.32	4.48	4.64		4.76	4.84	5.00	5.24	5.20	5.94			12.76	14.24	15.44
		velocity	7.35	8.84	8.10	7.81	7.54		7.35	7.23	7.00	6.68	6.73	6.73	7.34		8.23	7.37	6.80
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	19	178				

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

date	21-Aug-21	time	6.12	10.06	14.12	18.28	22.64	24.6	27.12	31.84	36.66	41.64	46.76		52.77	5 / 1			
reaction time	0.164	interval		3.94	4.06	4.16	4.36		4.48	4.72	4.82	4.98	5.12	6.01			12.16	13.56	14.92
		velocity	7.35	8.88	8.62	8.41	8.03	8.13	7.81	7.42	7.26	7.03	6.84	6.66	7.58		8.63	7.74	7.04
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	19.2	179.2				

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

date	04-Aug-21	time	6.04	9.92	13.92	18.08	22.44		26.84	31.36	36.04	40.88	45.84		51.58	7 / 2			
reaction time	0.200	interval		3.88	4.00	4.16	4.36		4.40	4.52	4.68	4.84	4.96	5.74	PB		12.04	13.28	14.48
		velocity	7.45	9.02	8.75	8.41	8.03		7.95	7.74	7.48	7.23	7.06	6.97	7.75		8.72	7.91	7.25
H1 lead leg	R	strides	22	14	14	15	15		15	15	15	16	16	19	176				

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

date	02-Aug-21	time	6.13	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				

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

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) *Athlete Tracking (2021) - Women's 400mH - Unofficial Split Times*

date	27-Jun-21	time	6.08	10.03	14.21	18.52	22.95	24.91	27.48	32.04	36.70	41.58	46.53		52.42	7 / 2			
reaction time	0.167	interval		3.95	4.18	4.31	4.43		4.53	4.56	4.66	4.88	4.95	5.89			12.44	13.52	14.49
		velocity	7.40	8.86	8.37	8.12	7.90	8.03	7.73	7.68	7.51	7.17	7.07	6.79	7.63		8.44	7.77	7.25
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	19	178				

Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	26-Jun-21	time	6.07	10.11	14.43	18.95	23.59		28.33	33.10	37.94	42.95	48.01		53.86	6 / 2			
reaction time	0.174	interval		4.04	4.32	4.52	4.64		4.74	4.77	4.84	5.01	5.06	5.85			12.88	14.15	14.91
		velocity	7.41	8.66	8.10	7.74	7.54		7.38	7.34	7.23	6.99	6.92	6.84	7.43		8.15	7.42	7.04
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	18.7	177.7				

Heat 4 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	25-Jun-21	time	6.03	10.06	14.40	18.80	23.40		28.13	33.10	38.30	43.60	49.03		55.51	3 / 1			
reaction time	0.184	interval		4.03	4.34	4.40	4.60		4.73	4.97	5.20	5.30	5.43	6.48			12.77	14.30	15.93

		velocity	7.46	8.68	8.06	7.95	7.61	7.40	7.04	6.73	6.60	6.45	6.17	7.21		8.22	7.34	6.59
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	19	178				

FINAL - 2019 IAAF World Championships (Doha, QAT) *Sugimoto (2019) - world championship competition performance analysis- women's hurdles*

date	04-Oct-19	time	6.19	10.11	14.23	18.49	22.86	27.24	31.72	36.39	41.21	46.23		52.16	6 / 1			
reaction time	0.200	interval		3.92	4.12	4.26	4.37	4.38	4.48	4.67	4.82	5.02	5.93	**WR**		12.30	13.23	14.51
		velocity	7.27	8.93	8.50	8.22	8.01	7.99	7.81	7.49	7.26	6.97	6.75	7.67		8.54	7.94	7.24
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	20	180				

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

date	02-Oct-19	time	6.14	10.07	14.25	18.55	23.08	27.63	32.36	37.30	42.37	47.64		53.91	5 / 1			
reaction time	0.167	interval		3.93	4.18	4.30	4.53	4.55	4.73	4.94	5.07	5.27	6.27			12.41	13.81	15.28
		velocity	7.33	8.91	8.37	8.14	7.73	7.69	7.40	7.09	6.90	6.64	6.38	7.42		8.46	7.60	6.87
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	16	19.2	180.2				

Heat 3 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis) *Henson (2021) - Athlete First: 2019 year end hurdle report*

date	01-Oct-19	time	6.24	10.28	14.60	18.96	23.56	28.40	33.24	38.20	43.44	48.68		54.87	5 / 1			
reaction time	0.194	interval		4.04	4.32	4.36	4.60	4.84	4.84	4.96	5.24	5.24	6.19			12.72	14.28	15.44
		velocity	7.21	8.66	8.10	8.03	7.61	7.23	7.23	7.06	6.68	6.68	6.46	7.29		8.25	7.35	6.80
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	19.2	179.2				

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

date	29-Aug-19	time	6.24	10.20	14.48	19.06	23.64	25.6	28.22	32.78	37.54	42.46	47.48		54.13	4 / 3		
reaction time	0.193	interval		3.96	4.28	4.58	4.58		4.58	4.56	4.76	4.92	5.02	6.65			12.82	13.72	14.70
		velocity	7.21	8.84	8.18	7.64	7.64	7.81	7.64	7.68	7.35	7.11	6.97	6.02	7.39		8.19	7.65	7.14
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	16	19.5	180.5				

FINAL - 2019 USATF National Championships (Des Moines, IA) *Vazel (2019) - statistical analysis and historical context of the new 400H world record*

date	28-Jul-19	time	6.25	10.15	14.27	18.48	22.79	27.19	31.66	36.39	41.26	46.32		52.20	4 / 1			
reaction time	0.287	interval		3.90	4.12	4.21	4.31	4.40	4.47	4.73	4.87	5.06	5.88	**WR**		12.23	13.18	14.66
		velocity	7.20	8.97	8.50	8.31	8.12	7.95	7.83	7.40	7.19	6.92	6.80	7.66		8.59	7.97	7.16
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	16	20	181				

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

date	13-Jun-19	time	6.10	10.04	14.20	18.58	23.12	25.0	27.72	32.40	37.28	42.44	47.88		54.35	5 / 2		
reaction time	0.205	interval		3.94	4.16	4.38	4.54		4.60	4.68	4.88	5.16	5.44	6.47			12.48	13.82	15.48
		velocity	7.38	8.88	8.41	7.99	7.71	8.00	7.61	7.48	7.17	6.78	6.43	6.18	7.36		8.41	7.60	6.78
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	17	20.5	181.5				

FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	06-Jun-19	time	6.24	10.26	14.58	19.10	23.76	28.40	33.00	37.68	42.58	47.70		53.67	5 / 1			
reaction time	0.147	interval		4.02	4.32	4.52	4.66	4.64	4.60	4.68	4.90	5.12	5.97			12.86	13.90	14.70
		velocity	7.21	8.71	8.10	7.74	7.51	7.54	7.61	7.48	7.14	6.84	6.70	7.45		8.16	7.55	7.14
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	15	16	19.5	178.5				

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

date	19-May-19	time	6.21	10.23	14.51	18.94	23.47	28.16	32.75	37.49	42.46	47.80		53.88	5 / 1			
reaction time	0.181	interval		4.02	4.28	4.43	4.53	4.69	4.59	4.74	4.97	5.34	6.08			12.73	13.81	15.05
		velocity	7.25	8.71	8.18	7.90	7.73	7.46	7.63	7.38	7.04	6.55	6.58	7.42		8.25	7.60	6.98
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	20	180				

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

date	03-May-19	time	6.24	10.31	14.68	19.11	23.59	25.5	28.02	32.56	37.23	42.28	47.48		53.61	5 / 1		
reaction time	0.179	interval		4.07	4.37	4.43	4.48		4.43	4.54	4.67	5.05	5.20	6.13			12.87	13.45	14.92
		velocity	7.21	8.60	8.01	7.90	7.81	7.84	7.90	7.71	7.49	6.93	6.73	6.53	7.46		8.16	7.81	7.04
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	20	180				

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

date	30-Aug-18	time	6.24	10.36	14.68	19.16	23.68	25.7	28.16	32.76	37.56	42.60	47.76		53.88	5 / 1		
reaction time	0.184	interval		4.12	4.32	4.48	4.52		4.48	4.60	4.80	5.04	5.16	6.12			12.92	13.60	15.00
		velocity	7.21	8.50	8.10	7.81	7.74	7.78	7.81	7.61	7.29	6.94	6.78	6.54	7.42		8.13	7.72	7.00
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	20.2	179.2				

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

date	21-Jul-18	time	6.12	10.32	14.68	19.20	23.84	28.56	33.32	38.32	43.44	48.56		54.86	4 / 3			
reaction time		interval		4.20	4.36	4.52	4.64	4.72	4.76	5.00	5.12	5.12	6.30			13.08	14.12	15.24
		velocity	7.35	8.33	8.03	7.74	7.54	7.42	7.35	7.00	6.84	6.84	6.35	7.29		8.03	7.44	6.89
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	16	19.7	180.7				

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

date	05-Jul-18	time	6.16	10.20	14.48	18.80	23.20	27.88	32.80	37.84	42.96	48.28		54.61	3 / 4			
reaction time	0.182	interval		4.04	4.28	4.32	4.40	4.68	4.92	5.04	5.12	5.32	6.33			12.64	14.00	15.48
		velocity	7.31	8.66	8.18	8.10	7.95	7.48	7.11	6.94	6.84	6.58	6.32	7.32		8.31	7.50	6.78
H1 lead leg	R	strides	23	15	15	15	15	15	16	16	16	16	19.5	181.5				

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

date	07-Jun-18	time	6.04	10.08	14.44	18.96	23.56	25.5	28.08	32.72	37.64	42.48	47.64		53.65	5 / 1		

reaction time	0.166	interval		4.04	4.36	4.52	4.60		4.52	4.64	4.92	4.84	5.16	6.01			12.92	13.76	14.92
		velocity	7.45	8.66	8.03	7.74	7.61	7.84	7.74	7.54	7.11	7.23	6.78	6.66	7.46		8.13	7.63	7.04
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	16	19.7	180.7				

FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	31-May-18	time	6.20	10.32	14.68	19.20	23.92		28.64	33.40	38.32	43.36	48.52		54.65	4 / 3			
reaction time	0.172	interval		4.12	4.36	4.52	4.72		4.72	4.76	4.92	5.04	5.16	6.13			13.00	14.20	15.12
		velocity	7.26	8.50	8.03	7.74	7.42		7.42	7.35	7.11	6.94	6.78	6.53	7.32		8.08	7.39	6.94
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	19.2	179.2				

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

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

FINAL - 2018 Shanghai Diamond League (Shanghai, CHN) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	12-May-18	time	6.12	10.16	14.48	18.88	23.52		28.08	32.76	37.56	42.72	47.84		53.77	4 / 1			
reaction time	0.186	interval		4.04	4.32	4.40	4.64		4.56	4.68	4.80	5.16	5.12	5.93			12.76	13.88	15.08
		velocity	7.35	8.66	8.10	7.95	7.54		7.68	7.48	7.29	6.78	6.84	6.75	7.44		8.23	7.56	6.96
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	19.5	179.5				

FINAL - 2017 Memorial van Damme (Brussels, BEL) (TV Analysis) *Henson (2020) - Athlete First: 2017 year end hurdle report*

date	01-Sep-17	time	6.00	10.04	14.36	18.76	23.16	25.3	27.68	32.44	37.44	42.52	47.76		53.89	6 / 1			
reaction time	0.154	interval		4.04	4.32	4.40	4.40		4.52	4.76	5.00	5.08	5.24	6.13			12.76	13.68	15.32
		velocity	7.50	8.66	8.10	7.95	7.95	7.91	7.74	7.35	7.00	6.89	6.68	6.53	7.42		8.23	7.68	6.85
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	16	20	181				

FINAL - 2017 Müller Grand Prix (Birmingham, GBR) (TV Analysis) *Henson (2021) - Athlete First: 2017 year end hurdle report*

date	20-Aug-17	time	6.16	10.20	14.48	18.92	23.48		28.12	32.88	37.84	42.96	48.20		54.20	4 / 2			
reaction time	0.159	interval		4.04	4.28	4.44	4.56		4.64	4.76	4.96	5.12	5.24	6.00			12.76	13.96	15.32
		velocity	7.31	8.66	8.18	7.88	7.68		7.54	7.35	7.06	6.84	6.68	6.67	7.38		8.23	7.52	6.85
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	16	20	181				

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

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

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

date	06-Jul-17	time	6.56												dnf	5 / --			
reaction time	0.280	interval																	
		velocity	6.86																
H1 lead leg	R	strides	23												23				

FINAL - 2017 USATF Championships (Sacramento, CA) (TV Analysis) *Henson (2021) - Athlete First: 2017 year end hurdle report*

date	25-Jun-17	time	6.04	10.01	14.18	18.48	22.69		26.99	31.50	36.27	41.27	46.44		52.64	5 / 1			
reaction time	0.186	interval		3.97	4.17	4.30	4.21		4.30	4.51	4.77	5.00	5.17	6.20	PB		12.44	13.02	14.94
		velocity	7.45	8.82	8.39	8.14	8.31		8.14	7.76	7.34	7.00	6.77	6.45	7.60		8.44	8.06	7.03
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	16	20	181				

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

date	27-May-17	time	6.26	10.36	14.80	19.40	24.06		28.60	33.30	38.13	43.30	48.43		54.53	5 / 5			
reaction time	0.289	interval		4.10	4.44	4.60	4.66		4.54	4.70	4.83	5.17	5.13	6.10			13.14	13.90	15.13
		velocity	7.19	8.54	7.88	7.61	7.51		7.71	7.45	7.25	6.77	6.82	6.56	7.34		7.99	7.55	6.94
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	19.5	179.5				

FINAL - 2016 Athletissime (Laussane, SUI) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	25-Aug-16	time	6.12	10.20	14.56	18.96	23.48		28.04	32.68	37.52	42.52	47.76		53.78	5 / 1			
reaction time	0.118	interval		4.08	4.36	4.40	4.52		4.56	4.64	4.84	5.00	5.24	6.02			12.84	13.72	15.08
		velocity	7.35	8.58	8.03	7.95	7.74		7.68	7.54	7.23	7.00	6.68	6.64	7.44		8.18	7.65	6.96
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	16	19.7	180.7				

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

date	18-Aug-16	time	6.00	10.00	14.16	18.44	22.84		27.24	31.88	36.68	41.80	47.08		53.13	3 / 1			
reaction time	0.143	interval		4.00	4.16	4.28	4.40		4.40	4.64	4.80	5.12	5.28	6.05			12.44	13.44	15.20
		velocity	7.50	8.75	8.41	8.18	7.95		7.95	7.54	7.29	6.84	6.63	6.61	7.53		8.44	7.81	6.91
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	20	180				

FINAL - 2016 London Anniversary Games (London, GBR) (TV Analysis) *Henson (2021) - Athlete First: 2016 year end hurdle report*

date	22-Jul-16	time	6.10	10.23	14.53	18.90	23.53		28.00	32.70	37.50	42.53	47.83		53.90	6 / 1			
reaction time	0.138	interval		4.13	4.30	4.37	4.63		4.47	4.70	4.80	5.03	5.30	6.07			12.80	13.80	15.13
		velocity	7.38	8.47	8.14	8.01	7.56		7.83	7.45	7.29	6.96	6.60	6.59	7.42		8.20	7.61	6.94
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16	19.5	179.5				

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

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

Semi-Final 2 - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	08-Jul-16	time	6.10	10.08	14.35	18.72	23.22	27.79	32.56	37.50	42.67	47.91		54.14	6 / 1					
reaction time		interval		3.98	4.27	4.37	4.50	4.57	4.77	4.94	5.17	5.24	6.23			12.62	13.84	15.35		
		velocity	7.38	8.79	8.20	8.01	7.78	7.66	7.34	7.09	6.77	6.68	6.42	7.39		8.32	7.59	6.84		
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	19.7	179.7						

FINAL - 2016 Birmingham Diamond League (Birmingham, GBR) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	05-Jun-16	time	6.27	10.40	14.70	19.20	23.83	28.43	33.17	38.10	43.23	48.53		54.75	3 / 4					
reaction time	0.131	interval		4.13	4.30	4.50	4.63	4.60	4.74	4.93	5.13	5.30	6.22			12.93	13.97	15.36		
		velocity	7.18	8.47	8.14	7.78	7.56	7.61	7.38	7.10	6.82	6.60	6.43	7.31		8.12	7.52	6.84		
H1 lead leg	R	strides	23	15	15	15	15	15	16	16	16	16	20	182						

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

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

Murakami, Mizuki (JPN) (1998)

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

FINAL - 2015 Japanese National Youth Championships (Nagoya, JPN) *Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan*

date	18-Oct-15	time	6.88	11.38	16.05	20.99	25.96	31.13	36.39	41.68	47.12	52.63		58.87	/ 1					
reaction time		interval		4.50	4.67	4.94	4.97	5.17	5.26	5.29	5.44	5.51	6.24	PB		14.11	15.40	16.24		
		velocity	6.54	7.78	7.49	7.09	7.04	6.77	6.65	6.62	6.43	6.35	6.41	6.79		7.44	6.82	6.47		
H1 lead leg		strides		15	15	16	16	16	17	17	17	17		146						

FINAL - 2015 Japanese National High School Championships (Wakayama, JPN) *Enomoto (2015) - 68th high school championships: JAF scientific committee- biomechanics data*

date	31-Jul-15	time	6.84	11.33	16.00	20.80	25.83	30.88	36.25	41.61	46.95	52.50		58.95	2 / 2					
reaction time		interval		4.49	4.67	4.80	5.03	5.05	5.37	5.36	5.34	5.55	6.45	PB		13.96	15.45	16.25		
		velocity	6.58	7.80	7.49	7.29	6.96	6.93	6.52	6.53	6.55	6.31	6.20	6.79		7.52	6.80	6.46		
H1 lead leg		strides		15	15	15	16	16	17	17	17	17		145						

Murakami, Natsumi (JPN) (1999)

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

FINAL - 2021 Japanese National Championships (Osaka, JPN) *Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*

date	27-Jun-21	time	6.84	11.24	15.83	20.64	25.49	30.58	35.84	41.34	47.24	53.37		60.42	8 / 8					
reaction time	0.219	interval		4.40	4.59	4.81	4.85	5.09	5.26	5.50	5.90	6.13	7.05			13.80	15.20	17.53		
		velocity	6.58	7.95	7.63	7.28	7.22	6.88	6.65	6.36	5.93	5.71	5.67	6.62		7.61	6.91	5.99		
H1 lead leg	R	strides	23	15	15	16	16	17	17	17	18	18		172						

B FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN) *Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*

date	01-Jun-21	time	6.91	11.31	15.85	20.64	25.51	30.55	35.77	41.11	46.58	52.30		58.79	5 / 3					
reaction time	0.231	interval		4.40	4.54	4.79	4.87	5.04	5.22	5.34	5.47	5.72	6.49			13.73	15.13	16.53		
		velocity	6.51	7.95	7.71	7.31	7.19	6.94	6.70	6.55	6.40	6.12	6.16	6.80		7.65	6.94	6.35		
H1 lead leg	R	strides	24	15	15	16	16	17	17	17	17	17	22.2	193.2						

FINAL - 2016 Japanese National High School Championships (Okayama, JPN) *Kota (2016) - 69th high school championships: JAF scientific committee- biomechanics data*

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	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 Championsips (Osaka, JPN)														*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date 12-Jun-22 time	6.86	11.39	16.10	21.05	26.04		31.05	36.24	41.59	47.26	53.04		59.40	6 / 1			
reaction time 0.203	interval		4.53	4.71	4.95	4.99		5.01	5.19	5.35	5.67	5.78	6.36			14.19	15.19	16.80
	velocity	6.56	7.73	7.43	7.07	7.01		6.99	6.74	6.54	6.17	6.06	6.29	6.73		7.40	6.91	6.25
H1 lead leg R	strides	24	16	16	16	16		17	17	17	18	18	22	197				
FINAL - 2021 Japanese High School National Championships (Fukui, JPN)														*Shibayama (2021) - national high school and U20 national championhsips*			
date 30-Jul-21 time	6.68	11.16	15.93	20.94	26.18		31.63	37.02	42.90	48.74	54.54		60.54	5 / 5			
reaction time 0.196	interval		4.48	4.77	5.01	5.24		5.45	5.39	5.88	5.84	5.80	6.00			14.26	16.08	17.52
	velocity	6.74	7.81	7.34	6.99	6.68		6.42	6.49	5.95	5.99	6.03	6.67	6.61		7.36	6.53	5.99
H1 lead leg	strides		17	17	17	17		19	17	19	19	19		161				
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)														*Enomoto (2015) - 68th high school championships: JAF scientific committee- biomechanics data*			
date 31-Jul-15 time	6.87	11.41	16.07	20.80	25.69		30.93	36.40	41.83	47.43	53.27		59.71	7 / 4			
reaction time	interval		4.54	4.66	4.73	4.89		5.24	5.47	5.43	5.60	5.84	6.44	PB		13.93	15.60	16.87
	velocity	6.55	7.71	7.51	7.40	7.16		6.68	6.40	6.45	6.25	5.99	6.21	6.70		7.54	6.73	6.22
H1 lead leg	strides		16	16	16	16		18	17	17	17	18		151				

Nakahara, Minami (JPN) (1998)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Japanese National High School Championships (Okayama, JPN)														*Kota (2016) - 69th high school championships: JAF scientific committee- biomechanics data*			
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)														*Enomoto (2015) - 68th high school championships: JAF scientific committee- biomechanics data*			
date 31-Jul-15 time	7.02	11.66	16.35	21.17	26.11		31.31	36.60	42.04	47.83	53.77		60.52	9 / 8			
reaction time	interval		4.64	4.69	4.82	4.94		5.20	5.29	5.44	5.79	5.94	6.75			14.15	15.43	17.17
	velocity	6.41	7.54	7.46	7.26	7.09		6.73	6.62	6.43	6.04	5.89	5.93	6.61		7.42	6.80	6.12
H1 lead leg	strides		17	17	17	17		17	17	17	17	19		155				

Nakamura, Makoto (JPN) (2005)

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

FINAL - 2022 Japanese National High School Championships (Naruto, JPN) *Kishima (2022) - national high school championships biomechanics data collection*

date	05-Aug-22	time	6.82	11.37	16.08	21.02	26.12	31.32	36.57	42.10	47.92	53.85		60.80	3 / 4				
reaction time	0.171	interval		4.55	4.71	4.94	5.10	5.20	5.25	5.53	5.82	5.93	6.95			14.20	15.55	17.28	
		velocity	6.60	7.69	7.43	7.09	6.86	6.73	6.67	6.33	6.01	5.90	5.76	6.58		7.39	6.75	6.08	
H1 lead leg	R	strides	23	16	17	17	17	17	17	18	19	19	23	203					

Nakamura, Nene (JPN)

FINAL - 2021 Shimane High School Championships (Izumo, JPN) *Shimizu (2021) - shimane high school championships 2021 - biomechanics data 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 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)

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

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date 09-May-21	time	6.86	11.54	16.33	21.22	26.28	31.48	36.92	42.41	48.00	53.67		60.17	9 / 6			
reaction time 0.154	interval		4.68	4.79	4.89	5.06	5.20	5.44	5.49	5.59	5.67	6.50			14.36	15.70	16.75
	velocity	6.56	7.48	7.31	7.16	6.92	6.73	6.43	6.38	6.26	6.17	6.15	6.65		7.31	6.69	6.27
H1 lead leg L	strides	24	17	17	17	17	17	19	19	19	19		185				

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

date	25-Oct-20	time	6.96	11.61	16.38	21.19	26.14	31.35	36.65	42.11	47.46	52.84		58.94	6 / 1			
reaction time	0.211	interval		4.65	4.77	4.81	4.95	5.21	5.30	5.46	5.35	5.38	6.10			14.23	15.46	16.19
		velocity	6.47	7.53	7.34	7.28	7.07	6.72	6.60	6.41	6.54	6.51	6.56	6.79		7.38	6.79	6.49
H1 lead leg		strides		17	17	17	17	17	19	19	19	19		161				

FINAL - 2019 Japanese National High School Championships (Okinawa, JPN) *Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection*

date	06-Aug-19	time	6.95	11.56	16.27	21.09	26.03	31.21	36.40	41.68	47.19	52.70		58.92	5 / 3			
reaction time		interval		4.61	4.71	4.82	4.94	5.18	5.19	5.28	5.51	5.51	6.22	PB		14.14	15.31	16.30
		velocity	6.47	7.59	7.43	7.26	7.09	6.76	6.74	6.63	6.35	6.35	6.43	6.79		7.43	6.86	6.44
H1 lead leg		strides		17	17	17	17	19	19	19	19	19		163				

Nakasima, Sayaku (JPN) (2004)

FINAL - 2023 Japanese U20 National Championsips (Osaka, JPN) *Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season*

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

FINAL - 2019 Shimane High School Championships (Izumo, JPN) *Shimizu (2019) - shimane high school championships 2019 - biomechanics data 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 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) *Shimizu (2018) - shimane high school championships 2018 - biomechanics data analysis*

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)

FINAL - 2023 Japanese U20 National Championsips (Osaka, JPN) *Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season*

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date 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) *Kishima (2022) - national high school championships biomechanics data collection*

date	05-Aug-22	time	6.97	11.60	16.37	21.35	26.50	31.87	37.47	43.13	48.87	54.58		60.81	9 / 5			
reaction time	0.204	interval		4.63	4.77	4.98	5.15	5.37	5.60	5.66	5.74	5.71	6.23			14.38	16.12	17.11
		velocity	6.46	7.56	7.34	7.03	6.80	6.52	6.25	6.18	6.10	6.13	6.42	6.58		7.30	6.51	6.14
H1 lead leg	L	strides	24	17	17	17	17	17	19	19	19	19		185				

FINAL - 2022 Japanese U20 National Championsips (Osaka, JPN) *Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*

date	12-Jun-22	time	6.87	11.38	16.06	20.99	25.98	31.05	36.27	41.94	47.80	53.67		60.28	5 / 3			
reaction time	0.162	interval		4.51	4.68	4.93	4.99	5.07	5.22	5.67	5.86	5.87	6.61			14.12	15.28	17.40
		velocity	6.55	7.76	7.48	7.10	7.01	6.90	6.70	6.17	5.97	5.96	6.05	6.64		7.44	6.87	6.03
H1 lead leg	L	strides	25	17	17	17	17	17	17	19	19	19	22.5	206.5				

Ndiwabene, Nuulu (SWE) (1984)

B-Race - 2011 Poks Memorial (Hässleholm, SWE) *Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx*

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date 12-Jun-11	time	6.76	11.26	15.86	20.62	25.50	30.66	36.12	41.86	47.78	54.08		61.03	/ 2			
reaction time	interval		4.50	4.60	4.76	4.88	5.16	5.46	5.74	5.92	6.30	6.95			13.86	15.50	17.96
	velocity	6.66	7.78	7.61	7.35	7.17	6.78	6.41	6.10	5.91	5.56	5.76	6.55		7.58	6.77	5.85
H1 lead leg L	strides		17	17	17	18	18	19	20	19	21	22	188				

FINAL - 2011 Fridrott (Stockholm, SWE) *Blomkvist (2011) - www.elitlandslag.se/SprintHäck/LängSprintHäck.aspx*

date	07-Jun-11	time	6.80	11.44	16.16	21.12	26.10	31.28	36.70	42.30	48.04	53.96		60.94	/ 2		
reaction time		interval		4.64	4.72	4.96	4.98	5.18	5.42	5.60	5.74	5.92	6.98			14.32	15.58	17.26
		velocity	6.62	7.54	7.42	7.06	7.03	6.76	6.46	6.25	6.10	5.91	5.73	6.56		7.33	6.74	6.08
H1 lead leg	L	strides		17	17	18	18	18	19	19	19	21	22	188				

Nel, Wenda (RSA) (1988)

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

Semi-Final 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis) *Henson (2024) - Athlete First: 2021 year end hurdle report*

date	02-Aug-21	time	6.36	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) *Henson (2024) - Athlete First: 2021 year end hurdle report*

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

date	10-Jun-21	time	6.36	10.76	15.20	19.68	24.20	26.2	28.96	33.76	38.72	43.80	49.08		55.20	8 / 4		
reaction time	0.182	interval		4.40	4.44	4.48	4.52		4.76	4.80	4.96	5.08	5.28	6.12			13.32	14.08	15.32
		velocity	7.08	7.95	7.88	7.81	7.74	7.63	7.35	7.29	7.06	6.89	6.63	6.54	7.25		7.88	7.46	6.85
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	17	17	21.5	192.5				

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

date	03-May-19	time	6.54	10.88	15.35	19.95	24.62	26.5	29.23	34.10	39.10	44.21	49.75		56.16	7 / 7		
reaction time	0.206	interval		4.34	4.47	4.60	4.67		4.61	4.87	5.00	5.11	5.54	6.41			13.41	14.15	15.65
		velocity	6.88	8.06	7.83	7.61	7.49	7.55	7.59	7.19	7.00	6.85	6.32	6.24	7.12		7.83	7.42	6.71
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	17	18	22	194				

FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis) *Henson (2021) - Athlete First: 2018 year end hurdle report*

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

date	18-Aug-18	time	6.40	10.71	15.18	19.82	24.62	29.43	34.43	39.57	45.08	50.85		57.51	2 / 6		
reaction time	0.183	interval		4.31	4.47	4.64	4.80	4.81	5.00	5.14	5.51	5.77	6.66			13.42	14.61	16.42
		velocity	7.03	8.12	7.83	7.54	7.29	7.28	7.00	6.81	6.35	6.07	6.01	6.96		7.82	7.19	6.39
H1 lead leg	L	strides	23	16	16	16	16	16	17	17	18	18	22	195				

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

date	21-Jul-18	time	6.40	10.72	15.16	19.68	24.32	29.04	33.92	38.96	44.04	49.32		55.67	1 / 5		
reaction time	0.179	interval		4.32	4.44	4.52	4.64	4.72	4.88	5.04	5.08	5.28	6.35			13.28	14.24	15.40
		velocity	7.03	8.10	7.88	7.74	7.54	7.42	7.17	6.94	6.89	6.63	6.30	7.19		7.91	7.37	6.82
H1 lead leg	L	strides	23	16	16	16	16	16	17	17	17	17	21.7	192.7				

FINAL - 2018 Shanghai Diamond League (Shanghai, CHN) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	12-May-18	time	6.44	10.84	15.44	20.08	24.88	29.64	34.52	39.44				55.63	8 / 4		
reaction time	0.184	interval		4.40	4.60	4.64	4.80	4.76	4.88	4.92						13.64	14.44	
		velocity	6.99	7.95	7.61	7.54	7.29	7.35	7.17	7.11				7.19		7.70	7.27	
H1 lead leg	L	strides	23	16	16	16	16	16	17	17				137				

FINAL - 2017 Memorial van Damme (Brussels, BEL) (TV Analysis) *Henson (2020) - Athlete First: 2017 year end hurdle report*

date	01-Sep-17	time	6.32	10.52	14.88	19.40	24.00	26.1	28.64	33.52	38.68	44.08	49.72		56.30	2 / 8		
reaction time	0.219	interval		4.20	4.36	4.52	4.60		4.64	4.88	5.16	5.40	5.64	6.58			13.08	14.12	16.20
		velocity	7.12	8.33	8.03	7.74	7.61	7.66	7.54	7.17	6.78	6.48	6.21	6.08	7.10		8.03	7.44	6.48
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	18	18	22	195				

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

date	24-Aug-17	time	6.48	10.80	15.28	19.84	24.52	29.20	34.12		44.24	49.60		55.86	2 / 6		
reaction time	0.198	interval		4.32	4.48	4.56	4.68	4.68	4.92		10.12	5.36	6.26			13.36	14.28	15.48
		velocity	6.94	8.10	7.81	7.68	7.48	7.48	7.11		6.92	6.53	6.39	7.16		7.86	7.35	6.78
H1 lead leg	L	strides	23	16	16		16	16	17			17	21.2	142.2				

FINAL - 2017 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis) *Henson (2020) - Athlete First: 2017 year end hurdle report*

date	21-Jul-17	time	6.44	10.68		19.60	24.12		33.68	38.76	43.96	49.52		55.90	2 /5		
reaction time	0.213	interval		4.24		8.92	4.52		9.56	5.08	5.20	5.56	6.38			13.16	14.08	15.84
		velocity	6.99	8.25		7.85	7.74		7.32	6.89	6.73	6.29	6.27	7.16		7.98	7.46	6.63
H1 lead leg	L	strides	23	16			16			17	17	18		107				

FINAL - 2017 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis) *Henson (2021) - Athlete First: 2017 year end hurdle report*

date	16-Jul-17	time	6.40	10.80	15.28	19.80	24.52	29.20	34.04	38.96	44.00	49.20		55.31	2 / 5		
reaction time	0.189	interval		4.40	4.48	4.52	4.72	4.68	4.84	4.92	5.04	5.20	6.11			13.40	14.24	15.16

		velocity	7.03	7.95	7.81	7.74	7.42	7.48	7.23	7.11	6.94	6.73	6.55	7.23		7.84	7.37	6.93
H1 lead leg	L	strides	23	16	16	16	16	16	17	17	17	17	21	192				

FINAL - 2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis) *Henson (2020) - Athlete First: 2017 year end hurdle report*

date	08-Jun-17	time	6.44	10.80	15.28	19.76	24.36	29.00	33.72	38.56	43.52	48.64		54.58	6 / 3			
reaction time	0.171	interval		4.36	4.48	4.48	4.60	4.64	4.72	4.84	4.96	5.12	5.94			13.32	13.96	14.92
		velocity	6.99	8.03	7.81	7.81	7.61	7.54	7.42	7.23	7.06	6.84	6.73	7.33		7.88	7.52	7.04
H1 lead leg	L	strides	23	16	16	16	16	16	16	16	17	17	20.5	189.5				

FINAL - 2016 Memorial van Damme (Brussels, BEL) (TV Analysis) *Henson (2021) - Athlete First: 2016 year end hurdle report*

date	09-Sep-16	time	6.44	10.64	14.96	19.40	24.04	28.64	33.48	38.44	43.56	48.96		55.41	2 / 6			
reaction time	0.186	interval		4.20	4.32	4.44	4.64	4.60	4.84	4.96	5.12	5.40	6.45			12.96	14.08	15.48
		velocity	6.99	8.33	8.10	7.88	7.54	7.61	7.23	7.06	6.84	6.48	6.20	7.22		8.10	7.46	6.78
H1 lead leg	L	strides	23	15	15	16	16	16	17	17	17	17	22	191				

FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis) *Henson (2021) - Athlete First: 2016 year end hurdle report*

date	01-Sep-16	time	6.40	10.68	15.04	19.52	24.04	28.60	33.28	38.24	43.40	48.84		55.15	5 / 4			
reaction time	0.193	interval		4.28	4.36	4.48	4.52	4.56	4.68	4.96	5.16	5.44	6.31			13.12	13.76	15.56
		velocity	7.03	8.18	8.03	7.81	7.74	7.68	7.48	7.06	6.78	6.43	6.34	7.25		8.00	7.63	6.75
H1 lead leg	L	strides	23	15	15		16	16	16	17	17	17	21.5	173.5				

FINAL - 2016 London Anniversary Games (London, GBR) (TV Analysis) *Henson (2021) - Athlete First: 2016 year end hurdle report*

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

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

date	15-Jul-16	time	6.37	10.50		19.33	23.97	28.57	33.37	38.33	43.40	48.67		54.93	2 / 4			
reaction time	0.206	interval		4.13		8.83	4.64	4.60	4.80	4.96	5.07	5.27	6.26			12.96	14.04	15.30
		velocity	7.06	8.47		7.93	7.54	7.61	7.29	7.06	6.90	6.64	6.39	7.28		8.10	7.48	6.86
H1 lead leg	L	strides	23	15			16	16	17	17	17	17	21.5	159.5				

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

date	02-Jun-16	time	6.40	10.72		19.64	24.24	28.80	33.52	38.36	43.32	48.52		54.61	9 / 2			
reaction time	0.188	interval		4.32		8.92	4.60	4.56	4.72	4.84	4.96	5.20	6.09			13.24	13.88	15.00
		velocity	7.03	8.10		7.85	7.61	7.68	7.42	7.23	7.06	6.73	6.57	7.32		7.93	7.56	7.00
H1 lead leg	L	strides	23	16			16		17	17		17	21	127				

FINAL - 2016 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	22-May-16	time	6.32	10.64	14.88	19.24	23.76	28.28	33.00	37.88	43.08	48.48		54.88	5 / 3			
reaction time	0.198	interval		4.32	4.24	4.36	4.52	4.52	4.72	4.88	5.20	5.40	6.40			12.92	13.76	15.48
		velocity	7.12	8.10	8.25	8.03	7.74	7.74	7.42	7.17	6.73	6.48	6.25	7.29		8.13	7.63	6.78
H1 lead leg	L	strides	23	16	16	16	16	16	17	17	18	18	21.5	194.5				

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

date	06-May-16	time	6.24	10.44	14.76	19.12	23.72	28.48	33.36	38.36	43.56	48.92		55.17	6 / 4			
reaction time	0.184	interval		4.20	4.32	4.36	4.60	4.76	4.88	5.00	5.20	5.36	6.25			12.88	14.24	15.56
		velocity	7.21	8.33	8.10	8.03	7.61	7.35	7.17	7.00	6.73	6.53	6.40	7.25		8.15	7.37	6.75
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	18	18	21.5	195.5				

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

date	26-Aug-15	time	6.28	10.48	14.68	19.00	23.52	28.28	33.12	38.08	43.20			54.94	8 / 7			
reaction time	0.211	interval		4.20	4.20	4.32	4.52	4.76	4.84	4.96	5.12					12.72	14.12	
		velocity	7.17	8.33	8.33	8.10	7.74	7.35	7.23	7.06	6.84			7.28		8.25	7.44	
H1 lead leg	L	strides		16	15	15	16	16	17	17	17			129				

Nelson, Carole (FRA) (1971)		**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**

FINAL - 1992 U23 European Cup (Villeneuve d'Ascq, FRA) *Veney - split times from PJ*

date	18-Jul-92	time	6.75	11.10	15.59	20.17	24.93	29.70	34.45	39.37	44.67	49.99		56.61	/ 1			
reaction time		interval		4.35	4.49	4.58	4.76	4.77	4.75	4.92	5.30	5.32	6.62			13.42	14.28	15.54
		velocity	6.67	8.05	7.80	7.64	7.35	7.34	7.37	7.11	6.60	6.58	6.04	7.07		7.82	7.35	6.76
H1 lead leg		strides	23	16	16	16	16	17	17	17	18	18	22	196				

Niederstätter, Monika (ITA) (1974)		**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**

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

date	08-Aug-02	time	6.89	11.25	15.71	20.21	24.82	29.59	34.55	39.65	44.85	50.21		56.34	/ 4			
reaction time	0.206	interval		4.36	4.46	4.50	4.61	4.77	4.96	5.10	5.20	5.36	6.13			13.32	14.34	15.66
		velocity	6.53	8.03	7.85	7.78	7.59	7.34	7.06	6.86	6.73	6.53	6.53	7.10		7.88	7.32	6.70
H1 lead leg		strides																

FINAL - 2001 European Cup (Bremen, GER) *Graubner (2007) - http://www.fgs.uni-halle.de*

date	23-Jun-01	time	6.85	11.22	15.67	20.15	24.77	29.51	34.53	39.63	44.86	50.47		56.85	/ 6			
reaction time		interval		4.37	4.45	4.48	4.62	4.74	5.02	5.10	5.23	5.61	6.38			13.30	14.38	15.94
		velocity	6.57	8.01	7.87	7.81	7.58	7.38	6.97	6.86	6.69	6.24	6.27	7.04		7.89	7.30	6.59
H1 lead leg		strides																

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

date	23-Aug-99	time	6.24	10.55	14.95	19.46	24.10	28.86	33.70	38.67	43.79	49.05		55.57	2 / 8			
reaction time	0.214	interval		4.31	4.40	4.51	4.64	4.76	4.84	4.97	5.12	5.26	6.52			13.22	14.24	15.35
		velocity	7.21	8.12	7.95	7.76	7.54	7.35	7.23	7.04	6.84	6.65	6.13	7.20		7.94	7.37	6.84
H1 lead leg	R	strides	23	16	16	16	16	16	17	17	17	17	22	193				

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)																*Omega Timing (2024) - diamond league race analysis*			
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) *Paris 2024 Olympic Games - Results Book (2024)*

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) *Paris 2024 Olympic Games - Results Book (2024)*

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) *Omega Timing (2024) - diamond league race analysis*

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

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

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, SUI) *Omega Timing (2023) - diamond league race analysis*

date	30-Jun-23	time	6.31	10.46	14.87	19.35	23.94	28.71	33.77	39.21	44.74	50.29		56.62	1 / 7			
reaction time	0.141	interval		4.15	4.41	4.48	4.59	4.77	5.06	5.44	5.53	5.55	6.33			13.04	14.42	16.52
		velocity	7.13	8.43	7.94	7.81	7.63	7.34	6.92	6.43	6.33	6.31	6.32	7.06		8.05	7.28	6.36
H1 lead leg	L	strides	22	15			15	15	15		16	16		114				

Semi-Final 1 - 2022 European Athletics Championships (Munich, GER) *European Athletics (2022) - european athletics championships race analysis*

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	6.70
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	6.86
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	6.74
H1 lead leg	L	strides	23	15	15	15	15		16	16			16	19.2	150.2				

Nishida, Ayaka (JPN) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 Japanese National High School Championships (Kitakami, JPN)																*Abe (2011) - 64th high school championships: JAF scientific committee - biomechanics*			
date	05-Aug-11	time	7.04	11.88	16.73	21.69	26.73		31.95	37.20	42.69	48.43	54.17		60.13	6 / 2			
reaction time		interval		4.84	4.85	4.96	5.04		5.22	5.25	5.49	5.74	5.74	5.96			14.65	15.51	16.97

		velocity	6.39	7.23	7.22	7.06	6.94		6.70	6.67	6.38	6.10	6.10	6.71	6.65		7.17	6.77	6.19
H1 lead leg		strides																	

Nishikiori, Reina (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)														*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	5.10
H1 lead leg strides	26	19	19	19	19		19	19	21	21	21	24	227				

Nishimura, Neneka (JPN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Japanese National High School Championships (Yamagata, JPN)														*Kota (2017) - 70th high school championships: JAF scientific committee- biomechanics data*			
date 31-Jul-17 time	6.81	11.26	15.83	20.59	25.43		30.48	35.74	41.22	46.93	52.67		59.33	4 / 2			
reaction time 0.218 interval		4.45	4.57	4.76	4.84		5.05	5.26	5.48	5.71	5.74	6.66			13.78	15.15	16.93
velocity	6.61	7.87	7.66	7.35	7.23		6.93	6.65	6.39	6.13	6.10	6.01	6.74		7.62	6.93	6.20
H1 lead leg strides		17	17	17	17		17	18	19	19	19		160				

Nissen, Annemarie (DEN) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2022 European Athletics Championships (Munich, GER)														*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	6.34
H1 lead leg L strides	23	15			15		16	16	17	17	19	22	160				

Nugent, Leah (JAM) (1992)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Athletissima (Lausanne, SUI) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 26-Aug-21 time	6.24	10.44	14.84		24.24		28.96	33.80	38.96	44.16	49.76		56.41	1 / 7			
reaction time 0.202 interval		4.20	4.40		9.40		4.72	4.84	5.16	5.20	5.60	6.65					15.96
velocity	7.21	8.33	7.95		7.45		7.42	7.23	6.78	6.73	6.25	6.02	7.09				6.58
H1 lead leg R strides	22	15	15				15	15	15	15	16	19	147				
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~~	*(no official time given)*		
reaction time 0.240 interval		4.47	4.45	4.55	4.82		4.76	4.93	4.94	5.03	5.20	5.81	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	6.92
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	6.84
H1 lead leg R strides	22	14	14		14		15	14	15	15	15	18.7	156.7				
FINAL - 2017 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)														*Henson (2020) - Athlete First: 2017 year end hurdle report*			
date 21-Jul-17 time	6.48	10.72	15.20	19.80	24.56			34.16	39.20	44.68	50.68		58.07	8 / 8			
reaction time 0.241 interval		4.24	4.48	4.60	4.76			9.60	5.04	5.48	6.00	7.39			13.32	14.36	16.52
velocity	6.94	8.25	7.81	7.61	7.35			7.29	6.94	6.39	5.83	5.41	6.89		7.88	7.31	6.36
H1 lead leg R strides	22	15		15	15				15	16	16		114				
FINAL - 2016 Olympic Games (Rio de Janeiro, BRA) (TV Analysis)														*Henson (2021) - Athlete First: 2016 year end hurdle report*			
date 18-Aug-16 time	6.36	10.44	14.76	19.16	23.68		28.36	33.16	38.04	43.00	48.12		54.45	2 / 6			
reaction time 0.226 interval		4.08	4.32	4.40	4.52		4.68	4.80	4.88	4.96	5.12	6.33	PB		12.80	14.00	14.96
velocity	7.08	8.58	8.10	7.95	7.74		7.48	7.29	7.17	7.06	6.84	6.32	7.35		8.20	7.50	7.02
H1 lead leg R strides	23	13	14	14	14		14	15	15	15	15	19	171				

Obeck, Waltraud (FRG) (1947)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1971 West German Athletics - 400m Hurdles Test (Bonn, FRG)														*Keydel (1971) - die 400m hürden machten das rennen*			
date 15-May-71 time	7.5	12.5	17.5	22.6	27.9		33.4	38.8	45.0	51.6	58.0		65.3	/ 6			
reaction time interval		5.00	5.00	5.10	5.30		5.50	5.40	6.20	6.60	6.40	7.30			15.10	16.20	19.20
velocity	6.00	7.00	7.00	6.86	6.60		6.36	6.48	5.65	5.30	5.47	5.48	6.13		6.95	6.48	5.47
H1 lead leg strides	24	17	17	17	17		19	19	19	21	21		191				

Odumosu, Ajoke (NGR) (1987)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2012 Olympic Games (London, GBR)														*Hillier (2012) - uka 2012 olympic games report: 400m hurdles*			
date 08-Aug-12 time	6.77	10.88	15.13	19.48	24.00	25.80	28.87	33.83	38.67	44.05	49.50		55.31	6 / ~~8~~ 7			

reaction time	0.270	interval		4.11	4.25	4.35	4.52		4.87	4.96	4.84	5.38	5.45	5.81			12.71	14.35	15.67
		velocity	6.65	8.52	8.24	8.05	7.74	7.75	7.19	7.06	7.23	6.51	6.42	6.88	7.23		8.26	7.32	6.70
H1 lead leg	L	strides	23	15	15	16	15		17	17	17	17	17		169				

Oga, Yuri (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 Shimane High School Championships (Izumo, JPN) *Shimizu (2018) - shimane high school championships 2018 - biomechanics data analysis*

date	27-May-17	time	7.00	11.83	16.83	21.93	27.30		33.00	38.73	44.70	51.20	57.77		64.78	5 / 1			
reaction time		interval		4.83	5.00	5.10	5.37		5.70	5.73	5.97	6.50	6.57	7.01			14.93	16.80	19.04
		velocity	6.43	7.25	7.00	6.86	6.52		6.14	6.11	5.86	5.38	5.33	5.71	6.17		7.03	6.25	5.51
H1 lead leg		strides	24	17	17	17	17		18	18	18	19	19	22.5	206.5				

Ogasawara, Arisa (JPN) (2004)

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

FINAL - 2023 Japanese U20 National Championsips (Osaka, JPN) *Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season*

date	04-Jun-23	time	7.04	11.63	16.38	21.27	26.29		31.51	36.77	42.26	47.91	53.62		59.88	5 / 4			
reaction time	0.194	interval		4.59	4.75	4.89	5.02		5.22	5.26	5.49	5.65	5.71	6.26	PB		14.23	15.50	16.85
		velocity	6.39	7.63	7.37	7.16	6.97		6.70	6.65	6.38	6.19	6.13	6.39	6.68		7.38	6.77	6.23
H1 lead leg	L	strides	24	16	16	16	16		17	17	18	18	18	21.7	197.7				

FINAL - 2022 Japanese National High School Championships (Naruto, JPN) *Kishima (2022) - national high school championships biomechanics data collection*

date	05-Aug-22	time	7.20	12.00	16.87	22.07	27.33		32.60	37.90	43.27	48.73	54.27		60.83	8 / 6			
reaction time	0.220	interval		4.80	4.87	5.20	5.26		5.27	5.30	5.37	5.46	5.54	6.56	PB		14.87	15.83	16.37
		velocity	6.25	7.29	7.19	6.73	6.65		6.64	6.60	6.52	6.41	6.32	6.10	6.58		7.06	6.63	6.41
H1 lead leg	L	strides	24	16	16	17	17		17	17	17	17	17		175				

FINAL - 2022 Japanese U20 National Championsips (Osaka, JPN) *Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*

date	12-Jun-22	time	7.22	12.01	16.78	21.89	27.16		32.40	37.87	43.58	49.33	55.64		62.72	2 / 7			
reaction time	0.201	interval		4.79	4.77	5.11	5.27		5.24	5.47	5.71	5.75	6.31	7.08			14.67	15.98	17.77
		velocity	6.23	7.31	7.34	6.85	6.64		6.68	6.40	6.13	6.09	5.55	5.65	6.38		7.16	6.57	5.91
H1 lead leg	L	strides	24	16	16	17	17		17	18	18	18	19		180				

Ohms, Sabine (FRG) (1953)

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

FINAL - 1973 DLV-Test (Frankfurt-am-Main, FRG) *Keydel (1973) - 400m Hürden test der frauen vom 26. bis 28.7.1973*

date	28-Jul-73	time	6.9	12.0	17.0	22.2	27.7		33.7	39.8	46.0	52.4	59.0		66.9	/ 6			
reaction time		interval		5.07	4.99	5.15	5.59		5.91	6.18	6.18	6.40	6.55	7.89			15.21	17.68	19.13
		velocity	6.48	6.90	7.01	6.80	6.26		5.92	5.66	5.66	5.47	5.34	5.07	5.98		6.90	5.94	5.49
H1 lead leg		strides	24	17	17	17	17		19	19	18	19	19		186				

Oike, Saori (JPN)

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

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

date	04-Aug-18	time	7.04	11.71	16.45	21.32	26.31		31.38	36.45	41.63	46.95	52.65		59.00	5 / 1			
reaction time		interval		4.67	4.74	4.87	4.99		5.07	5.07	5.18	5.32	5.70	6.35	PB		14.28	15.13	16.20
		velocity	6.39	7.49	7.38	7.19	7.01		6.90	6.90	6.76	6.58	6.14	6.30	6.78		7.35	6.94	6.48
H1 lead leg		strides		17	17	17	17		17	17	17	17	19		155				

Okawa, Nazuna (JPN) (2001)

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

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

date	25-Oct-20	time	7.31	12.18	17.07	22.01	27.08		32.23	37.47	42.86	48.40	54.42		61.63	8 / 7			
reaction time	0.249	interval		4.87	4.89	4.94	5.07		5.15	5.24	5.39	5.54	6.02	7.21			14.70	15.46	16.95
		velocity	6.16	7.19	7.16	7.09	6.90		6.80	6.68	6.49	6.32	5.81	5.55	6.49		7.14	6.79	6.19
H1 lead leg		strides		17	17	17	17		17	17	17	17	19		155				

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

date	04-Aug-18	time	7.26	12.08	17.00	21.94	26.94		32.10	37.27	42.51	47.95	53.79		60.12	2 / 5			
reaction time		interval		4.82	4.92	4.94	5.00		5.16	5.17	5.24	5.44	5.84	6.33			14.68	15.33	16.52
		velocity	6.20	7.26	7.11	7.09	7.00		6.78	6.77	6.68	6.43	5.99	6.32	6.65		7.15	6.85	6.36
H1 lead leg		strides		17	17	17	17		17	17	17	17	19		155				

Okawa, Sumika (JPN) (2003)

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

FINAL - 2021 Japanese High School National Championships (Fukui, JPN) *Shibayama (2021) - national high school and U20 national championhsips*

date	30-Jul-21	time	6.72	11.11	15.73	20.65	25.66		30.73	36.02	41.62	47.32	53.35		60.11	6 / 3			
reaction time	0.168	interval		4.39	4.62	4.92	5.01		5.07	5.29	5.60	5.70	6.03	6.76			13.93	15.37	17.33
		velocity	6.70	7.97	7.58	7.11	6.99		6.90	6.62	6.25	6.14	5.80	5.92	6.65		7.54	6.83	6.06
H1 lead leg		strides		15	15	16	16		16	16	17	17	17		145				

FINAL - 2021 Japanese U20 National Championships (Osaka, JPN) *Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*

date	27-Jun-21	time	6.86	11.31	15.93	20.74	25.63		30.68	35.95	41.31	46.81	52.64		59.22	2 / 3			
reaction time	0.190	interval		4.45	4.62	4.81	4.89		5.05	5.27	5.36	5.50	5.83	6.58			13.88	15.21	16.69
		velocity	6.56	7.87	7.58	7.28	7.16		6.93	6.64	6.53	6.36	6.00	6.08	6.75		7.56	6.90	6.29
H1 lead leg	R	strides	23	15	15	16	16		16	16	17	17	18	22.2	191.2				

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

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		149					

Okubo, Hikari (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 - 2024 Japanese National Championsips (Niigata, JPN) *Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season*

date	30-Jun-24	time	6.71	11.11	15.75	20.54	25.39	30.53	35.80	41.14	46.61	52.22		58.65	2 / 6				
reaction time	0.171	interval		4.40	4.64	4.79	4.85	5.14	5.27	5.34	5.47	5.61	6.43			13.83	15.26	16.42	
		velocity	6.71	7.95	7.54	7.31	7.22	6.81	6.64	6.55	6.40	6.24	6.22	6.82		7.59	6.88	6.39	
H1 lead leg	R	strides	23	15	15	15	16	16	17	17	17	17	22	190					

B FINAL - 2024 Michitaka Kinami Memorial (Osaka, JPN) *Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season*

date	12-May-24	time	6.72	11.18	15.82	20.60	25.59	30.70	35.92	41.24	46.75	52.35		58.92	6 / 1				
reaction time	0.183	interval		4.46	4.64	4.78	4.99	5.11	5.22	5.32	5.51	5.60	6.57			13.88	15.32	16.43	
		velocity	6.70	7.85	7.54	7.32	7.01	6.85	6.70	6.58	6.35	6.25	6.09	6.79		7.56	6.85	6.39	
H1 lead leg		strides		15	15	15	16	16	17	17	17	17		145					

B FINAL - 2024 Shizuoka International Meeting (Fukuroi, JPN) *Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season*

date	03-May-24	time	6.64	10.89	15.38	20.09	25.01	30.03	35.14	40.37	45.90	51.82		58.54	9 / 1				
reaction time	0.188	interval		4.25	4.49	4.71	4.92	5.02	5.11	5.23	5.53	5.92	6.72			13.45	15.05	16.68	
		velocity	6.78	8.24	7.80	7.43	7.11	6.97	6.85	6.69	6.33	5.91	5.95	6.83		7.81	6.98	6.29	
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	16	17	21	182					

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) *Shimizu (2024) - shimane high school championships 2024 - biomechanics data analysis*

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) *Shimizu (2023) - shimane high school championships 2023 - biomechanics data analysis*

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) *Shimizu (2022) - shimane high school championships 2022 - biomechanics data analysis*

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

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	16			17	21	137					

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

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) *European Athletics (2022) - european athletics championships race analysis*

date	17-Aug-22	time	6.52	10.88	15.26	19.79	24.38	26.40	29.05	34.03	39.24	44.50	50.16		57.03	1 / 5			
reaction time	0.222	interval		4.36	4.38	4.53	4.59		4.67	4.98	5.21	5.26	5.66	6.87			13.27	14.24	16.13	
		velocity	6.90	8.03	7.99	7.73	7.63	7.58	7.49	7.03	6.72	6.65	6.18	5.82	7.01		7.91	7.37	6.51	
H1 lead leg	R	strides	23	15			15		15	16	16	17	17	22	156					

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

date	20-Jul-22	time	6.40	10.70	15.10	19.57	24.20	26.32	29.03	33.97	39.00		49.57		56.04	1 / 8			
reaction time	0.135	interval		4.30	4.40	4.47	4.63		4.83	4.94	5.03		10.57	6.47			13.17	14.40	15.60	
		velocity	7.03	8.14	7.95	7.83	7.56	7.60	7.25	7.09	6.96		6.62	6.18	7.14		7.97	7.29	6.73	
H1 lead leg	R	strides	23	15	15	15	15		15	16	16				130					

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

date	09-Jun-22	time	6.63	10.93	15.33		24.53	26.50	29.40	34.40	39.60	44.83	50.13		56.25	2 / 8			
reaction time	0.150	interval		4.30	4.40		9.20		4.87	5.00	5.20	5.23	5.30	6.12					15.73
		velocity	6.79	8.14	7.95		7.61	7.55	7.19	7.00	6.73	6.69	6.60	6.54	7.11				6.68
H1 lead leg	R	strides	23	15	15	15			15	15	17	17	17		149				

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

date	02-Aug-21	time	6.63	10.76	15.13	19.56	24.26		29.10	34.00	39.20	44.82			57.03	9 / 7			

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

reaction time	0.120	interval		4.13	4.37	4.43	4.70		4.84	4.90	5.20	5.62						12.93	14.44	
		velocity	6.79	8.47	8.01	7.90	7.45		7.23	7.14	6.73	6.23			7.01			8.12	7.27	
H1 lead leg	R	strides	23	15	15	15	16		16	16		18			134					

Heat 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis) *Henson (2024) - Athlete First: 2021 year end hurdle report*

date	31-Jul-21	time	6.66	10.86	15.26	19.80	24.56		29.47	34.46	39.51	44.50	49.66		55.54	8 / 4				
reaction time	0.130	interval		4.20	4.40	4.54	4.76		4.91	4.99	5.05	4.99	5.16	5.88	=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) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	10-Jun-21	time	6.48	10.88	15.30	19.80	24.44	26.5	29.32	34.20	39.20	44.28	49.52		55.63	7 / 6				
reaction time	0.134	interval		4.40	4.42	4.50	4.64		4.88	4.88	5.00	5.08	5.24	6.11	PB			13.32	14.40	15.32
		velocity	6.94	7.95	7.92	7.78	7.54	7.55	7.17	7.17	7.00	6.89	6.68	6.55	7.19			7.88	7.29	6.85
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	16	17	20.2	184.2					

Omori, Nanase (JPN) (1992)

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

FINAL - 2010 Japanese National High School Championships (Okinawa, JPN) *Matsuo (2010) - 63rd high school championships: JAF scientific committee- biomechanics data*

date	31-Jul-10	time	6.76	11.23	15.95	20.75	25.69		30.71	35.90	41.31	47.13	53.25		60.51	/ 2				
reaction time		interval		4.47	4.72	4.80	4.94		5.02	5.19	5.41	5.82	6.12	7.26				13.99	15.15	17.35
		velocity	6.66	7.83	7.42	7.29	7.09		6.97	6.74	6.47	6.01	5.72	5.51	6.61			7.51	6.93	6.05
H1 lead leg		strides		17	17	17	17		17	17	17	18	19		156					

Ono, Mizuna (JPN) (2002)

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

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

date	09-May-21	time	6.66	11.04	15.67	20.42	25.26		30.31	35.47	40.88	46.34	51.90		58.43	5 / 4				
reaction time	0.149	interval		4.38	4.63	4.75	4.84		5.05	5.16	5.41	5.46	5.56	6.53				13.76	15.05	16.43
		velocity	6.76	7.99	7.56	7.37	7.23		6.93	6.78	6.47	6.41	6.29	6.13	6.85			7.63	6.98	6.39
H1 lead leg	L	strides	23	15	16	16	16		16	16	17	17	17	21	190					

FINAL - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN) *Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*

date	03-May-21	time	6.79	11.44	16.22	21.05	26.09		31.15	36.30	41.57	46.98	52.57		59.21	8 / 5				
reaction time	0.161	interval		4.65	4.78	4.83	5.04		5.06	5.15	5.27	5.41	5.59	6.64				14.26	15.25	16.27
		velocity	6.63	7.53	7.32	7.25	6.94		6.92	6.80	6.64	6.47	6.26	6.02	6.76			7.36	6.89	6.45
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	17	17		171					

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

date	25-Oct-20	time	6.64	11.08	15.58	20.15	24.92		29.96	35.19	40.47	46.00	51.55		57.81	8 / 2				
reaction time	0.159	interval		4.44	4.50	4.57	4.77		5.04	5.23	5.28	5.53	5.55	6.26				13.51	15.04	16.36
		velocity	6.78	7.88	7.78	7.66	7.34		6.94	6.69	6.63	6.33	6.31	6.39	6.92			7.77	6.98	6.42
H1 lead leg		strides		16	16	16	16		16	17	17	17	17		148					

Oprya, Maryna (UKR) (1982)

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

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

date	23-Jun-07	time	6.86	11.17	15.65	20.19	24.71		29.54	34.65	39.95	45.25	50.62							
reaction time	0.203	interval		4.31	4.48	4.54	4.52		4.83	5.11	5.30	5.30	5.37		DQ			13.33	14.46	15.97
		velocity	6.56	8.12	7.81	7.71	7.74		7.25	6.85	6.60	6.60	6.52					7.88	7.26	6.57
H1 lead leg		strides																		

Ortiz, Yamelis (USA) (1978)

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

FINAL - 1996 USATF National Junior Championships (Delaware, OH) *USATF Women's Sprint Development (1996)*

date	29-Jun-96	time	7.01	11.61	16.11	20.85	25.60		30.63	36.09	41.81	47.76	53.58		60.28	2 / 4				
reaction time		interval		4.60	4.50	4.74	4.75		5.03	5.46	5.72	5.95	5.82	6.70				13.84	15.24	17.49
		velocity	6.42	7.61	7.78	7.38	7.37		6.96	6.41	6.12	5.88	6.01	5.97	6.64			7.59	6.89	6.00
H1 lead leg		strides																		

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) *Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season*

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) *Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season*

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) *Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*

date	06-Jun-21	time	6.89	11.51	16.20	20.92	25.78		30.78	35.94	41.24	46.78	52.45		59.09	5 / 1				
reaction time		interval		4.62	4.69	4.72	4.86		5.00	5.16	5.30	5.54	5.67	6.64				14.03	15.02	16.51
		velocity	6.53	7.58	7.46	7.42	7.20		7.00	6.78	6.60	6.32	6.17	6.02	6.77			7.48	6.99	6.36
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	17	17	21.7	192.7					

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

date	23-Aug-20	time	6.92	11.68	16.60	21.52	26.61		31.87	37.30	42.89	48.92	55.59		63.18	3 / 9				

reaction time	0.164	interval		4.76	4.92	4.92	5.09	5.26	5.43	5.59	6.03	6.67	7.59				14.60	15.78	18.29
		velocity	6.50	7.35	7.11	7.11	6.88	6.65	6.45	6.26	5.80	5.25	5.27	6.33			7.19	6.65	5.74
H1 lead leg		strides		16	16	16	16	17	17	17	18	20		153					

FINAL - 2019 Japanese National Championships (Fukuoka, JPN) *Yamanaka (2019) - research on athlete performance and technique- 2019 data book*

date	30-Jun-19	time	6.77	11.24	15.90	20.67	25.53	30.53	35.64	40.91	46.40	52.07		58.60	2 / 5				
reaction time	0.151	interval		4.47	4.66	4.77	4.86	5.00	5.11	5.27	5.49	5.67	6.53				13.90	14.97	16.43
		velocity	6.65	7.83	7.51	7.34	7.20	7.00	6.85	6.64	6.38	6.17	6.13	6.83			7.55	7.01	6.39
H1 lead leg	R	strides	23	16	16	16	16	17	17	17	17	17	21.7	193.7					

A FINAL - 2019 Kinami Memorial (Osaka, JPN) *Matsubayashi (2019) - research on athlete performance and technique- 2019 data book*

date	06-May-19	time	6.87	11.44	16.20	20.95	25.96	31.08	36.32	41.57	46.96	52.45		58.88	2 / 4				
reaction time		interval		4.57	4.76	4.75	5.01	5.12	5.24	5.25	5.39	5.49	6.43				14.08	15.37	16.13
		velocity	6.55	7.66	7.35	7.37	6.99	6.84	6.68	6.67	6.49	6.38	6.22	6.79			7.46	6.83	6.51
H1 lead leg		strides		16	16	16	16	17	17	17	17	17	21	170					

B FINAL - 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN) *Kobayashi (2019) - research on athlete performance and technique- 2019 data book*

date	03-May-19	time	6.87	11.41	16.15	20.97	25.94	31.11	36.37	41.73	47.31	53.17		59.54	/ 1				
reaction time		interval		4.54	4.74	4.82	4.97	5.17	5.26	5.36	5.58	5.86	6.37				14.10	15.40	16.80
		velocity	6.55	7.71	7.38	7.26	7.04	6.77	6.65	6.53	6.27	5.97	6.28	6.72			7.45	6.82	6.25
H1 lead leg		strides		16	16	16	16	17	17	17	17	17		149					

Oshiro, Funa (JPN) (1999)

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

FINAL - 2017 Japanese National High School Championships (Yamagata, JPN) *Kota (2017) - 70th high school championships: JAF scientific committee- biomechanics data*

date	31-Jul-17	time	7.16	11.90	16.73	21.69	26.68	32.07	37.27	42.58	47.93	53.47		59.63	7 / 3				
reaction time	0.285	interval		4.74	4.83	4.96	4.99	5.39	5.20	5.31	5.35	5.54	6.16				14.53	15.58	16.20
		velocity	6.28	7.38	7.25	7.06	7.01	6.49	6.73	6.59	6.54	6.32	6.49	6.71			7.23	6.74	6.48
H1 lead leg		strides		17	17	17	17	18	18	18	18	18		158					

Otsu, Yui (JPN) (2004)

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

FINAL - 2021 Japanese High School National Championships (Fukui, JPN) *Shibayama (2021) - national high school and U20 national championhsips*

date	30-Jul-21	time	6.90	11.54	16.48	21.57	26.80	32.22	37.79	43.62	49.50	55.49		62.06	1 / 7				
reaction time	0.190	interval		4.64	4.94	5.09	5.23	5.42	5.57	5.83	5.88	5.99	6.57				14.67	16.22	17.70
		velocity	6.52	7.54	7.09	6.88	6.69	6.46	6.28	6.00	5.95	5.84	6.09	6.45			7.16	6.47	5.93
H1 lead leg		strides		16	17	17	18	18	18	19	19	19		161					

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) *Shandong Athletics Sport Science (2024)*

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					

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

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					

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

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					

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

date	26-Jun-21	time	6.98	11.58	16.28	21.00	25.90	31.06	36.26	41.68	47.46	53.42		59.81	7 / 4				
reaction time	0.192	interval		4.60	4.70	4.72	4.90	5.16	5.20	5.42	5.78	5.96	6.39				14.02	15.26	17.16
		velocity	6.45	7.61	7.45	7.42	7.14	6.78	6.73	6.46	6.06	5.87	6.26	6.69			7.49	6.88	6.12
H1 lead leg	L	strides	24	17	17	17	17	17	17	18	19	19	22	204					

Heat 4 - 2021 Chinese National Championships (Chongqing, CHN) *CAA Hurdle Development (2021)*

date	26-Jun-21	time	6.98	11.46	16.07	20.71	25.50	30.57	35.84	41.32	46.89	52.56		59.24	6 / 3				
reaction time	0.240	interval		4.48	4.61	4.64	4.79	5.07	5.27	5.48	5.57	5.67	6.68				13.73	15.13	16.72
		velocity	6.45	7.81	7.59	7.54	7.31	6.90	6.64	6.39	6.28	6.17	5.99	6.75			7.65	6.94	6.28
H1 lead leg	L	strides	24	17	17	17	17	17	17	18	18	18	22	202					

FINAL - 2021 East China District Meeting (Zhaoqing, CHN) *CAA Hurdle Development (2021)*

date	25-Apr-21	time	6.98	11.64	16.42	21.32	26.38	31.66	37.20	42.86	48.54	54.32		61.01	8 / 6				
reaction time	0.237	interval		4.66	4.78	4.90	5.06	5.28	5.54	5.66	5.68	5.78	6.69				14.34	15.88	17.12
		velocity	6.45	7.51	7.32	7.14	6.92	6.63	6.32	6.18	6.16	6.06	5.98	6.56			7.32	6.61	6.13
H1 lead leg	L	strides	24	17	17	17	17	17	18	18	18	19	22	204					

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 (Shaoxing, CHN) *CAA Hurdle Development (2020)*

date	17-Sep-20	time	6.87	11.46	16.04	20.71	25.46		30.54	35.79	41.17	46.71	52.38		58.80	5 / 4			
reaction time		interval		4.59	4.58	4.67	4.75		5.08	5.25	5.38	5.54	5.67	6.42	PB		13.84	15.08	16.59
		velocity	6.55	7.63	7.64	7.49	7.37		6.89	6.67	6.51	6.32	6.17	6.23	6.80		7.59	6.96	6.33
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	18	19	21	201				

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			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) — *CAA Hurdle Development (2019)*

date	17-Aug-19	time	6.92	11.32	16.20	21.16	26.34	31.70	37.22	43.32	49.60	55.98		63.98	9 / 5			
reaction time	0.249	interval		4.40	4.88	4.96	5.18	5.36	5.52	6.10	6.28	6.38	8.00			14.24	16.06	18.76
		velocity	6.50	7.95	7.17	7.06	6.76	6.53	6.34	5.74	5.57	5.49	5.00	6.25		7.37	6.54	5.60
H1 lead leg	L	strides	23	15	17	17	17	17	17	19	19	19	24.2	204.2				

Paniagua, Eva (ESP) (1974)

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

FINAL - 1998 Spanish National Championships (San Sebastián, ESP) — *Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas*

date	02-Aug-98	time	6.74	11.30	15.86	20.52	25.40	30.36	35.58	40.96	46.51	52.24		59.00	5 / 1			
reaction time		interval		4.56	4.56	4.66	4.88	4.96	5.22	5.38	5.55	5.73	6.76			13.78	15.06	16.66
		velocity	6.68	7.68	7.68	7.51	7.17	7.06	6.70	6.51	6.31	6.11	5.92	6.78		7.62	6.97	6.30
H1 lead leg	L	strides	23	15	15	15	15	15	16	16	17	17	20.5	184.5				

Parris-Thymes, Debbie (JAM) (1973)

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

FINAL - 2002 IAAF World Cup (Madrid, ESP) — *Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas*

date	20-Sep-02	time	6.49	10.86	15.38	19.90	24.72	29.51	34.70	39.87	45.32	50.96		57.36	1 / 6			
reaction time	0.154	interval		4.37	4.52	4.52	4.82	4.79	5.19	5.17	5.45	5.64	6.40			13.41	14.80	16.26
		velocity	6.93	8.01	7.74	7.74	7.26	7.31	6.74	6.77	6.42	6.21	6.25	6.97		7.83	7.09	6.46
H1 lead leg	R	strides	25	17	17	17	17	17	17	17	18	19	21.5	202.5				

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

date	08-Aug-01	time	6.3	10.5	14.8	19.1	23.4	27.9	32.8	37.9	42.9	48.3		54.68	1 / 5			
reaction time	0.151	interval		4.20	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) — *Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*

date	25-Aug-99	time	6.53	10.91	15.33	19.91	24.57	29.46	34.41	39.35	44.47	49.77		56.24	8 / 8			
reaction time	0.239	interval		4.38	4.42	4.58	4.66	4.89	4.95	4.94	5.12	5.30	6.47			13.38	14.50	15.36
		velocity	6.89	7.99	7.92	7.64	7.51	7.16	7.07	7.09	6.84	6.60	6.18	7.11		7.85	7.24	6.84
H1 lead leg	L	strides	24	17	17	17	17	17	17	17	17	17	20.5	198				

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

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

Paris, Debbie-Ann (JAM) (1973)

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

date	08-Aug-97	time	6.44	10.83	14.78	19.38	23.52	28.46	33.20	38.00	43.04	48.24		54.19	8 / 5			
reaction time	0.206	interval		4.39	3.95	4.60	4.14	4.94	4.74	4.80	5.04	5.20	5.95			12.94	13.82	15.04
		velocity	6.99	7.97	8.86	7.61	8.45	7.09	7.38	7.29	6.94	6.73	6.72	7.38		8.11	7.60	6.98
H1 lead leg		strides																

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

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 Champinships (Des Moines, IA) (TV Analysis) — *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	24-Jun-18	time	6.47	10.67	14.91	19.32	23.75	28.46	33.30	38.27	43.44	48.91		55.54	6 / 4			
reaction time		interval		4.20	4.24	4.41	4.43	4.71	4.84	4.97	5.17	5.47	6.63			12.85	13.98	15.61
		velocity	6.96	8.33	8.25	7.94	7.90	7.43	7.23	7.04	6.77	6.40	6.03	7.20		8.17	7.51	6.73
H1 lead leg	L	strides	24	15	15	15	15	16	16	17	17	17	20	187				

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

date	09-Jun-18	time	6.73	10.93	15.20	19.53	23.96	28.73	33.70		44.33	50.03		56.88	6 / 3			
reaction time		interval		4.20	4.27	4.33	4.43	4.77	4.97		10.63	5.70	6.85			12.80	14.17	16.33
		velocity	6.69	8.33	8.20	8.08	7.90	7.34	7.04		6.59	6.14	5.84	7.03		8.20	7.41	6.43
H1 lead leg	L	strides	24	15		15	15	16	16	17		18		136				

Pechonkina, Yuliya (RUS) (1978)

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

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

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

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

date	23-Jun-07	time	6.63	10.79	15.04	19.31	23.67	28.13	32.75	37.61	42.63	47.81		54.04	/ 1			
reaction time	0.134	interval		4.16	4.25	4.27	4.36	4.46	4.62	4.86	5.02	5.18	6.23			12.68	13.44	15.06
		velocity	6.79	8.41	8.24	8.20	8.03	7.85	7.58	7.20	6.97	6.76	6.42	7.40		8.28	7.81	6.97
H1 lead leg		strides																

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

date	13-Aug-05	time	6.3	10.5	14.8	18.8	23.1	27.5	31.9	36.6	41.6	46.6		52.90	4 / 1					
reaction time	0.144	interval		4.20	4.30	4.00	4.30	4.40	4.40	4.70	5.00	5.00	6.30			12.50	13.10	14.70		
		velocity	7.14	8.33	8.14	8.75	8.14	7.95	7.95	7.45	7.00	7.00	6.35	7.56		8.40	8.02	7.14		
H1 lead leg	L	strides	22	15	15	15	15	15	15	17	17	17	20	183						

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

date	25-Aug-04	time	6.4	10.5	14.7	18.9	23.3	27.9	32.5	37.7	42.9	48.5		55.79	6 / 8					
reaction time	0.244	interval		4.10	4.20	4.20	4.40	4.60	4.60	5.20	5.20	5.60	7.29			12.50	13.60	16.00		
		velocity	7.03	8.54	8.33	8.33	7.95	7.61	7.61	6.73	6.73	6.25	5.49	7.17		8.40	7.72	6.56		
H1 lead leg	L	strides	22	15	15	15	15	15	15	17	17	17		163						

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

date	28-Aug-03	time	6.3	10.3	14.3	18.4	22.7	27.1	31.6	36.6	41.7	47.1		53.71	5 / 3					
reaction time	0.128	interval		4.00	4.00	4.10	4.30	4.40	4.50	5.00	5.10	5.40	6.61			12.10	13.20	15.50		
		velocity	7.14	8.75	8.75	8.54	8.14	7.95	7.78	7.00	6.86	6.48	6.05	7.45		8.68	7.95	6.77		
H1 lead leg	L	strides	22	15	15	15	15	15	15	17	17	17	19.5	182.5						

FINAL - 2003 Russian National Championships (Tula, RUS) *Vazel (2019) - statistical analysis and historical context of the new 400H world record*

date	08-Aug-03	time	6.3	10.3	14.3	18.5	22.9	27.4	31.9	36.5	41.2	46.3		52.34	4 / 1					
reaction time		interval		4.0	4.0	4.2	4.4	4.5	4.5	4.6	4.7	5.1	6.04	WR		12.20	13.40	14.40		
		velocity	7.14	8.75	8.75	8.33	7.95	7.78	7.78	7.61	7.45	6.86	6.62	7.64		8.61	7.84	7.29		
H1 lead leg	L	strides	22	15	15	15	15	15	15	17	17	17	20.2	183.2						

FINAL - 2002 IAAF World Cup (Madrid, ESP) *Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas*

date	20-Sep-02	time	6.49	10.55	14.77	18.94	23.29	27.77	32.37	37.26	42.31	47.48		53.74	3 / 1					
reaction time	0.184	interval		4.06	4.22	4.17	4.35	4.48	4.60	4.89	5.05	5.17	6.26			12.45	13.43	15.11		
		velocity	6.93	8.62	8.29	8.39	8.05	7.81	7.61	7.16	6.93	6.77	6.39	7.44		8.43	7.82	6.95		
H1 lead leg	L	strides	22	15	15	15	15	15	15	16	16	17	20	181						

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					
reaction time	0.233	interval		4.16	4.25	4.33	4.42	4.52	4.81	4.98	5.12	5.41	6.00			12.74	13.75	15.51		
		velocity	6.80	8.41	8.24	8.08	7.92	7.74	7.28	7.03	6.84	6.47	6.67	7.32		8.24	7.64	6.77		
H1 lead leg		strides																		

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

date	08-Aug-01	time	6.3	10.5	14.7	19.0	23.4	27.9	32.7	37.7	42.7	47.9		54.27	5 / 2					
reaction time	0.123	interval		4.20	4.20	4.30	4.40	4.50	4.80	5.00	5.00	5.20	6.37			12.70	13.70	15.20		
		velocity	7.14	8.33	8.33	8.14	7.95	7.78	7.29	7.00	7.00	6.73	6.28	7.37		8.27	7.66	6.91		
H1 lead leg	L	strides	22	15	15	15	15	15	16	16	16	17	20.5	182.5						

FINAL - 2001 European Cup (Bremen, GER) *Graubner (2007) - http://www.fgs.uni-halle.de*

date	23-Jun-01	time	6.62	10.74	14.90	19.12	23.51	27.99	32.76	37.66	42.70	47.83		53.84	/ 1					
reaction time		interval		4.12	4.16	4.22	4.39	4.48	4.77	4.90	5.04	5.13	6.01	PB		12.50	13.64	15.07		
		velocity	6.80	8.50	8.41	8.29	7.97	7.81	7.34	7.14	6.94	6.82	6.66	7.43		8.40	7.70	6.97		
H1 lead leg		strides																		

Pedroso, Yadisleidis (ITA) (1987)

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

Semi-Final 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis) *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					
reaction time	0.181	interval		4.23	4.43	4.44	4.60	4.70	4.96	5.04	5.33	5.33	6.24			13.10	14.26	15.70		
		velocity	6.92	8.27	7.90	7.88	7.61	7.45	7.06	6.94	6.57	6.57	6.41	7.17		8.02	7.36	6.69		
H1 lead leg	R	strides	24	16	16	16	16	16	17	17	18	18	21	195						

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					
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			13.04	14.20	15.66		
		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					
reaction time	0.208	interval		4.30	4.34		9.08	4.67	4.83	4.98	5.10	5.31	6.25					15.39		
		velocity	6.88	8.14	8.06		7.71	7.49	7.25	7.03	6.86	6.59	6.40	7.22				6.82		
H1 lead leg	R	strides	24	16	16			16	16	17		17	21	143						

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

date	03-May-19	time	6.71	11.08	15.51	20.12	24.72	26.8	29.46	34.37	39.44	44.64	50.38		57.20	8 / 9				
reaction time	0.257	interval		4.37	4.43	4.61	4.60		4.74	4.91	5.07	5.20	5.74	6.82			13.41	14.25	16.01	
		velocity	6.71	8.01	7.90	7.59	7.61	7.46	7.38	7.13	6.90	6.73	6.10	5.87	6.99		7.83	7.37	6.56	
H1 lead leg	R	strides	24	16	16	16	16		16	16	17	17	18	22	194					

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

date	31-May-18	time	6.48	10.80	15.20	19.76	24.44	29.16	34.04	39.00	44.08	49.28		55.43	8 / 5			
reaction time	0.226	interval		4.32	4.40	4.56	4.68	4.72	4.88	4.96	5.08	5.20	6.15			13.28	14.28	15.24
		velocity	6.94	8.10	7.95	7.68	7.48	7.42	7.17	7.06	6.89	6.73	6.50	7.22		7.91	7.35	6.89
H1 lead leg	L	strides	23	16	16	16	16	16	17	17	17	17	20.7	191.7				

FINAL - 2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis) *Henson (2020) - Athlete First: 2017 year end hurdle report*

date	08-Jun-17	time	6.52	10.80	15.24	19.76	24.40	29.32	34.16	39.12	44.28	49.56		55.70	7 / 7			
reaction time	0.200	interval		4.28	4.44	4.52	4.64	4.92	4.84	4.96	5.16	5.28	6.14			13.24	14.40	15.40
		velocity	6.90	8.18	7.88	7.74	7.54	7.11	7.23	7.06	6.78	6.63	6.51	7.18		7.93	7.29	6.82
H1 lead leg	R	strides	24	16	16	16	16	16	16	17	18	18	21	194				

Semi-Final 1 - 2014 European Championships (Zurich, SUI) *Incalza (2014) - FIDAL - https://www.youtube.com/watch?v=EnXI2yLcGsg&list=UU7691fXeyNFIMROfkJ-WWUg*

date	14-Aug-14	time	6.69	11.01	15.53	20.00	24.53	26.42	29.17	34.03	39.08	44.25	49.70		56.07	8 / 3		
reaction time	0.188	interval		4.32	4.52	4.47	4.53		4.64	4.86	5.05	5.17	5.45	6.37			13.31	14.03	15.67
		velocity	6.73	8.10	7.74	7.83	7.73	7.57	7.54	7.20	6.93	6.77	6.42	6.28	7.13		7.89	7.48	6.70
H1 lead leg	R	strides	25	16	16	16	16		16	16	17	17	18	21.5	194.5				

Peeters, Cathelijn (NED) (1996)

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

Long Hurdles - 2025 Grand Slam Track Kingston (Kingston, JAM) (TV Analysis) *Henson (2025) - Athlete First: 2025 year end hurdle report*

date	04-Apr-25	time	6.80	11.04	15.21	19.62	24.12			38.80	44.18	49.75		55.85	3 / 5			
reaction time	0.300	interval		4.24	4.17	4.41	4.50			14.68	5.38	5.57	6.10			12.82		
		velocity	6.62	8.25	8.39	7.94	7.78			7.15	6.51	6.28	6.56	7.16		8.19		
H1 lead leg	R	strides	23	15	15	15	15			16	17	17	20	153				

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

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) *Paris 2024 Olympic Games - Results Book (2024)*

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) *Paris 2024 Olympic Games - Results Book (2024)*

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) *Omega Timing (2024) - diamond league race analysis*

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

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

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) *Omega Timing (2024) - diamond league race analysis*

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

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

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

date	21-Aug-23	time	6.60	10.53	14.66	18.80	23.23	27.83		38.00	43.40	48.83		54.95	2 / 4			
reaction time	0.247	interval		3.93	4.13	4.14	4.43	4.60		10.17	5.40	5.43	6.12			12.20		

		velocity	6.82	8.91	8.47	8.45	7.90		7.61		6.88	6.48	6.45	6.54	7.28		8.61	
H1 lead leg	R	strides	22	15	15		15		155		16	17	17	19.7	291.7			

Pérec, Marie-José (FRA) (1968)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1995 Weltklasse (Zurich, SUI)														*Behm (1999) - Les 4 travaux de Marie-Jo*			
date 19-Aug-95	time	6.3	10.3	14.4	18.7	23.2		27.7	32.1	36.8	42.1	47.1		53.21	6 / 2			
reaction time	interval		4.00	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)														*Behm (1999) - Les 4 travaux de Marie-Jo*			
date 21-Jul-95	time	6.6	10.9	15.2	19.5	23.9		28.5	33.4	38.1	43.2	48.3		53.92	/ 1			
reaction time	interval		4.30	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)														*Behm (1999) - Les 4 travaux de Marie-Jo*			
date 03-Jul-95	time	6.3	10.6	14.8	19.3	23.8		28.4	33.2	38.2	43.3	48.7		54.48	/ 1			
reaction time	interval		4.30	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)														*Behm (1999) - Les 4 travaux de Marie-Jo*			
date 24-Jun-95	time	6.6	10.9	15.3	19.7	24.3		28.9	33.7	38.7	43.8	48.8		54.51	/ 1			
reaction time	interval		4.30	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)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1988 Olympic Games (Seoul, KOR)														*Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*			
date 26-Sep-88	time	6.51	10.72	15.07	19.52	24.12		28.89	33.81	38.80	43.97	49.28		55.23	6 / 5			
reaction time 0.258	interval		4.21	4.35	4.45	4.60		4.77	4.92	4.99	5.17	5.31	5.95	**NR**		13.01	14.29	15.47
	velocity	6.91	8.31	8.05	7.87	7.61		7.34	7.11	7.01	6.77	6.59	6.72	7.24		8.07	7.35	6.79
H1 lead leg	strides	23	16	16	16	16		16	17	17	17	17	20.3	191.3				

Pérez, Susana (ESP) (1974)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1998 Spanish National Championships (San Sebastián, ESP)														*Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas*			
date 02-Aug-98	time	6.95	11.78	16.85	21.92	27.25		32.68	38.07	43.84	50.10	56.08		62.62	2 / 5			
reaction time	interval		4.83	5.07	5.07	5.33		5.43	5.39	5.77	6.26	5.98	6.54			14.97	16.15	18.01
	velocity	6.47	7.25	6.90	6.90	6.57		6.45	6.49	6.07	5.59	5.85	6.12	6.39		7.01	6.50	5.83
H1 lead leg L	strides	23	16	17	16	17		17	17	18	19	18	20.5	198.5				

Perkins, Angel (USA) (1984)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 USA Olympic Trials (Eugene, OR)														*USATF Hurdle Development (2008)*			
date 29-Jun-08	time	6.44	10.59	14.99	19.49	24.02		28.95	34.07	39.31	44.54	49.83		56.23	1 / 7			
reaction time	interval		4.15	4.40	4.50	4.53		4.93	5.12	5.24	5.23	5.29	6.40			13.05	14.58	15.76
	velocity	6.99	8.43	7.95	7.78	7.73		7.10	6.84	6.68	6.69	6.62	6.25	7.11		8.05	7.20	6.66
H1 lead leg L	strides	24	16	16	16	15		17	17	17	17	17		172				

Pernía, Daimí (CUB) (1976)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2001 ISTAF (Berlin, GER)														*Graubner (2009) - http://www.fgs.uni-halle.de*			
date 31-Aug-01	time	6.70	10.99	15.36	19.79	24.38		29.16	34.19	39.15	44.21	49.30		54.98	/ 3			
reaction time 0.244	interval		4.29	4.37	4.43	4.59		4.78	5.03	4.96	5.06	5.09	5.68			13.09	14.40	15.11
	velocity	6.72	8.16	8.01	7.90	7.63		7.32	6.96	7.06	6.92	6.88	7.04	7.28		8.02	7.29	6.95
H1 lead leg	strides																	
FINAL - 2001 IAAF World Championships (Edmonton, CAN)														*Behm (2001) - Edmonton: Le quatrache: les finales*			
date 08-Aug-01	time	6.3	10.4	14.5	18.9	23.2		27.8	32.0	37.7	42.7	48.2		54.51	3 / 3			
reaction time 0.160	interval		4.10	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)														*Behm (2000) - Sydney 2000: Compte-rendu du 400m haies*			
date 27-Sep-00	time	6.4	10.5	14.7	19.0	23.3		27.9	32.5	37.5	42.6	47.6		53.68	5 / 4			
reaction time 0.447	interval		4.10	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)														*Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*			
date 25-Aug-99	time	6.26	10.36	14.50	18.79	23.17		27.75	32.55	37.29	42.22	47.00		52.89	5 / 1			
reaction time 0.202	interval		4.10	4.14	4.29	4.38		4.58	4.80	4.74	4.93	4.78	5.89			12.53	13.76	14.45
	velocity	7.19	8.54	8.45	8.16	7.99		7.64	7.29	7.38	7.10	7.32	6.79	7.56		8.38	7.63	7.27
H1 lead leg L	strides	23	15	15	15	15		15	16	16	16	16	19.5	182				
Semi-Final 2 - 1999 IAAF World Championships (Sevilla, ESP)														*Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*			
date 23-Aug-99	time	6.05	10.21	14.45	18.76	23.19		27.90	32.74	37.67	42.77	47.84		53.96	3 / 2			
reaction time 0.197	interval		4.16	4.24	4.31	4.43		4.71	4.84	4.93	5.10	5.07	6.12			12.71	13.98	15.10

		velocity	7.44	8.41	8.25	8.12	7.90		7.43	7.23	7.10	6.86	6.90	6.54	7.41			8.26	7.51	6.95
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	16	16	18.5	180.5					

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	/ 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	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				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			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'Athletisme (Rabat, MAR) (TV Analysis) *Henson (2021) - Athlete First: 2017 year end hurdle report*

date	16-Jul-17	time	6.48	10.68	15.04	19.48	24.04		28.72	33.60	38.68	43.92	49.32		55.56	5 / 6				
reaction time	0.155	interval		4.20	4.36	4.44	4.56		4.68	4.88	5.08	5.24	5.40	6.24				13.00	14.12	15.72
		velocity	6.94	8.33	8.03	7.88	7.68		7.48	7.17	6.89	6.68	6.48	6.41	7.20			8.08	7.44	6.68
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	17	17	20.5	182.5					

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

date	06-Jul-17	time	6.56	10.76	15.04	19.36	23.76	28.32	33.00	38.00	43.16	48.40		54.49	3 / 4				
reaction time	0.133	interval		4.20	4.28	4.32	4.40	4.56	4.68	5.00	5.16	5.24	6.09			12.80	13.64	15.40	
		velocity	6.86	8.33	8.18	8.10	7.95	7.68	7.48	7.00	6.78	6.68	6.57	7.34		8.20	7.70	6.82	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	17	20.2	181.2					

FINAL - 2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis) *Henson (2020) - Athlete First: 2017 year end hurdle report*

date	08-Jun-17	time	6.56	10.80	15.08	19.32	23.72	28.28	32.96	37.92	43.04	48.32		54.35	4 / 2				
reaction time	0.158	interval		4.24	4.28	4.24	4.40	4.56	4.68	4.96	5.12	5.28	6.03			12.76	13.64	15.36	
		velocity	6.86	8.25	8.18	8.25	7.95	7.68	7.48	7.06	6.84	6.63	6.63	7.36		8.23	7.70	6.84	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	17	20.5	181.5					

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

date	27-May-17	time	6.53	10.76	15.06	19.46	23.93	28.56	33.53	38.56	43.66	48.90		54.85	4 / 6				
reaction time	0.409	interval		4.23	4.30	4.40	4.47	4.63	4.97	5.03	5.10	5.24	5.95			12.93	14.07	15.37	
		velocity	6.89	8.27	8.14	7.95	7.83	7.56	7.04	6.96	6.86	6.68	6.72	7.29		8.12	7.46	6.83	
H1 lead leg	R	strides	22	15	15	15	15	15	16	16	17	17	20.2	183.2					

FINAL - 2016 Memorial van Damme (Brussels, BEL) (TV Analysis) *Henson (2021) - Athlete First: 2016 year end hurdle report*

date	09-Sep-16	time	6.44	10.68	15.08	19.44	23.84	28.36	33.12	38.08	43.20	48.44		54.60	5 / 2				
reaction time	0.162	interval		4.24	4.40	4.36	4.40	4.52	4.76	4.96	5.12	5.24	6.16			13.00	13.68	15.32	
		velocity	6.99	8.25	7.95	8.03	7.95	7.74	7.35	7.06	6.84	6.68	6.49	7.33		8.08	7.68	6.85	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	17	20	181					

FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis) *Henson (2021) - Athlete First: 2016 year end hurdle report*

date	01-Sep-16	time	6.44	10.64	14.92	19.28	23.72	28.28	33.04	37.96	42.96	48.16		54.22	6 / 2				
reaction time	0.160	interval		4.20	4.28	4.36	4.44	4.56	4.76	4.92	5.00	5.20	6.06			12.84	13.76	15.12	
		velocity	6.99	8.33	8.18	8.03	7.88	7.68	7.35	7.11	7.00	6.73	6.60	7.38		8.18	7.63	6.94	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	17	20	181					

FINAL - 2016 Athletissime (Laussane, SUI) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	25-Aug-16	time	6.40	10.60	14.88	19.24	23.72	28.32	33.04	38.04	43.28	48.64		54.98	6 / 3				
reaction time	0.123	interval		4.20	4.28	4.36	4.48	4.60	4.72	5.00	5.24	5.36	6.34			12.84	13.80	15.60	
		velocity	7.03	8.33	8.18	8.03	7.81	7.61	7.42	7.00	6.68	6.53	6.31	7.28		8.18	7.61	6.73	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	17	17	20.2	182.2					

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

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

FINAL - 2016 London Anniversary Games (London, GBR) (TV Analysis) *Henson (2021) - Athlete First: 2016 year end hurdle report*

date	22-Jul-16	time	6.43	10.73	15.06	19.46	23.96	28.56	33.30	38.16	43.26	48.40		54.33	7 / 2				
reaction time	0.157	interval		4.30	4.33	4.40	4.50	4.60	4.74	4.86	5.10	5.14	5.93			13.03	13.84	15.10	
		velocity	7.00	8.14	8.08	7.95	7.78	7.61	7.38	7.20	6.86	6.81	6.75	7.36		8.06	7.59	6.95	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	20	180					

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

date	15-Jul-16	time	6.37	10.63		19.37	23.83	28.40		38.13	43.30	48.67		54.81	6 / 3				
reaction time	0.154	interval		4.26		8.74	4.46	4.57		9.73	5.17	5.37	6.14			13.00			
		velocity	7.06	8.22		8.01	7.85	7.66		7.19	6.77	6.52	6.51	7.30		8.08			
H1 lead leg	R	strides	22	15			15	15			17	18	20.2	122.2					

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

date	26-Aug-15	time	6.48		14.96	19.32	23.76	28.24	32.92	37.72	42.88	48.16		54.20	4 / 4				
reaction time	0.155	interval			8.48	4.36	4.44	4.48	4.68	4.80	5.16	5.28	6.04			12.84	13.60	15.24	
		velocity	6.94		8.25	8.03	7.88	7.81	7.48	7.29	6.78	6.63	6.62	7.38		8.18	7.72	6.89	
H1 lead leg	R	strides		15		15	15		15	15	17	17	20	129					

Petkova, Zhivka (BUL) (1967)

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

FINAL - 1985 European Junior Championships (Cottbus, GDR) *Warburton (1985) - 1985 european junior championships - hurdles*

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)

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

FINAL - 1982 European Championships (Athens, GRE) *(1982) - XIII championnats d'Europe d'Atlletisma, Athens 1982*

date	10-Sep-82	time	6.8	10.9	15.3	19.5	24.0	28.7	33.6	38.6	43.9	49.2		54.90	/ 2				
reaction time		interval		4.10	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)

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

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

date	10-Jun-23	time	6.50	10.74	15.01	19.52	24.09	28.76	33.56	38.50	43.54	48.75		54.86	8 / 3				

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

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				

Ponomaryova, Margareta (RUS) (196: **H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10**

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

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

Semi-Final 2 - 1993 IAAF World Championships (Stuttgart, GER) *Veney (1994) - hurdle analysis- women's 400m hurdles 1993 world championships (semis and finals)*

date	17-Aug-93	time	6.54	10.65	14.94	19.14	23.56		28.08	32.69	37.48	42.56	47.83		53.71	5 / 1			
reaction time		interval		4.11	4.29	4.20	4.42		4.52	4.61	4.79	5.08	5.27	5.88			12.60	13.55	15.14
		velocity	6.88	8.52	8.16	8.33	7.92		7.74	7.59	7.31	6.89	6.64	6.80	7.45		8.33	7.75	6.94
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	19	178				

Ponomaryova, Margareta (URS) (1963)

FINAL - 1991 European Cup (Frankfurt, GER) *Federle (2003) - http://www.fgs.uni-halle.de*

date	29-Jun-91	time	6.71	10.78	14.99	19.35	23.77		28.25	32.86	37.63	42.81	48.40		54.42	/ 1			
reaction time		interval		4.07	4.21	4.36	4.42		4.48	4.61	4.77	5.18	5.59	6.02			12.64	13.51	15.54
		velocity	6.71	8.60	8.31	8.03	7.92		7.81	7.59	7.34	6.76	6.26	6.64	7.35		8.31	7.77	6.76
H1 lead leg		strides																	

Khromova, Margareta (URS) (1963)

FINAL - 1984 Olympischen Tag (Potsdam, GDR) *Heß (1985) - entwicklungsaspekte die leichtathletischen sprint-/hürdendisziplinen im olympiazyklus 1981/84*

date	21-Jul-84	time	6.74				24.13						48.56		54.36	/ 1			
reaction time		interval					17.39						24.43	5.80					
		velocity	6.68				8.05						7.16	6.90	7.36				
H1 lead leg		strides																	

Powell, Shontel (USA) (1979) **H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10**

FINAL - 1996 USATF National Junior Championships (Delaware, OH) *USATF Women's Sprint Development (1996)*

date	29-Jun-96	time	6.89	11.51	16.04	20.61	25.25		30.18	35.68	41.38	46.94	52.70		59.46	4 / 2			
reaction time		interval		4.62	4.53	4.57	4.64		4.93	5.50	5.70	5.56	5.76	6.76			13.72	15.07	17.02
		velocity	6.53	7.58	7.73	7.66	7.54		7.10	6.36	6.14	6.29	6.08	5.92	6.73		7.65	6.97	6.17
H1 lead leg		strides																	

Pressler, Lena (AUT) (2001) **H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10**

FINAL - 2023 European Athletics U23 Championships (Espoo, FIN) *European Athletics (2023) - european athletics U23 championships results book*

date	16-Jul-23	time	6.33	10.58	15.14	19.52	24.15		28.73	33.48	38.56	43.86	49.33		55.94	5 / 3			
reaction time	0.172	interval		4.25	4.56	4.38	4.63		4.58	4.75	5.08	5.30	5.47	6.61	NR		13.19	13.96	15.85
		velocity	7.11	8.24	7.68	7.99	7.56		7.64	7.37	6.89	6.60	6.40	6.05	7.15		7.96	7.52	6.62
H1 lead leg		strides													0				

Semi-Final 1 - 2023 European Athletics U23 Championships (Espoo, FIN) *European Athletics (2023) - european athletics U23 championships results book*

date	15-Jul-23	time	6.51	10.73	15.35	19.96	24.61		29.35	34.26	39.68	44.73	50.04		56.48	6 / 1			
reaction time	0.171	interval		4.22	4.62	4.61	4.65		4.74	4.91	5.42	5.05	5.31	6.44			13.45	14.30	15.78
		velocity	6.91	8.29	7.58	7.59	7.53		7.38	7.13	6.46	6.93	6.59	6.21	7.08		7.81	7.34	6.65
H1 lead leg		strides													0				

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

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

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

date	27-Sep-00	time	6.4	10.5	14.7	19.0	23.3		27.7	32.2	37.0	41.9	47.1		53.02	3 / 1			
reaction time	0.178	interval		4.10	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) **H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10**

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

date	31-Aug-90	time	6.8	11.1	15.3	19.7	24.1		28.6	33.3	38.1	43.1	48.4		54.36	/ 2			
reaction time		interval		4.30	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		157				

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

date	26-Sep-88	time	6.95	11.22	15.58	20.13	24.76		29.30	33.98	38.74	43.67	48.74		54.56	5 / 5			
reaction time		interval		4.27	4.36	4.55	4.63		4.54	4.68	4.76	4.93	5.07	5.82	PB		13.18	13.85	14.76
		velocity	6.47	8.20	8.03	7.69	7.56		7.71	7.48	7.35	7.10	6.90	6.87	7.33		7.97	7.58	7.11
H1 lead leg		strides	26	17	17	17	17		17	17	17	18	18	21.2	202.2				

Pskit, Małgorzata (POL) (1976) **H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10**

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

date	13-Aug-05	time	6.3	10.7	15.2	19.7	24.2		28.8	33.4	38.5	43.6	48.9		55.58	1 / 8					
reaction time	0.181	interval		4.40	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	7.78		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) *Graubner (2009) - http://www.fgs.uni-halle.de*

date	08-Aug-02	time	6.72	10.91	15.13	19.51	24.03		28.75	33.73	38.87	44.35	50.11		56.76	/ 6					
reaction time	0.202	interval		4.19	4.22	4.38	4.52		4.72	4.98	5.14	5.48	5.76	6.65			12.79	14.22	16.38		
		velocity	6.70	8.35	8.29	7.99	7.74		7.42	7.03	6.81	6.39	6.08	6.02	7.05		8.21	7.38	6.41		
H1 lead leg		strides																			

Pulse, Jacy (USA) (2001)

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

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	6.49	10.72	15.05	19.41	23.86	26.01	28.61	33.53	38.86	44.34	49.88		56.59	3 / 8					
reaction time		interval		4.23	4.33	4.36	4.45		4.75	4.92	5.33	5.48	5.54	6.71			12.92	14.12	16.35		
		velocity	6.93	8.27	8.08	8.03	7.87	7.69	7.37	7.11	6.57	6.39	6.32	5.96	7.07		8.13	7.44	6.42		
H1 lead leg	R	strides	23	15	15	15	15		17	17	17	17	17	21	189						

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

date	27-Jun-24	time	6.45	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)

	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) *Shandong Athletics Sport Science (2024)*

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) *CAA Hurdle Development (2021)*

date	26-Jun-21	time	7.14	11.84	16.73	21.65	26.65		31.70	36.90	42.19	47.78	53.53		59.99	8 / 3					
reaction time	0.364	interval		4.70	4.89	4.92	5.00		5.05	5.20	5.29	5.59	5.75	6.46	PB		14.51	15.25	16.63		
		velocity	6.30	7.45	7.16	7.11	7.00		6.93	6.73	6.62	6.26	6.09	6.19	6.67		7.24	6.89	6.31		
H1 lead leg	L	strides	24	17	18	17	17		17	17	17	18	18	21.7	201.7						

Heat 3 - 2018 Chinese National Championships (Taiyuan, CHN) *Henson (2018) - coaching observations*

date	15-Sep-18	time	7.04	11.70	16.53	21.42	26.46		31.56	36.80	42.24	47.93	53.79		60.51	2 / 3					
reaction time		interval		4.66	4.83	4.89	5.04		5.10	5.24	5.44	5.69	5.86	6.72			14.38	15.38	16.99		
		velocity	6.39	7.51	7.25	7.16	6.94		6.86	6.68	6.43	6.15	5.97	5.95	6.61		7.30	6.83	6.18		
H1 lead leg	L	strides	24	17	17	17	17		17	17	18	18	19	23	204						

Quach Thi Lan (VIE) (1995)

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

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

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

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) (198

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

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

date	01-Sep-11	time	6.2	10.3	14.4	18.6	23.1		27.7	32.6	37.7	42.9	48.1		54.18	1 / 5					
reaction time	0.174	interval		4.10	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) *Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*

date	20-Aug-09	time	6.51	10.61	14.81	19.19	23.82		28.58	33.45	38.45	43.67	49.03		54.78	8 / 7					
reaction time	0.206	interval		4.10	4.20	4.38	4.63		4.76	4.87	5.00	5.22	5.36	5.75			12.68	14.26	15.58		
		velocity	6.91	8.54	8.33	7.99	7.56		7.35	7.19	7.00	6.70	6.53	6.96	7.30		8.28	7.36	6.74		
H1 lead leg		strides		15	15	15	16		16	16	16	17	18		144						

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

date	18-Aug-09	time	6.51	10.69	14.97	19.39	23.89		28.66	33.59	38.57	43.57	48.73		54.49	6 / 2					
reaction time	0.188	interval		4.18	4.28	4.42	4.50		4.77	4.93	4.98	5.00	5.16	5.76			12.88	14.20	15.14		
		velocity	6.91	8.37	8.18	7.92	7.78		7.34	7.10	7.03	7.00	6.78	6.94	7.34		8.15	7.39	6.94		
H1 lead leg		strides																			

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

date	14-Sep-08	time	6.62	10.87	15.26	19.74	24.41		29.27	34.15	39.09	44.12	49.33		54.92	7 / 2					

reaction time	0.219	interval		4.25	4.39	4.48	4.67		4.86	4.88	4.94	5.03	5.21	5.59			13.12	14.41	15.18
		velocity	6.80	8.24	7.97	7.81	7.49		7.20	7.17	7.09	6.96	6.72	7.16	7.28		8.00	7.29	6.92
H1 lead leg		strides																	

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

date	20-Aug-08	time	6.3	10.5	14.6	19.0	23.6		28.1	33.0	37.9	43.0	48.2		53.96	4 / 4			
reaction time	0.248	interval		4.20	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) *Yasunori (2007) - race pattern analysis of top Japanese 400m hurdlers*

date	24-Sep-06	time	6.52	10.74	15.09	19.53	24.28		29.12	34.23	39.42	44.66	49.90		55.81	/ 1			
reaction time		interval		4.22	4.35	4.44	4.75		4.84	5.11	5.19	5.24	5.24	5.91			13.01	14.70	15.67
		velocity	6.90	8.29	8.05	7.88	7.37		7.23	6.85	6.74	6.68	6.68	6.77	7.17		8.07	7.14	6.70
H1 lead leg		strides		15	15	15	16		16	17	17	17	17		145				

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

date	09-Aug-06	time	6.4	10.5	14.7	19.3	24.0		28.9	33.8	38.9	44.2	49.7		55.74	8 / 8			
reaction time		interval		4.10	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)

	H1	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	6.56	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				

Rasmussen, Martha (DEN) (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 European Athletics U20 Championships (Tallin, EST) *European Athletics (2021) - european athletics U20 championships results book*

date	18-Jul-21	time	6.65	11.14	15.82	20.58	25.49	27.79	30.54	35.69	41.07	46.48	51.96		58.30	7 / 3			
reaction time	0.147	interval		4.49	4.68	4.76	4.91		5.05	5.15	5.38	5.41	5.48	6.34			13.93	15.11	16.27
		velocity	6.77	7.80	7.48	7.35	7.13	7.20	6.93	6.80	6.51	6.47	6.39	6.31	6.86		7.54	6.95	6.45
H1 lead leg	R	strides	23	15	16	16	16		17	17	18	17	17	21.5	193.5				

Rawlinson, Jana (AUS) (1982)

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

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

date	23-Sep-07	time	6.69	10.79	14.93	19.15	23.54		28.08	32.85	37.70	42.84	48.22		54.19	4 / 2			
reaction time	0.271	interval		4.10	4.14	4.22	4.39		4.54	4.77	4.85	5.14	5.38	5.97			12.46	13.70	15.37
		velocity	6.73	8.54	8.45	8.29	7.97		7.71	7.34	7.22	6.81	6.51	6.70	7.38		8.43	7.66	6.83
H1 lead leg		strides																	

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

date	30-Aug-07	time	6.47	10.48	14.55	18.68	22.93		27.38	31.92	36.65	41.71	47.05		53.31	5 / 1			
reaction time	0.153	interval		4.01	4.07	4.13	4.25		4.45	4.54	4.73	5.06	5.34	6.26			12.21	13.24	15.13
		velocity	6.96	8.73	8.60	8.47	8.24		7.87	7.71	7.40	6.92	6.55	6.39	7.50		8.60	7.93	6.94
H1 lead leg	R	strides	23	15	14	14	14		15	15	15	16	17	20	178				

Pittman, Jana (AUS) (1982)

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

date	25-Aug-04	time	6.40	10.50	14.57	18.80	23.10		27.57	32.21	37.02	42.19	47.47		53.92	5 / 5			
reaction time	0.248	interval		4.10	4.07	4.23	4.30		4.47	4.64	4.81	5.17	5.28	6.45			12.40	13.41	15.26
		velocity	7.03	8.54	8.60	8.27	8.14		7.83	7.54	7.28	6.77	6.63	6.20	7.42		8.47	7.83	6.88
H1 lead leg	L	strides	22	14	14	14	14		14	15	15	16	16	18.5	172.5				

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

date	28-Aug-03	time	6.3	10.3	14.6	19.0	23.4		28.0	32.6	37.4	42.3	47.4		53.22	4 / 1			
reaction time	0.179	interval		4.00	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) *Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas*

date	20-Sep-02	time	6.45	10.70	15.11	19.60	24.24		28.82	33.60	38.60	43.73	48.89		55.15	9 / 3			
reaction time	0.189	interval		4.25	4.41	4.49	4.64		4.58	4.78	5.00	5.13	5.16	6.26			13.15	14.00	15.29
		velocity	6.98	8.24	7.94	7.80	7.54		7.64	7.32	7.00	6.82	6.78	6.39	7.25		7.98	7.50	6.87
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	18.5	178.5				

Rega, Chantal (FRA) (1955)

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

FINAL - 1982 European Championships (Athens, GRE) *(1982) - XIII championnats d'Europe d'Atlletisma, Athens 1982*

date	10-Sep-82	time	6.47	10.56	14.72	18.97	23.36		27.96	32.97	38.07	43.37	48.80		54.94	/ 3			
reaction time		interval		4.09	4.16	4.25	4.39		4.60	5.01	5.10	5.30	5.43	6.14	**PB**		12.50	14.00	15.83
		velocity	6.96	8.56	8.41	8.24	7.97		7.61	6.99	6.86	6.60	6.45	6.51	7.28		8.40	7.50	6.63
H1 lead leg		strides	23	15	15	15	15		15	16	16	17	17	20.7	184.7				

Semi-Final 1 - 1982 European Championships (Athens, GRE) *(1982) - XIII championnats d'Europe d'Atlletisma, Athens 1982*

date	09-Sep-82	time	6.5		14.7		23.4			32.6		43.7			55.73	/ 1			
reaction time		interval			8.20		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)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 Tarare, FRA														*Veney - split times from PJ*			
date 06-Jul-96 time	7.1	11.5	15.8	20.2	24.9		29.8	34.8	39.8	45.0	50.6		56.82	/ 1			
reaction time interval		4.40	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)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1998 European Championships (Budapest, HUN)														*Sanchez (1998) - Budapest '98: análisis de la carreras con villas*			
date 23-Aug-98 time	6.49				23.35						48.17		54.45	3 / 3			
reaction time interval					16.86						24.82	6.28					
velocity	6.93				8.30						7.05	6.37	7.35				
H1 lead leg R strides	23	15	15	15	15		15	16	16	17	17	20.5	184.5				
FINAL - 1997 European Cup (Munich, GER)														*Jung (2003) - http://www.fgs.uni-halle.de*			
date 21-Jun-97 time	6.80	11.05	15.33	19.71	24.19		28.88	33.83	39.02	44.21	49.34		55.23	/ 2			
reaction time interval		4.25	4.28	4.38	4.48		4.69	4.95	5.19	5.19	5.13	5.89			12.91	14.12	15.51
velocity	6.62	8.24	8.18	7.99	7.81		7.46	7.07	6.74	6.74	6.82	6.79	7.24		8.13	7.44	6.77
H1 lead leg strides																	
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	/ 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)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1986 IAAF World Junor Championships (Athens, GRE)														*Miskos (1986) - IAAF biomechanical research - Athens 1986 - hurdle races*			
date 18-Jul-86 time	6.73	11.11	15.51	20.08	24.87		29.87	34.98	40.19	45.39	50.75		56.80	/ 2			
reaction time interval		4.38	4.40	4.57	4.79		5.00	5.11	5.21	5.20	5.36	6.05			13.35	14.90	15.77
velocity	6.69	7.99	7.95	7.66	7.31		7.00	6.85	6.72	6.73	6.53	6.61	7.04		7.87	7.05	6.66
H1 lead leg strides	24	16	16	16	18		17	17	17	17	17	21	196				

Robin, Sandrine (FRA)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1992 French National Championships (Narbonne, FRA)														*Veney - split times from PJ*			
date 28-Jun-92 time	7.0	11.6	16.3	21.0	25.9		31.0	36.2	41.4	46.9	52.3		58.42	/ 3			
reaction time interval		4.64	4.66	4.70	4.90		5.10	5.20	5.24	5.44	5.44	6.10			14.00	15.20	16.12
velocity	6.43	7.54	7.51	7.45	7.14		6.86	6.73	6.68	6.43	6.43	6.56	6.85		7.50	6.91	6.51
H1 lead leg strides	24	16	16	16	16		17	17	17	18	18	22	197				

Robinson, Chanler (USA) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2024 USA Olympic Trials (Eugene, OR)														*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	7.44	7.11	6.92	6.63	6.31	6.23	6.37	6.96		7.91	7.16	6.38
H1 lead leg L strides	25	16	16	15	16		16	16	16	17	17	20	190				
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	17	17	17		171				

Robinson-Hubbard, Kyla (USA) (200

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2024 USA Olympic Trials (Eugene, OR)														*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	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)

	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	6.99	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																	

Rooth, Andrea (NOR) (2002)

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

FINAL - 2023 European Athletics U23 Championships (Espoo, FIN) — *European Athletics (2023) - european athletics U23 championships results book*

date	16-Jul-23	time	6.21	10.31	14.53	18.89	23.38		28.10	32.88	38.41	43.39	48.91		55.78	3 / 1			
reaction time	0.152	interval		4.10	4.22	4.36	4.49		4.72	4.78	5.53	4.98	5.52	6.87	PB		12.68	13.99	16.03
		velocity	7.25	8.54	8.29	8.03	7.80		7.42	7.32	6.33	7.03	6.34	5.82	7.17		8.28	7.51	6.55
H1 lead leg		strides													0				

Semi-Final 1 - 2023 European Athletics U23 Championships (Espoo, FIN) — *European Athletics (2023) - european athletics U23 championships results book*

date	15-Jul-23	time	6.25	10.43	14.90	19.49	24.28		29.17	34.28	39.88	45.00	50.38		56.93	4 / 3			
reaction time	0.151	interval		4.18	4.47	4.59	4.79		4.89	5.11	5.60	5.12	5.38	6.55			13.24	14.79	16.10
		velocity	7.20	8.37	7.83	7.63	7.31		7.16	6.85	6.25	6.84	6.51	6.11	7.03		7.93	7.10	6.52
H1 lead leg		strides													0				

FINAL - 2021 European Athletics U20 Championships (Tallin, EST) — *European Athletics (2021) - european athletics U20 championships results book*

date	18-Jul-21	time	6.24	10.49	14.93	19.54	24.43	26.56	29.41	34.48	39.81	45.14	50.69		57.16	6 / 1			
reaction time	0.125	interval		4.25	4.44	4.61	4.89		4.98	5.07	5.33	5.33	5.55	6.47			13.30	14.94	16.21
		velocity	7.21	8.24	7.88	7.59	7.16	7.53	7.03	6.90	6.57	6.57	6.31	6.18	7.00		7.89	7.03	6.48
H1 lead leg	R	strides	24	16	16	16	16		17	17	17	18	18	21.5	196.5				

Rosolová, Denisa (CZE) (1986)

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

FINAL - 2016 Birmingham Diamond League (Birmingham, GBR) (TV Analysis) — *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	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	16	16	17		162				

Ross, Faith (USA) (1998)

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

FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis) — *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		
		velocity	7.06		8.21	8.08	7.38				6.88	6.55	6.48	6.13	7.08		8.16		
H1 lead leg	L	strides	24			15	15					17	17	21.2	109.2				

Roßley, Karin (GDR) (1957)

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

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

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

FINAL - 1978 European Championships (Prague, TCH) — *Behm (1995) - la tactique du 400 haies*

date	02-Sep-78	time	6.5	10.5	14.8	19.2	23.9	25.7	28.8	33.9	39.0	44.2	49.5		55.36	1 / 3			
reaction time		interval		4.00	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) — *McFarlane (1979) - le 400 m haies feminin*

date	13-Aug-77	time	6.5	10.9	15.4	19.8	24.5	26.5	29.4	34.2	39.3	44.5	49.7		55.63	/ 1			
reaction time		interval		4.40	4.50	4.40	4.70		4.90	4.80	5.10	5.20	5.20	5.93	WR		13.30	14.40	15.50
		velocity	6.92	7.95	7.78	7.95	7.45	7.55	7.14	7.29	6.86	6.73	6.73	6.75	7.19		7.89	7.29	6.77
H1 lead leg		strides																	

Rücklová, Alena (CZE) (1981)

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

FINAL - 2001 European Cup (Bremen, GER) — *Graubner (2007) - http://www.fgs.uni-halle.de*

date	23-Jun-01	time	6.92	11.36	15.91	20.48	25.24		30.21	35.29	40.45		51.45		57.60	/ 7			
reaction time		interval		4.44	4.55	4.57	4.76		4.97	5.08	5.16		11.00	6.15	PB		13.56	14.81	16.16
		velocity	6.50	7.88	7.69	7.66	7.35		7.04	6.89	6.78		6.36	6.50	6.94		7.74	7.09	6.50
H1 lead leg		strides																	

Rudakova, Vera (ANA) (1992)

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

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

date	02-Oct-19	time	6.50	10.74	15.05	19.55	24.22		28.99	33.90	38.94	44.14	49.38		55.57	8 / 6			
reaction time	0.246	interval		4.24	4.31	4.50	4.67		4.77	4.91	5.04	5.20	5.24	6.19			13.05	14.35	15.48
		velocity	6.92	8.25	8.12	7.78	7.49		7.34	7.13	6.94	6.73	6.68	6.46	7.20		8.05	7.32	6.78
H1 lead leg	L	strides	21	15	15		15		15	15	16	16	16		144				

Russell, Janieve (JAM) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Memorial van damme (Brussels, BEL)															*Omega Timing (2024) - diamond league race analysis*				
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 (Züich, SUI)															*Omega Timing (2024) - diamond league race analysis*				
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)															*Omega Timing (2024) - diamond league race analysis*				
date	30-Aug-24	time	6.33	10.38	14.56	18.76	23.11		27.67	32.37	37.36	42.72	48.09		54.46	3 / 4			
reaction time	0.182	interval		4.05	4.18	4.20	4.35		4.56	4.70	4.99	5.36	5.37	6.37			12.43	13.61	15.72
		velocity	7.11	8.64	8.37	8.33	8.05		7.68	7.45	7.01	6.53	6.52	6.28	7.34		8.45	7.71	6.68
H1 lead leg	R	strides	23	15			15		15	16	17	16	17	19.7	153.7				
FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL)															*Omega Timing (2024) - diamond league race analysis*				
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)															*Omega Timing (2024) - diamond league race analysis*				
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)															*Paris 2024 Olympic Games - Results Book (2024)*				
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)															*Paris 2024 Olympic Games - Results Book (2024)*				
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)															*Omega Timing (2024) - diamond league race analysis*				
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)															*Henson (2024) - Athlete First: 2024 year end hurdle report*				
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)															*Henson (2024) - Athlete First: 2024 year end hurdle report*				
date	19-May-24	time	6.53	10.56	14.73	19.06	23.53		28.26	33.29	38.47	43.96	49.54		55.74	5 / 5			
reaction time	0.141	interval		4.03	4.17	4.33	4.47		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		17	17	17	20	170				
FINAL - 2023 Prefontaine Classic (Eugene, OR)															*Omega Timing (2023) - diamond league race analysis*				
date	17-Sep-23	time	6.30	10.42	14.57	18.74	23.10		27.69	32.48	37.37	42.27	47.41		53.60	3 / 4			
reaction time	0.140	interval		4.12	4.15	4.17	4.36		4.59	4.79	4.89	4.90	5.14	6.19			12.44	13.74	14.93
		velocity	7.14	8.50	8.43	8.39	8.03		7.63	7.31	7.16	7.14	6.81	6.46	7.46		8.44	7.64	7.03
H1 lead leg	R	strides	23	15			15		15	16	16	16	16	20	152				
FINAL - 2023 Memorial van Damme (Brussels, BEL)															*Omega Timing (2023) - diamond league race analysis*				
date	08-Sep-23	time	6.33	10.42	14.55	18.78	23.14		27.72	32.46	37.21	42.24	47.56		53.80	7 / 2			
reaction time	0.153	interval		4.09	4.13	4.23	4.36		4.58	4.74	4.75	5.03	5.32	6.24			12.45	13.68	15.10
		velocity	7.11	8.56	8.47	8.27	8.03		7.64	7.38	7.37	6.96	6.58	6.41	7.43		8.43	7.68	6.95
H1 lead leg	R	strides	23	15	15				16	16	16	16	17	20	154				
FINAL - 2023 Xiamen Diamond League (Xiamen, CHN)															*Omega Timing (2023) - diamond league race analysis*				
date	02-Sep-23	time	6.31	10.37	14.49	18.71	23.06		27.63	32.41	37.36	42.41	47.61		54.01	6 / 3			
reaction time	0.173	interval		4.06	4.12	4.22	4.35		4.57	4.78	4.95	5.05	5.20	6.40			12.40	13.70	15.20
		velocity	7.13	8.62	8.50	8.29	8.05		7.66	7.32	7.07	6.93	6.73	6.25	7.41		8.47	7.66	6.91

H1 lead leg	R	strides	23	15	15	15	15		16	16	16	16	17	20	184				

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

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

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

date	22-Aug-23	time	6.37	10.48	14.58	18.86	23.22		32.43	37.27	42.32	47.59		53.69	7 / 3				
reaction time	0.180	interval		4.11	4.10	4.28	4.36		9.21	4.84	5.05	5.27	6.10			12.49	13.57	15.16	
		velocity	7.06	8.52	8.54	8.18	8.03		7.60	7.23	6.93	6.64	6.56	7.45		8.41	7.74	6.93	
H1 lead leg	R	strides	23	15	15	15	15			16	17	17	20	153					

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

date	21-Aug-23	time	6.47	10.73	14.93	19.03	23.43	28.13	32.93	37.83	42.86	48.20		54.53	4 / 1				
reaction time	0.164	interval		4.26	4.20	4.10	4.40	4.70	4.80	4.90	5.03	5.34	6.33			12.56	13.90	15.27	
		velocity	6.96	8.22	8.33	8.54	7.95	7.45	7.29	7.14	6.96	6.55	6.32	7.34		8.36	7.55	6.88	
H1 lead leg	R	strides	23	15	15	15	15	16	16	16	16	17	20	184					

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

date	23-Jul-23	time	6.33	10.46	14.62	18.91	23.27	27.85	32.60	37.40	42.33	47.49		53.75	5 / 2				
reaction time	0.148	interval		4.13	4.16	4.29	4.36	4.58	4.75	4.80	4.93	5.16	6.26			12.58	13.69	14.89	
		velocity	7.11	8.47	8.41	8.16	8.03	7.64	7.37	7.29	7.10	6.78	6.39	7.44		8.35	7.67	7.05	
H1 lead leg	R	strides	23	15	15	15	15	16	16	16	16	17	20	184					

FINAL - 2023 Bislett Games (Oslo, NOR) *Omega Timing (2023) - diamond league race analysis*

date	15-Jun-23	time	6.39	10.53	14.73	19.08	23.55	28.27	33.05	38.08	43.27	48.56		54.91	3 / 4				
reaction time	0.135	interval		4.14	4.20	4.35	4.47	4.72	4.78	5.03	5.19	5.29	6.35			12.69	13.97	15.51	
		velocity	7.04	8.45	8.33	8.05	7.83	7.42	7.32	6.96	6.74	6.62	6.30	7.28		8.27	7.52	6.77	
H1 lead leg	L	strides	23	15	15	15	15	16	16	16	17	17	20	185					

FINAL - 2023 Meeting International Mohammed VI d'Athlétisme (Rabat, MAR) *Omega Timing (2023) - diamond league race analysis*

date	28-May-23	time	6.41	10.62	14.90	19.33	23.88	28.56	33.51	38.63	43.85	49.12		55.41	7 / 4				
reaction time	0.160	interval		4.21	4.28	4.43	4.55	4.68	4.95	5.12	5.22	5.27	6.29			12.92	14.18	15.61	
		velocity	7.02	8.31	8.18	7.90	7.69	7.48	7.07	6.84	6.70	6.64	6.36	7.22		8.13	7.40	6.73	
H1 lead leg	L	strides	23	15	15	15	15	16	16			17	20	152					

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

date	08-Sep-22	time	6.41	10.58		19.22	23.56	25.35	28.03	32.63	37.37	42.31	47.51		53.77	4 / 3			
reaction time	0.155	interval		4.17		8.64	4.34		4.47	4.60	4.74	4.94	5.20	6.26			12.81	13.41	14.88	
		velocity	7.02	8.39		8.10	8.06	7.89	7.83	7.61	7.38	7.09	6.73	6.39	7.44		8.20	7.83	7.06	
H1 lead leg	R	strides	23	15			15		15	15		16	17	20	136					

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

date	26-Aug-22	time	6.40	10.53		19.17	23.56	25.35	28.13	32.93	37.67	42.70	47.87		53.92	2 / 2			
reaction time	0.167	interval		4.13		8.64	4.39		4.57	4.80	4.74	5.03	5.17	6.05			12.77	13.76	14.94	
		velocity	7.03	8.47		8.10	7.97	7.89	7.66	7.29	7.38	6.96	6.77	6.61	7.42		8.22	7.63	7.03	
H1 lead leg	R	strides	23	15			15		16	16	16	17	17	20	155					

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

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

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

date	08-Aug-22	time	6.43	10.53	14.73	19.09	23.45		28.07	32.76	37.63	42.67	47.93		54.14	5 / 2			
reaction time	0.168	interval		4.10	4.20	4.36	4.36		4.62	4.69	4.87	5.04	5.26	6.21			12.66	13.67	15.17	
		velocity	7.00	8.54	8.33	8.03	8.03		7.58	7.46	7.19	6.94	6.65	6.44	7.39		8.29	7.68	6.92	
H1 lead leg	R	strides	23	15	15	15	15				16	16	17		132					

FINAL - 2022 Commonwealth Games (Birmingham, GBR) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	06-Aug-22	time	6.43	10.53	14.60	19.03	23.50	25.5	28.26	32.93	37.52	42.47	47.67		54.14	7 / 1			
reaction time	0.148	interval		4.10	4.07	4.43	4.47		4.76	4.67	4.59	4.95	5.20	6.47			12.60	13.90	14.74	
		velocity	7.00	8.54	8.60	7.90	7.83	7.84	7.35	7.49	7.63	7.07	6.73	6.18	7.39		8.33	7.55	7.12	
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	20	184					

Semi-Final 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	20-Jul-22	time	6.33	10.53	14.93	19.30	23.87	25.99	28.60	33.38	38.30	43.30	48.50		54.66	6 / 3			
reaction time	0.130	interval		4.20	4.40	4.37	4.57		4.73	4.78	4.92	5.00	5.20	6.16			12.97	14.08	15.12	
		velocity	7.11	8.33	7.95	8.01	7.66	7.70	7.40	7.32	7.11	7.00	6.73	6.49	7.32		8.10	7.46	6.94	
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	16	17	20	184					

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

date	19-Jul-22	time	6.50	10.76	15.10	19.50	23.97	25.99	28.63	33.43	38.30	43.26	48.41		54.52	5 / 1			
reaction time	0.124	interval		4.26	4.34	4.40	4.47		4.66	4.80	4.87	4.96	5.15	6.11			13.00	13.93	14.98

		velocity	6.92	8.22	8.06	7.95	7.83	7.70	7.51	7.29	7.19	7.06	6.80	6.55	7.34		8.08	7.54	7.01
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	16	16	19.5	181.5				

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

date	09-Jun-22	time	6.47	10.67	15.03	19.47	23.93	25.78	28.50	33.23	37.93	42.93	48.23		54.18	6 / 2			
reaction time	0.140	interval		4.20	4.36	4.44	4.46		4.57	4.73	4.70	5.00	5.30	5.95			13.00	13.76	15.00
		velocity	6.96	8.33	8.03	7.88	7.85	7.76	7.66	7.40	7.45	7.00	6.60	6.72	7.38		8.08	7.63	7.00
H1 lead leg	R	strides	23	15	15	15			15	16	16	17	17	20	169				

FINAL - 2022 Müller Birmingham Diamond League (Birmingham, GBR) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	21-May-22	time	6.35	10.40	14.50	18.83	23.40	25.18	28.17	33.10	38.30	43.70	49.33		56.21	6 / 7			
reaction time	0.135	interval		4.05	4.10	4.33	4.57		4.77	4.93	5.20	5.40	5.63	6.88			12.48	14.27	16.23
		velocity	7.09	8.64	8.54	8.08	7.66	7.94	7.34	7.10	6.73	6.48	6.22	5.81	7.12		8.41	7.36	6.47
H1 lead leg	R	strides	23	15	15	15	16		16	16	17	17	17	21	188				

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

date	09-Sep-21	time	6.44	10.68	15.00	19.40	23.84	25.7	28.56	33.48	38.48	43.84			55.74	6 / 7			
reaction time	0.145	interval		4.24	4.32	4.40	4.44		4.72	4.92	5.00	5.36					12.96	14.08	
		velocity	6.99	8.25	8.10	7.95	7.88	7.78	7.42	7.11	7.00	6.53			7.18		8.10	7.46	
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	17			148				

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

date	28-Aug-21	time	6.28	10.48	14.85	19.35	23.88		28.53	33.37	38.07	43.18	48.43		54.75	4 / 3			
reaction time	0.162	interval		4.20	4.37	4.50	4.53		4.65	4.84	4.70	5.11	5.25	6.32			13.07	14.02	15.06
		velocity	7.17	8.33	8.01	7.78	7.73		7.53	7.23	7.45	6.85	6.67	6.33	7.31		8.03	7.49	6.97
H1 lead leg	R	strides	22	15	15	15	15		16	16	16	17	17	20	184				

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

date	26-Aug-21	time	6.24	10.24	14.44	18.72	23.28		28.08	32.84	37.84	42.96	48.36		54.89	6 / 6			
reaction time	0.136	interval		4.00	4.20	4.28	4.56		4.80	4.76	5.00	5.12	5.40	6.53			12.48	14.12	15.52
		velocity	7.21	8.75	8.33	8.18	7.68		7.29	7.35	7.00	6.84	6.48	6.13	7.29		8.41	7.44	6.77
H1 lead leg	R	strides	23	15	15	15	16		16	16	16	16	17	20	185				

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

date	21-Aug-21	time	6.36	10.52	14.76	19.04	23.48	25.4		33.04	37.88	42.92	48.28		54.50	4 / 5			
reaction time	0.155	interval		4.16	4.24	4.28	4.44			9.56	4.84	5.04	5.36	6.22			12.68	14.00	15.24
		velocity	7.08	8.41	8.25	8.18	7.88	7.87		7.32	7.23	6.94	6.53	6.43	7.34		8.28	7.50	6.89
H1 lead leg	R	strides	23	15	15	15	15				16	17	18	20.5	154.5				

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

date	04-Aug-21	time	6.40	10.52	14.68	18.88	23.20		27.68	32.32	37.08	42.00	47.12		53.08	6 / 4			
reaction time	0.136	interval		4.12	4.16	4.20	4.32		4.48	4.64	4.76	4.92	5.12	5.96	**PB**		12.48	13.44	14.80
		velocity	7.03	8.50	8.41	8.33	8.10		7.81	7.54	7.35	7.11	6.84	6.71	7.54		8.41	7.81	7.09
H1 lead leg	R	strides	23	15	15	15	15		15	15	16	16	17	19.7	181.7				

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

date	02-Aug-21	time	6.43	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) *Henson (2024) - Athlete First: 2021 year end hurdle report*

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

date	13-Jul-21	time	6.30	10.48	14.76	19.08	23.54	25.5	28.14	32.94	37.94	43.10	48.40		54.66	6 / 3			
reaction time	0.106	interval		4.18	4.28	4.32	4.46		4.60	4.80	5.00	5.16	5.30	6.26			12.78	13.86	15.46
		velocity	7.14	8.37	8.18	8.10	7.85	7.84	7.61	7.29	7.00	6.78	6.60	6.39	7.32		8.22	7.58	6.79
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	20.5	184.5				

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

date	06-Jul-21	time	6.27	10.46	14.60	18.92	23.27		27.79	32.52	37.47	42.49	47.64		53.68	4 / 3			
reaction time	0.168	interval		4.19	4.14	4.32	4.35		4.52	4.73	4.95	5.02	5.15	6.04			12.65	13.60	15.12
		velocity	7.18	8.35	8.45	8.10	8.05		7.74	7.40	7.07	6.97	6.80	6.62	7.45		8.30	7.72	6.94
H1 lead leg	R	strides	23	15	15	15	15		15		16	16	17	20	167				

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

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

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

date	29-Aug-19	time	6.60	10.92		19.92	24.60	26.5	29.40	34.36	39.36				55.87	8 / 7			

reaction time	0.144	interval		4.32		9.00	4.68		4.80	4.96	5.00						13.32	14.44	
		velocity	6.82	8.10		7.78	7.48	7.55	7.29	7.06	7.00			7.16			7.88	7.27	
H1 lead leg	R	strides	23	15			15		16	16	16			101					

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

date	21-Jul-19	time	6.52	10.72	15.12	19.64	24.16		28.84	33.52	38.44	43.48	48.76		55.14	6 / 5			
reaction time	0.162	interval		4.20	4.40	4.52	4.52		4.68	4.68	4.92	5.04	5.28	6.38			13.12	13.88	15.24
		velocity	6.90	8.33	7.95	7.74	7.74		7.48	7.48	7.11	6.94	6.63	6.27	7.25		8.00	7.56	6.89
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	17	20.2	181.2				

FINAL - 2019 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	12-Jul-19	time	6.40	10.68	15.08	19.60	24.20	26.2		33.54	38.44	43.48	48.64		54.70	5 / 4			
reaction time	0.150	interval		4.28	4.40	4.52	4.60			9.34	4.90	5.04	5.16	6.06			13.20	13.94	15.10
		velocity	7.03	8.18	7.95	7.74	7.61	7.63		7.49	7.14	6.94	6.78	6.60	7.31		7.95	7.53	6.95
H1 lead leg	R	strides	22	15	15	15	15				16	16	16	20	150				

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

date	05-Jul-19	time	6.56	10.80	15.20		24.20	26.1	28.88	33.60	38.44	43.64	49.04		55.13	2 / 4			
reaction time	0.150	interval		4.24	4.40		9.00		4.68	4.72	4.84	5.20	5.40	6.09					15.44
		velocity	6.86	8.25	7.95		7.78	7.66	7.48	7.42	7.23	6.73	6.48	6.57	7.26				6.80
H1 lead leg	R	strides	22	15	15				15	15	15	17	17	19.5	150.5				

FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	06-Jun-19	time	6.64	10.88	15.20	19.56	24.08		28.84	33.68	38.68	43.88	49.20		55.42	3 / 5			
reaction time	0.173	interval		4.24	4.32	4.36	4.52		4.76	4.84	5.00	5.20	5.32	6.22			12.92	14.12	15.52
		velocity	6.78	8.25	8.10	8.03	7.74		7.35	7.23	7.00	6.73	6.58	6.43	7.22		8.13	7.44	6.77
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	17	17	20	185				

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

date	03-May-19	time	6.60	10.78	15.08	19.52	23.99	26.0	28.63	33.46	38.47	43.64	48.92		55.28	6 / 4			
reaction time	0.131	interval		4.18	4.30	4.44	4.47		4.64	4.83	5.01	5.17	5.28	6.36			12.92	13.94	15.46
		velocity	6.82	8.37	8.14	7.88	7.83	7.69	7.54	7.25	6.99	6.77	6.63	6.29	7.24		8.13	7.53	6.79
H1 lead leg	L	strides	23	15	15	15	15		16	16	16	17	17	20	185				

FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis) *Henson (2021) - Athlete First: 2018 year end hurdle report*

date	09-Sep-18	time	6.36	10.60	14.94	19.32	23.76		28.28	32.92	37.62	42.64	47.64		53.62	1 / 1			
reaction time	0.156	interval		4.24	4.34	4.38	4.44		4.52	4.64	4.70	5.02	5.00	5.98			12.96	13.60	14.72
		velocity	7.08	8.25	8.06	7.99	7.88		7.74	7.54	7.45	6.97	7.00	6.69	7.46		8.10	7.72	7.13
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	19.2	178.2				

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

date	30-Aug-18	time	6.52	10.80	15.16		24.12	26.1	28.68	33.32	38.12	43.12	48.32		54.38	6 / 3			
reaction time	0.153	interval		4.28	4.36		8.96		4.56	4.64	4.80	5.00	5.20	6.06					15.00
		velocity	6.90	8.18	8.03		7.81	7.66	7.68	7.54	7.29	7.00	6.73	6.60	7.36				7.00
H1 lead leg	R	strides	22	15	15				15	15	16		17	20	135				

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

date	18-Aug-18	time	6.60	10.98	15.55	20.18	24.79		29.66	34.47	39.39	44.24	49.21		54.91	6 / 2			
reaction time	0.149	interval		4.38	4.57	4.63	4.61		4.87	4.81	4.92	4.85	4.97	5.70			13.58	14.29	14.74
		velocity	6.82	7.99	7.66	7.56	7.59		7.19	7.28	7.11	7.22	7.04	7.02	7.28		7.73	7.35	7.12
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	19.2	179.2				

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

date	21-Jul-18	time	6.44	10.68	15.08	19.60	24.08		28.68	33.44	38.28	43.16	48.20		53.96	6 / 2			
reaction time	0.206	interval		4.24	4.40	4.52	4.48		4.60	4.76	4.84	4.88	5.04	5.76			13.16	13.84	14.76
		velocity	6.99	8.25	7.95	7.74	7.81		7.61	7.35	7.23	7.17	6.94	6.94	7.41		7.98	7.59	7.11
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	19.5	179.5				

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

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

FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	31-May-18	time	6.44	10.64	14.96	19.48	24.16		28.88	33.72	38.52	43.48	48.40		54.08	5 / 2			
reaction time	0.165	interval		4.20	4.32	4.52	4.68		4.72	4.84	4.80	4.96	4.92	5.68			13.04	14.24	14.68
		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) *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	26-May-18	time	6.72	10.96	15.24	19.68	24.16			33.40	38.28	43.24	48.28		54.06	5 / 1			
reaction time	0.200	interval		4.24	4.28	4.44	4.48			9.24	4.88	4.96	5.04	5.78			12.96	13.72	14.88
		velocity	6.70	8.25	8.18	7.88	7.81			7.58	7.17	7.06	6.94	6.92	7.40		8.10	7.65	7.06
H1 lead leg	L	strides	23	14	15	15	15				16	16	16	20	150				

FINAL - 2018 Shanghai Diamond League (Shanghai, CHN) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	12-May-18	time	6.40	10.48	14.76	19.12	23.56		28.16	32.96	37.92	42.88	47.96		53.78	3 / 2			
reaction time	0.170	interval		4.08	4.28	4.36	4.44		4.60	4.80	4.96	4.96	5.08	5.82	PB		12.72	13.84	15.00
		velocity	7.03	8.58	8.18	8.03	7.88		7.61	7.29	7.06	7.06	6.89	6.87	7.44		8.25	7.59	7.00
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	16	19.5	179.5				

FINAL - 2017 Memorial van Damme (Brussels, BEL) (TV Analysis) *Henson (2020) - Athlete First: 2017 year end hurdle report*

date	01-Sep-17	time	6.32	10.52	14.84	19.24	23.80	26.0	28.40	33.24	38.32	43.52	49.04		55.60	9 / 6			
reaction time	0.178	interval		4.20	4.32	4.40	4.56		4.60	4.84	5.08	5.20	5.52	6.56			12.92	14.00	15.80
		velocity	7.12	8.33	8.10	7.95	7.68	7.69	7.61	7.23	6.89	6.73	6.34	6.10	7.19		8.13	7.50	6.65
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	17	20.2	181.2				

FINAL - 2017 Müller Grand Prix (Birmingham, GBR) (TV Analysis) *Henson (2021) - Athlete First: 2017 year end hurdle report*

date	20-Aug-17	time	6.36	10.56	14.80	19.16	23.64		28.32	33.16	38.08	43.12	48.32		54.67	6 / 3			
reaction time	0.134	interval		4.20	4.24	4.36	4.48		4.68	4.84	4.92	5.04	5.20	6.35			12.80	14.00	15.16
		velocity	7.08	8.33	8.25	8.03	7.81		7.48	7.23	7.11	6.94	6.73	6.30	7.32		8.20	7.50	6.93
H1 lead leg	R	strides	22	15	15	15	15		15	16	16	16	16	20	181				

FINAL - 2017 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis) *Henson (2020) - Athlete First: 2017 year end hurdle report*

date	21-Jul-17	time	6.28	10.40		19.04	23.52			32.92	37.84	42.88	48.12		54.38	3 / 3			
reaction time	0.186	interval		4.12		8.64	4.48			9.40	4.92	5.04	5.24	6.26			12.76	13.88	15.20
		velocity	7.17	8.50		8.10	7.81			7.45	7.12	6.94	6.68	6.39	7.36		8.23	7.56	6.91
H1 lead leg	R	strides	22	15			15				16	16	16	19.7	119.7				

FINAL - 2017 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis) *Henson (2021) - Athlete First: 2017 year end hurdle report*

date	16-Jul-17	time	6.56	10.88	15.28	19.68	24.20		28.88	33.64	38.48	43.44	48.48		54.36	7 / 2			
reaction time	0.152	interval		4.32	4.40	4.40	4.52		4.68	4.76	4.84	4.96	5.04	5.88			13.12	13.96	14.84
		velocity	6.86	8.10	7.95	7.95	7.74		7.48	7.35	7.23	7.06	6.94	6.80	7.36		8.00	7.52	7.08
H1 lead leg	L	strides	23	16	15	15	15		15	16	16	16	16	19.5	182.5				

FINAL - 2017 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis) *Henson (2020) - Athlete First: 2017 year end hurdle report*

date	08-Jun-17	time	6.28	10.44	14.56	18.80	23.12		27.60	32.40	37.28	42.44	47.84		54.14	8 / 1			
reaction time	0.183	interval		4.16	4.12	4.24	4.32		4.48	4.80	4.88	5.16	5.40	6.30			12.52	13.60	15.44
		velocity	7.17	8.41	8.50	8.25	8.10		7.81	7.29	7.17	6.78	6.48	6.35	7.39		8.39	7.72	6.80
H1 lead leg	R	strides	22	15	15	15	15		15	16	16	17	17	20.5	183.5				

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

date	27-May-17	time	6.73	11.03	15.46	19.93	24.56		29.20	34.20	39.23	44.40	49.96		56.21	2 / 8			
reaction time	0.223	interval		4.30	4.43	4.47	4.63		4.64	5.00	5.03	5.17	5.56	6.25			13.20	14.27	15.76
		velocity	6.69	8.14	7.90	7.83	7.56		7.54	7.00	6.96	6.77	6.29	6.40	7.12		7.95	7.36	6.66
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	16	17		163				

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

date	18-Aug-16	time	6.40	10.52	14.68		23.32		27.84	32.64	37.52	42.64	48.00		54.46	8 / 7			
reaction time	0.140	interval		4.12	4.16		8.64		4.52	4.80	4.88	5.12	5.36	6.46					15.36
		velocity	7.03	8.50	8.41		8.10		7.74	7.29	7.17	6.84	6.53	6.19	7.34				6.84
H1 lead leg	R	strides	22	14	14	14			15	16	16	17	17	20.2	165.2				

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

date	02-Jun-16	time	6.52	10.68	14.92	19.28	23.72		28.16	32.72	37.48	42.56	47.80		53.96	7 / 1			
reaction time	0.180	interval		4.16	4.24	4.36	4.44		4.44	4.56	4.76	5.08	5.24	6.16	PB		12.76	13.44	15.08
		velocity	6.90	8.41	8.25	8.03	7.88		7.88	7.68	7.35	6.89	6.68	6.49	7.41		8.23	7.81	6.96
H1 lead leg	R	strides	22	14	14	15	15			15	15		16	19.5	145.5				

FINAL - 2016 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	22-May-16	time	6.44	10.60	14.84	19.12	23.52		28.00	32.64	37.60	42.60	47.88		54.16	4 / 1			
reaction time	0.139	interval		4.16	4.24	4.28	4.40		4.48	4.64	4.96	5.00	5.28	6.28			12.68	13.52	15.24
		velocity	6.99	8.41	8.25	8.18	7.95		7.81	7.54	7.06	7.00	6.63	6.37	7.39		8.28	7.77	6.89
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	17	20	181				

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

date	26-Aug-15	time	6.44	10.56	14.80	19.08	23.52		28.12	32.92	37.84	43.00			54.64	9 / 5			
reaction time	0.165	interval		4.12	4.24	4.28	4.44		4.60	4.80	4.92	5.16			PB		12.64	13.84	
		velocity	6.99	8.50	8.25	8.18	7.88		7.61	7.29	7.11	6.78			7.32		8.31	7.59	
H1 lead leg	R	strides		15	15	15	15		15	15	16	16			122				

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

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

date	10-Jun-23	time	6.30	10.67	15.15	19.75	24.52		29.39	34.27	39.21	44.18	49.08		54.66	5 / 2			
reaction time		interval		4.37	4.48	4.60	4.77		4.87	4.88	4.94	4.97	4.90	5.58	PB		13.45	14.52	14.81
		velocity	7.14	8.01	7.81	7.61	7.34		7.19	7.17	7.09	7.04	7.14	7.17	7.32		7.81	7.23	7.09
H1 lead leg	R	strides	24	16	16	16	16		16	16	17	17	17	21	192				

FINAL - 2022 USATF National Championships (Eugene, OR) *USATF (2022) - Results powered by Karmarush*

date	25-Jun-22	time	6.40	10.59	14.92	19.41	24.08	26.17	28.89	33.79	38.84	44.00	49.32	*55.66*	55.66	4 / 6			
reaction time		interval		4.19	4.33	4.49	4.67		4.81	4.90	5.05	5.16	5.32	6.34			13.01	14.38	15.53
		velocity	7.03	8.35	8.08	7.80	7.49	7.64	7.28	7.14	6.93	6.78	6.58	6.31	7.19		8.07	7.30	6.76
H1 lead leg	R	strides	24	16	16	16	16			17	17	17			139				

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

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

date	24-Jun-22	time	6.33	10.51	14.87	19.50	24.20	26.32	29.05	33.94	38.89	43.97	49.02	*55.02*	55.02	6 / 2		
reaction time		interval		4.18	4.36	4.63	4.70		4.85	4.89	4.95	5.08	5.05	6.00	PB		13.17	14.44	15.08
		velocity	7.11	8.37	8.03	7.56	7.45	7.60	7.22	7.16	7.07	6.89	6.93	6.67	7.27		7.97	7.27	6.96
H1 lead leg	R	strides	24	16	16	16	16			17	17	17			139				

Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	26-Jun-21	time	6.44	10.77	15.15	19.89	24.89		30.03		40.44	45.81			58.00	3 / 6		
reaction time	0.332	interval		4.33	4.38	4.74	5.00		5.14		10.41	5.37					13.45	
		velocity	6.99	8.08	7.99	7.38	7.00		6.81		6.72	6.52			6.90		7.81	
H1 lead leg	R	strides		16	16	16	16					17			81			

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

date	12-Jun-21	time	6.37		15.00	19.63	24.40				39.30	44.47	49.87		56.18	5 / 4		
reaction time	0.335	interval			8.63	4.63	4.77				14.90	5.17	5.40	6.31	PB		13.26	
		velocity	7.06		8.11	7.56	7.34				7.05	6.77	6.48	6.34	7.12		7.92	
H1 lead leg	R	strides	24			15	16					16	17	21	109			

Ryzhykova, Anna (UKR) (1989)

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

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	30-Aug-24	time	6.57	10.85	15.20	19.67	24.38		29.29	34.32	39.52	44.89	50.52		56.96	9 / 9			
reaction time	0.221	interval		4.28	4.35	4.47	4.71		4.91	5.03	5.20	5.37	5.63	6.44			13.10	14.65	16.20
		velocity	6.85	8.18	8.05	7.83	7.43		7.13	6.96	6.73	6.52	6.22	6.21	7.02		8.02	7.17	6.48
H1 lead leg	R	strides	21	14	14	14	15		15	15	15				123				

FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL) *Omega Timing (2024) - diamond league race analysis*

date	25-Aug-24	time	6.59	10.80	15.12	19.52	24.07		28.84	33.67	38.69	44.00	49.29		55.44	2 / 8		
reaction time	0.188	interval		4.21	4.32	4.40	4.55		4.77	4.83	5.02	5.31	5.29	6.15			12.93	14.15	15.62
		velocity	6.83	8.31	8.10	7.95	7.69		7.34	7.25	6.97	6.59	6.62	6.50	7.22		8.12	7.42	6.72
H1 lead leg	R	strides	21	14	14	14						16			79				

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

date	06-Aug-24	time	6.49	10.66	14.99	19.41	23.87		28.60	33.42	38.43	43.72	49.26		55.65	2 / 7		
reaction time	0.169	interval		4.17	4.33	4.42	4.46		4.73	4.82	5.01	5.29	5.54	6.39			12.92	14.01	15.84
		velocity	6.93	8.39	8.08	7.92	7.85		7.40	7.26	6.99	6.62	6.32	6.26	7.19		8.13	7.49	6.63
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	15	16	20	173				

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

date	05-Aug-24	time	6.49	10.76	15.03	19.45	24.03		28.77	33.58	38.56	43.67	48.88		54.95	8 / 2		
reaction time	0.174	interval		4.27	4.27	4.42	4.58		4.74	4.81	4.98	5.11	5.21	6.07			12.96	14.13	15.30
		velocity	6.93	8.20	8.20	7.92	7.64		7.38	7.28	7.03	6.85	6.72	6.59	7.28		8.10	7.43	6.86
H1 lead leg	R	strides	21	14	14	14	14		14	15	15	15	15	19.5	170.5				

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

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

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		15	15			16	19.5	128.5				

FINAL - 2024 Bauhaus Galan (Stockholm, SWE) *Omega Timing (2024) - diamond league race analysis*

date	02-Jun-24	time	6.54	10.70	14.89	19.16	23.56		28.26	33.11	38.19	43.51	49.09		55.64	1 / 5		
reaction time	0.194	interval		4.16	4.19	4.27	4.40		4.70	4.85	5.08	5.32	5.58	6.55			12.62	13.95	15.98
		velocity	6.88	8.41	8.35	8.20	7.95		7.45	7.22	6.89	6.58	6.27	6.11	7.19		8.32	7.53	6.57
H1 lead leg	R	strides	21	14					15	15	15	15	16	20	131				

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

date	30-May-24	time	6.55	10.69	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) *Henson (2024) - Athlete First: 2024 year end hurdle report*

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) *Omega Timing (2023) - diamond league race analysis*

date	17-Sep-23	time	6.47	10.66	14.96	19.32	23.83		28.67	33.68	38.71	43.79	48.98		54.98	1 / 8		
reaction time	0.166	interval		4.19	4.30	4.36	4.51		4.84	5.01	5.03	5.08	5.19	6.00			12.85	14.36	15.30

		velocity	6.96	8.35	8.14	8.03	7.76	7.23	6.99	6.96	6.89	6.74	6.67	7.28		8.17	7.31	6.86
H1 lead leg	R	strides	22	14			14	15	15			15		95				

FINAL - 2023 Xiamen Diamond League (Xiamen, CHN) *Omega Timing (2023) - diamond league race analysis*

date	02-Sep-23	time	6.51	10.65	14.89	19.28	23.79	28.59	33.44	38.37	43.43	48.51		54.35	1 / 5			
reaction time	0.157	interval		4.14	4.24	4.39	4.51	4.80	4.85	4.93	5.06	5.08	5.84			12.77	14.16	15.07
		velocity	6.91	8.45	8.25	7.97	7.76	7.29	7.22	7.10	6.92	6.89	6.85	7.36		8.22	7.42	6.97
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	15	19	172				

Semi-Final 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis) *Henson (2023) - Athlete First: 2023 year end hurdle report*

date	22-Aug-23	time	6.55	10.84	15.01	19.21	23.66	28.36	33.15	38.07		48.41		54.42	9 / 4			
reaction time	0.186	interval		4.29	4.17	4.20	4.45	4.70	4.79	4.92		10.34	6.01			12.66	13.94	15.26
		velocity	6.87	8.16	8.39	8.33	7.87	7.45	7.31	7.11		6.77	6.66	7.35		8.29	7.53	6.88
H1 lead leg	R	strides	22	14	14	14	14	15	15	15		15	19.2	157.2				

Heat 5 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis) *Henson (2023) - Athlete First: 2023 year end hurdle report*

date	21-Aug-23	time	6.53	10.83	14.96	19.23	23.73	28.54	33.43	38.46	43.53	48.73		54.70	7 / 3			
reaction time	0.186	interval		4.30	4.13	4.27	4.50	4.81	4.89	5.03	5.07	5.20	5.97			12.70	14.20	15.30
		velocity	6.89	8.14	8.47	8.20	7.78	7.28	7.16	6.96	6.90	6.73	6.70	7.31		8.27	7.39	6.86
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	15	19	172				

FINAL - 2023 London Athletics Meet (London, GBR) *Omega Timing (2023) - diamond league race analysis*

date	23-Jul-23	time	6.37	10.42	14.61	18.84	23.18	27.83	32.67	37.61	42.76	48.12		54.53	1 / 7			
reaction time	0.166	interval		4.05	4.19	4.23	4.34	4.65	4.84	4.94	5.15	5.36	6.41			12.47	13.83	15.45
		velocity	7.06	8.64	8.35	8.27	8.06	7.53	7.23	7.09	6.80	6.53	6.24	7.34		8.42	7.59	6.80
H1 lead leg	R	strides	22	14	14	14	14			15	15	16	20	144				

FINAL - 2023 Athletissima (Lausanne, SUI) *Omega Timing (2023) - diamond league race analysis*

date	30-Jun-23	time	6.46	10.60	14.87	19.22	23.71	28.44	33.37	38.48	43.73	49.21		55.41	2 / 5			
reaction time	0.175	interval		4.14	4.27	4.35	4.49	4.73	4.93	5.11	5.25	5.48	6.20			12.76	14.15	15.84
		velocity	6.97	8.45	8.20	8.05	7.80	7.40	7.10	6.85	6.67	6.39	6.45	7.22		8.23	7.42	6.63
H1 lead leg	R	strides	22	14			14	15	15		15	16	19.5	130.5				

FINAL - 2023 Bislett Games (Oslo, NOR) *Omega Timing (2023) - diamond league race analysis*

date	15-Jun-23	time	6.52	10.68	14.96	19.34	23.87	28.65	33.54	38.57	43.80	49.25		55.53	1 / 7			
reaction time	0.202	interval		4.16	4.28	4.38	4.53	4.78	4.89	5.03	5.23	5.45	6.28			12.82	14.20	15.71
		velocity	6.90	8.41	8.18	7.99	7.73	7.32	7.16	6.96	6.69	6.42	6.37	7.20		8.19	7.39	6.68
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	16		154				

FINAL - 2023 Golden Gala Pietro Mennea (Firenze, ITA) *Omega Timing (2023) - diamond league race analysis*

date	02-Jun-23	time	6.43	10.55	14.83	19.21	23.74	28.48	33.45	38.49	43.79	49.38		55.99	1 / 8			
reaction time	0.155	interval		4.12	4.28	4.38	4.53	4.74	4.97	5.04	5.30	5.59	6.61			12.78	14.24	15.93
		velocity	7.00	8.50	8.18	7.99	7.73	7.38	7.04	6.94	6.60	6.26	6.05	7.14		8.22	7.37	6.59
H1 lead leg	R	strides	22	14	14	14	14				16	16	20	130				

FINAL - 2023 Meeting International Mohammed VI d'Athlétisme (Rabat, MAR) *Omega Timing (2023) - diamond league race analysis*

date	28-May-23	time	6.61	10.93	15.33	19.84	24.51	29.40	34.51	39.74	45.11	50.64		56.97	8 / 8			
reaction time	0.268	interval		4.32	4.40	4.51	4.67	4.89	5.11	5.23	5.37	5.53	6.33			13.23	14.67	16.13
		velocity	6.81	8.10	7.95	7.76	7.49	7.16	6.85	6.69	6.52	6.33	6.32	7.02		7.94	7.16	6.51
H1 lead leg	R	strides	22	14	14	14	14	15	15		16	16	19	159				

FINAL - 2022 Weltklasse (Zürich, SUI) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	08-Sep-22	time	6.34	10.38			23.49	25.42	28.26	33.10		43.31	48.68	55.06	2 / 7			
reaction time	0.167	interval		4.04			13.11		4.77	4.84		10.21	5.37	6.38				15.58
		velocity	7.10	8.66			8.01	7.87	7.34	7.23		6.86	6.52	6.27	7.26			6.74
H1 lead leg	R	strides	22	14					15	15			16	19.7	101.7			

FINAL - 2022 Athletissima (Lausanne, SUI) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	26-Aug-22	time	6.40	10.50		19.06	23.53	25.43	28.27	33.07	37.94	43.16	48.47	54.59	3 / 4			
reaction time	0.197	interval		4.10		8.56	4.47		4.74	4.80	4.87	5.22	5.31	6.12			12.66	14.01	15.40
		velocity	7.03	8.54		8.18	7.83	7.86	7.38	7.29	7.19	6.70	6.59	6.54	7.33		8.29	7.49	6.82
H1 lead leg	R	strides	22	14			14		15	15	15	16	16	19.2	146.2				

FINAL - 2022 European Athletics Championships (Munich, GER) *European Athletics (2022) - european athletics championships race analysis*

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) *European Athletics (2022) - european athletics championships race analysis*

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) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	10-Aug-22	time	6.46	10.53	14.70	19.00	23.40	25.37	28.06	32.96	37.93	43.10	48.40	54.53	5 / 5			

reaction time	0.189	interval		4.07	4.17	4.30	4.40		4.66	4.90	4.97	5.17	5.30	6.13			12.54	13.96	15.44
		velocity	6.97	8.60	8.39	8.14	7.95	7.88	7.51	7.14	7.04	6.77	6.60	6.53	7.34		8.37	7.52	6.80
H1 lead leg	R	strides	22	14	14	14	14		15		15	15	16	19.2	158.2				

FINAL - 2022 World Athletics Championships (Eugene, OR) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

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) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	20-Jul-22	time	6.46	10.66	14.97	19.33	23.90	26.03	28.70	33.47	38.37	43.34	48.47		54.51	5 / 2			
reaction time	0.175	interval		4.20	4.31	4.36	4.57		4.80	4.77	4.90	4.97	5.13	6.04			12.87	14.14	15.00
		velocity	6.97	8.33	8.12	8.03	7.66	7.68	7.29	7.34	7.14	7.04	6.82	6.62	7.34		8.16	7.43	7.00
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	19	172				

Heat 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	19-Jul-22	time	6.63	10.83	15.13	19.40	23.90	25.73	28.63		38.56	43.60	48.93		54.93	2 / 2			
reaction time	0.139	interval		4.20	4.30	4.27	4.50		4.73		9.93	5.04	5.33	6.00			12.77		
		velocity	6.79	8.33	8.14	8.20	7.78	7.77	7.40		7.05	6.94	6.57	6.67	7.28		8.22		
H1 lead leg	R	strides	22	14	14	14	14		15			15	15	19.2	142.2				

FINAL - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	30-Jun-22	time	6.44	10.56	14.72	19.08	23.54	25.44	28.20	32.98	37.86	42.88	48.26		54.33	4 / 3			
reaction time	0.165	interval		4.12	4.16	4.36	4.46		4.66	4.78	4.88	5.02	5.38	6.07			12.64	13.90	15.28
		velocity	6.99	8.50	8.41	8.03	7.85	7.86	7.51	7.32	7.17	6.97	6.51	6.59	7.36		8.31	7.55	6.87
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	16	19	173				

FINAL - 2022 Bislett Games (Oslo, NOR) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	16-Jun-22	time	6.46	10.58	14.78	19.10	23.62		28.50	33.36	38.30	43.44	48.86		54.81	7 / 2			
reaction time	0.175	interval		4.12	4.20	4.32	4.52		4.88	4.86	4.94	5.14	5.42	5.95			12.64	14.26	15.50
		velocity	6.97	8.50	8.33	8.10	7.74		7.17	7.20	7.09	6.81	6.46	6.72	7.30		8.31	7.36	6.77
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	16	19.2	173.2				

FINAL - 2022 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	09-Jun-22	time	6.53	10.67	14.80	19.07	23.60	25.52	28.33	33.13	38.07	43.10	48.47		54.50	4 / 3			
reaction time	0.187	interval		4.14	4.13	4.27	4.53		4.73	4.80	4.94	5.03	5.37	6.03			12.54	14.06	15.34
		velocity	6.89	8.45	8.47	8.20	7.73	7.84	7.40	7.29	7.09	6.96	6.52	6.63	7.34		8.37	7.47	6.84
H1 lead leg	R	strides	22	14	14	14			15	15	15	15	16	19.5	159.5				

FINAL - 2022 Golden Spike (Ostrava, CZE) (TV Analysis) (300m Hurdles) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	31-May-22	time	7.20	11.05	15.17	19.37	23.73		28.46	33.20					38.36	6 / 3			
reaction time	0.208	interval		3.85	4.12	4.20	4.36		4.73	4.74				5.16	PB		12.17	13.83	
		velocity	6.94	9.09	8.50	8.33	8.03		7.40	7.38				7.75	7.82		8.63	7.59	
H1 lead leg	R	strides	24	14		14	14			15				18	99				

FINAL - 2022 Müller Birmingham Diamond League (Birmingham, GBR) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	21-May-22	time	6.53	10.66	14.83	19.17	23.70	25.61	28.67	33.63	38.80	44.07	49.43		55.37	5 / 3			
reaction time	0.173	interval		4.13	4.17	4.34	4.53		4.97	4.96	5.17	5.27	5.36	5.94			12.64	14.46	15.80
		velocity	6.89	8.47	8.39	8.06	7.73	7.81	7.04	7.06	6.77	6.64	6.53	6.73	7.22		8.31	7.26	6.65
H1 lead leg	R	strides	22	14	14	14	14		15	15	16	16	16	19.2	175.2				

FINAL - 2021 Weltklasse (Zürich, SUI) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	09-Sep-21	time	6.40	10.40	14.56	18.88	23.28	25.1	27.92	32.68	37.48	42.52	47.76		53.70	5 / 3			
reaction time	0.160	interval		4.00	4.16	4.32	4.40		4.64	4.76	4.80	5.04	5.24	5.94			12.48	13.80	15.08
		velocity	7.03	8.75	8.41	8.10	7.95	7.97	7.54	7.35	7.29	6.94	6.68	6.73	7.45		8.41	7.61	6.96
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	16	19.2	173.2				

FINAL - 2021 Meeting de Paris (Paris, FRA) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	28-Aug-21	time	6.33	10.52	14.82		23.75		28.52	33.37	38.30	43.33	48.60		54.59	6 / 2			
reaction time	0.175	interval		4.19	4.30		8.93		4.77	4.85	4.93	5.03	5.27	5.99					15.23
		velocity	7.11	8.35	8.14		7.84		7.34	7.22	7.10	6.96	6.64	6.68	7.33				6.89
H1 lead leg	R	strides	22	14	14	14			15	15	15	15	15	19	158				

FINAL - 2021 Athletissima (Lausanne, SUI) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	26-Aug-21	time	6.44	10.52	14.68		23.52		28.32	33.16	38.04	43.04	48.32		54.32	2 / 3			
reaction time	0.162	interval		4.08	4.16		8.84		4.80	4.84	4.88	5.00	5.28	6.00					15.16
		velocity	6.99	8.58	8.41		7.92		7.29	7.23	7.17	7.00	6.63	6.67	7.36				6.93
H1 lead leg	R	strides	22	14	14				15	15	15	15	16	19	145				

FINAL - 2021 Prefontaine Classic (Eugene, OR) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	21-Aug-21	time	6.52	10.64	14.84	19.12	23.52	25.5		33.12	38.00	43.00	48.22		54.40	3 / 4			
reaction time	0.162	interval		4.12	4.20	4.28	4.40			9.60	4.88	5.00	5.22	6.18			12.60	14.00	15.10
		velocity	6.90	8.50	8.33	8.18	7.95	7.84		7.29	7.17	7.00	6.70	6.47	7.35		8.33	7.50	6.95
H1 lead leg	R	strides	22	14	14	14	14				15	15	15	20	143				

FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	04-Aug-21	time	6.40	10.48	14.60	18.80	23.08		27.68	32.44	37.28	42.32	47.52		53.48	2 / 5					
reaction time	0.177	interval		4.08	4.12	4.20	4.28		4.60	4.76	4.84	5.04	5.20	5.96			12.40	13.64	15.08		
		velocity	7.03	8.58	8.50	8.33	8.18		7.61	7.35	7.23	6.94	6.73	6.71	7.48		8.47	7.70	6.96		
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	16	19.2	173.2						

Semi-Final 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis) *Henson (2024) - Athlete First: 2021 year end hurdle report*

date	02-Aug-21	time	6.36	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) *Henson (2024) - Athlete First: 2021 year end hurdle report*

date	31-Jul-21	time	6.56	10.56	14.73	19.00	23.46		28.33	33.26	38.20	43.40	48.66		54.46	2 / 1					
reaction time	0.191	interval		4.00	4.17	4.27	4.46		4.87	4.93	4.94	5.20	5.26	5.80			12.44	14.26	15.40		
		velocity	6.86	8.75	8.39	8.20	7.85		7.19	7.10	7.09	6.73	6.65	6.90	7.34		8.44	7.36	6.82		
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	16	16	19	174						

FINAL - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	04-Jul-21	time	6.34	10.30	14.36		22.84	24.8	27.42	32.12	36.88	41.78	47.02		52.96	3 / 3					
reaction time	0.183	interval		3.96	4.06		8.48		4.58	4.70	4.76	4.90	5.24	5.94	NR PB				14.90		
		velocity	7.10	8.84	8.62		8.25	8.06	7.64	7.45	7.35	7.14	6.68	6.73	7.55				7.05		
H1 lead leg	R	strides	22	14	14				15	15	15	15	16	19.2	145.2						

FINAL - 2021 Bislett Games (Oslo, NOR) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	01-Jul-21	time	6.48	10.56	14.68	19.00	23.44		28.12	32.84	37.72	42.68	48.04		54.15	5 / 2					
reaction time	0.185	interval		4.08	4.12	4.32	4.44		4.68	4.72	4.88	4.96	5.36	6.11	PB		12.52	13.84	15.20		
		velocity	6.94	8.58	8.50	8.10	7.88		7.48	7.42	7.17	7.06	6.53	6.55	7.39		8.39	7.59	6.91		
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	16	19.5	173.5						

FINAL - 2021 Golden Gala Pietro Mennea (Florence, ITA) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	10-Jun-21	time	6.44	10.56	14.62	18.80	23.20	25.1	27.88	32.64	37.56	42.64	48.04		54.19	5 / 2					
reaction time	0.182	interval		4.12	4.06	4.18	4.40		4.68	4.76	4.92	5.08	5.40	6.15	PB		12.36	13.84	15.40		
		velocity	6.99	8.50	8.62	8.37	7.95	7.97	7.48	7.35	7.11	6.89	6.48	6.50	7.38		8.50	7.59	6.82		
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	16	19.7	173.7						

FINAL - 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis) *Henson (2020) - Athlete First: 2020 year end hurdle report*

date	17-Sep-20	time	6.44	10.56	14.76	19.12	23.68	25.7	28.44	33.32	38.32	43.36	48.52		54.54	6 / 2					
reaction time	0.157	interval		4.12	4.20	4.36	4.56		4.76	4.88	5.00	5.04	5.16	6.02			12.68	14.20	15.20		
		velocity	6.99	8.50	8.33	8.03	7.68	7.78	7.35	7.17	7.00	6.94	6.78	6.64	7.33		8.28	7.39	6.91		
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	19.7	172.7						

FINAL - 2020 Bauhaus Galan (Stockholm, SWE) (TV Analysis) *Henson (2020) - Athlete First: 2020 year end hurdle report*

date	23-Aug-20	time	6.50	10.67	15.00	19.37	24.00	26.0	28.87	33.77	38.63	43.80	49.10		55.19	2 / 2					
reaction time	0.156	interval		4.17	4.33	4.37	4.63		4.87	4.90	4.86	5.17	5.30	6.09			12.87	14.40	15.33		
		velocity	6.92	8.39	8.08	8.01	7.56	7.69	7.19	7.14	7.20	6.77	6.60	6.57	7.25		8.16	7.29	6.85		
H1 lead leg	R	strides	21	14		14	15		15	15	16	15	16	19.5	160.5						

FINAL - 2020 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis) *Henson (2020) - Athlete First: 2020 year end hurdle report*

date	19-Aug-20	time	6.44	10.56	14.88	19.32	24.00		28.92	33.92	39.08	44.40	49.88		55.86	3 / 2					
reaction time	0.162	interval		4.12	4.32	4.44	4.68		4.92	5.00	5.16	5.32	5.48	5.98			12.88	14.60	15.96		
		velocity	6.99	8.50	8.10	7.88	7.48		7.11	7.00	6.78	6.58	6.39	6.69	7.16		8.15	7.19	6.58		
H1 lead leg	R	strides	22	14	14	14	15		15	15	15	16	16	19.5	175.5						

FINAL - 2019 IAAF World Championships (Doha, QAT) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	04-Oct-19	time	6.40	10.48	14.65	18.98	23.45		28.13	33.00	38.00	43.04	48.35		54.45	3 / 7					
reaction time	0.173	interval		4.08	4.17	4.33	4.47		4.68	4.87	5.00	5.04	5.31	6.10			12.58	14.02	15.35		
		velocity	7.03	8.58	8.39	8.08	7.83		7.48	7.19	7.00	6.94	6.59	6.56	7.35		8.35	7.49	6.84		
H1 lead leg	R	strides	22	14	14		14		15	15	15		16	19.2	144.2						

Semi-Final 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	02-Oct-19	time	6.54	10.67	14.85	19.22	23.75		28.46	33.30	38.24	43.21	48.35		54.45	6 / 3					
reaction time	0.171	interval		4.13	4.18	4.37	4.53		4.71	4.84	4.94	4.97	5.14	6.10			12.68	14.08	15.05		
		velocity	6.88	8.47	8.37	8.01	7.73		7.43	7.23	7.09	7.04	6.81	6.56	7.35		8.28	7.46	6.98		
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	19.2	172.2						

FINAL - 2019 The Match - Europe v USA (Minsk, BLR) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	10-Sep-19	time	6.54	10.67	14.88	19.18	23.65		28.42	33.40	38.47	43.71	49.01		55.32	6 / 1					
reaction time		interval		4.13	4.21	4.30	4.47		4.77	4.98	5.07	5.24	5.30	6.31			12.64	14.22	15.61		
		velocity	6.88	8.47	8.31	8.14	7.83		7.34	7.03	6.90	6.68	6.60	6.34	7.23		8.31	7.38	6.73		
H1 lead leg	R	strides		14	14	14	14		15	15	15	16	16	19.7	152.7						

FINAL - 2019 Weltklasse (Zürich, SUI) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	29-Aug-19	time	6.48	10.64		19.24	23.88	25.9	28.72	33.68	38.72	43.88	49.20		55.28	1 / 6					
reaction time	0.149	interval		4.16		8.60	4.64		4.84	4.96	5.04	5.16	5.32	6.08			12.76	14.44	15.52		
		velocity	6.94	8.41		8.14	7.54	7.72	7.23	7.06	6.94	6.78	6.58	6.58	7.24		8.23	7.27	6.77		
H1 lead leg	R	strides	22	14			15		15	15		15	16	19.7	131.7						

FINAL - 2019 Müller Anniversary Games (London, GBR) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	21-Jul-19	time	6.60	10.80	15.04	19.40	23.92	28.60	33.40	38.32	43.40	48.56		54.64	2 / 4				
reaction time	0.158	interval		4.20	4.24	4.36	4.52	4.68	4.80	4.92	5.08	5.16	6.08			12.80	14.00	15.16	
		velocity	6.82	8.33	8.25	8.03	7.74	7.48	7.29	7.11	6.89	6.78	6.58	7.32		8.20	7.50	6.93	
H1 lead leg	R	strides	22	14	14	14	15	15	15	15	15	16	19.5	174.5					

FINAL - 2019 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	12-Jul-19	time	6.56	10.80	15.10	19.52	26.3	29.04	34.08	39.16	44.36	49.64		55.65	8 / 8				
reaction time	0.170	interval		4.24	4.30	4.42		9.52	5.04	5.08	5.20	5.28	6.01			12.96	14.56	15.56	
		velocity	6.86	8.25	8.14	7.92	7.60	7.35	6.94	6.89	6.73	6.63	6.66	7.19		8.10	7.21	6.75	
H1 lead leg	R	strides	22	14	14	14			15	15	15	16		125					

FINAL - 2019 Bislett Games (Oslo, NOR) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	13-Jun-19	time	6.52	10.72	14.96	24.20	26.2	29.04	34.04	39.04	44.28	49.80		56.26	2 / 6				
reaction time	0.178	interval		4.20	4.24	9.24		4.84	5.00	5.00	5.24	5.52	6.46					15.76	
		velocity	6.90	8.33	8.25	7.58	7.63	7.23	7.00	7.00	6.68	6.34	6.19	7.11				6.66	
H1 lead leg	R	strides	22	14	14			15	15	15	15	16	21	147					

FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	06-Jun-19	time	6.44	10.64	14.92	19.40	24.08	28.96	33.84	38.80	44.00	49.40		55.64	8 / 6				
reaction time	0.157	interval		4.20	4.28	4.48	4.68	4.88	4.88	4.96	5.20	5.40	6.24			12.96	14.44	15.56	
		velocity	6.99	8.33	8.18	7.81	7.48	7.17	7.17	7.06	6.73	6.48	6.41	7.19		8.10	7.27	6.75	
H1 lead leg	R	strides	22	14	14	14	15	15	15	15	15	16	19.5	174.5					

FINAL - 2019 Doha Diamond League (Doha, QAT) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	03-May-19	time	6.58	10.70	14.91	19.35	23.99	25.9	28.73	33.60	38.60	43.64	48.84		54.82	4 / 3			
reaction time	0.149	interval		4.12	4.21	4.44	4.64		4.74	4.87	5.00	5.04	5.20	5.98			12.77	14.25	15.24	
		velocity	6.84	8.50	8.31	7.88	7.54	7.72	7.38	7.19	7.00	6.94	6.73	6.69	7.30		8.22	7.37	6.89	
H1 lead leg	R	strides	22	14	14	14	15		15	15	15	15	16	19.2	174.2					

FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis) *Henson (2021) - Athlete First: 2018 year end hurdle report*

date	09-Sep-18	time	6.36	10.48	14.68	19.00	23.36	28.00	32.88	37.80	43.04	48.24		54.47	8 / 3				
reaction time	0.172	interval		4.12	4.20	4.32	4.36	4.64	4.88	4.92	5.24	5.20	6.23			12.64	13.88	15.36	
		velocity	7.08	8.50	8.33	8.10	8.03	7.54	7.17	7.11	6.68	6.73	6.42	7.34		8.31	7.56	6.84	
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	16	16	19.7	174.7					

FINAL - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis) *Henson (2021) - Athlete First: major championships report*

date	15-Aug-13	time	6.34	10.58	14.88	19.19	23.84	28.65		38.61	43.77	49.00		55.01	1 / ~~6~~ 5				
reaction time	0.169	interval		4.24	4.30	4.31	4.65	4.81		9.96	5.16	5.23	6.01			12.85			
		velocity	7.10	8.25	8.14	8.12	7.53	7.28		7.03	6.78	6.69	6.66	7.27		8.17			
H1 lead leg	L	strides	21	14	14	14	14	15			15	15	19.2	141.2					

Saihara, Mai (JPN)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

FINAL - 2018 Japanese National High School Championships (Nagoya, JPN) *Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection*

date	04-Aug-18	time	6.86	11.49	16.25	21.26	26.43	31.82	37.47	43.14	48.98	54.67		60.86	9 / 6				
reaction time		interval		4.63	4.76	5.01	5.17	5.39	5.65	5.67	5.84	5.69	6.19			14.40	16.21	17.20	
		velocity	6.56	7.56	7.35	6.99	6.77	6.49	6.19	6.17	5.99	6.15	6.46	6.57		7.29	6.48	6.10	
H1 lead leg		strides		17	17	17	17	17	18	18	19	19		159					

Saito, Mayu (JPN) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

B FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN) *Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*

date	06-Jun-21	time	6.40	10.66	15.02	19.69	24.57	29.65	35.00	40.49	46.20	52.20		58.99	7 / 2				
reaction time		interval		4.26	4.36	4.67	4.88	5.08	5.35	5.49	5.71	6.00	6.79			13.29	15.31	17.20	
		velocity	7.03	8.22	8.03	7.49	7.17	6.89	6.54	6.38	6.13	5.83	5.89	6.78		7.90	6.86	6.10	
H1 lead leg	L	strides	24	16	16	17	17	17	18	18	19	19	23.2	204.2					

B FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN) *Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*

date	24-Oct-20	time	6.62	11.03	15.57	20.39	25.41	30.81	36.47	41.86	47.61	53.45		59.97	4 / 2				
reaction time		interval		4.41	4.54	4.82	5.02	5.40	5.66	5.39	5.75	5.84	6.52			13.77	16.08	16.98	
		velocity	6.80	7.94	7.71	7.26	6.97	6.48	6.18	6.49	6.09	5.99	6.13	6.67		7.63	6.53	6.18	
H1 lead leg		strides		16	16	17	17	17	18	18	19	19		157					

FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN) *Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*

date	20-Sep-20	time	6.59	10.94	15.45	20.22	25.26	30.53	36.14	42.04	48.30	54.70		62.14	8 / 7				
reaction time	0.217	interval		4.35	4.51	4.77	5.04	5.27	5.61	5.90	6.26	6.40	7.44			13.63	15.92	18.56	
		velocity	6.83	8.05	7.76	7.34	6.94	6.64	6.24	5.93	5.59	5.47	5.38	6.44		7.70	6.60	5.66	
H1 lead leg		strides		16	16	17	17	17	18	18	19	19		157					

Saka, Nozomi (JPN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

FINAL - 2019 Japanese National High School Championships (Okinawa, JPN) *Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection*

date	06-Aug-19	time	6.67	11.16	15.75	20.47	25.38	30.53	35.72	41.02	46.60	52.63		59.48	2 / 6				
reaction time		interval		4.49	4.59	4.72	4.91	5.15	5.19	5.30	5.58	6.03	6.85	PB		13.80	15.25	16.91	
		velocity	6.75	7.80	7.63	7.42	7.13	6.80	6.74	6.60	6.27	5.80	5.84	6.72		7.61	6.89	6.21	
H1 lead leg		strides		16	16	16	16	17	17	17	17	19		151					

Sakamoto, Saki (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 U20 Championsips (Niigata, JPN) *Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season*

date	30-Jun-24	time	7.07	11.85	16.65	21.49	26.58		31.65	37.10	42.68	48.28	53.95		60.01	3 / 6			
reaction time	0.275	interval		4.78	4.80	4.84	5.09		5.07	5.45	5.58	5.60	5.67	6.06			14.42	15.61	16.85
		velocity	6.36	7.32	7.29	7.23	6.88		6.90	6.42	6.27	6.25	6.17	6.60	6.67		7.28	6.73	6.23
H1 lead leg	R	strides	23	15	15	16	16		17	17	17	17	17		170				

Sallins, Melinda (USA) (1973)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

FINAL - 2003 USATF National Championships (Palo Alto, CA) *USATF Women's Sprint Development (2003)*

date	21-Jun-03	time	6.52	10.74	15.12	19.49	23.94		28.58	33.53	38.54	43.81	49.50		56.24	1 / 5			
reaction time		interval		4.22	4.38	4.37	4.45		4.64	4.95	5.01	5.27	5.69	6.74			12.97	14.04	15.97
		velocity	6.90	8.29	7.99	8.01	7.87		7.54	7.07	6.99	6.64	6.15	5.93	7.11		8.10	7.48	6.57
H1 lead leg		strides																	

Salminen, Heidi (FIN) (2003)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

Semi-Final 1 - 2023 European Athletics U23 Championships (Espoo, FIN) *European Athletics (2023) - european athletics U23 championships results book*

date	15-Jul-23	time	6.64	11.02	15.60	20.24	25.10		30.23	35.42	40.88	46.53	52.15		58.58	1 / 6			
reaction time	0.133	interval		4.38	4.58	4.64	4.86		5.13	5.19	5.46	5.65	5.62	6.43			13.60	15.18	16.73
		velocity	6.78	7.99	7.64	7.54	7.20		6.82	6.74	6.41	6.19	6.23	6.22	6.83		7.72	6.92	6.28
H1 lead leg		strides													0				

Semi-Final 1 - 2021 European Athletics U20 Championships (Tallin, EST) *European Athletics (2021) - european athletics U20 championships results book*

date	17-Jul-21	time	6.72	11.13	15.83	20.84	25.92	28.20	31.15	36.36	41.83	47.34	53.28		60.30	8 / 8			
reaction time	0.149	interval		4.41	4.70	5.01	5.08		5.23	5.21	5.47	5.51	5.94	7.02			14.12	15.52	16.92
		velocity	6.70	7.94	7.45	6.99	6.89	7.09	6.69	6.72	6.40	6.35	5.89	5.70	6.63		7.44	6.77	6.21
H1 lead leg		strides													0				

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

Long Hurdles - 2025 Grand Slam Track Miami (Miramar, FL) *Grand Slam Track (2025) - results and splits by race*

date	03-May-25	time	6.37	10.71	14.90	19.35	23.95	25.97	28.74	33.59	38.48	43.42	48.46		54.62	4 / 4			
reaction time	0.190	interval		4.34	4.19	4.45	4.60		4.79	4.85	4.89	4.94	5.04	6.16			12.98	14.24	14.87
		velocity	7.06	8.06	8.35	7.87	7.61	7.70	7.31	7.22	7.16	7.09	6.94	6.49	7.32		8.09	7.37	7.06
H1 lead leg	L	strides	23						16	16	16	16		20	107				

Long Hurdles - 2025 Grand Slam Track Kingston (Kingston, JAM) (TV Analysis) *Henson (2025) - Athlete First: 2025 year end hurdle report*

date	04-Apr-25	time	6.34	10.51	14.65	19.05	23.62		28.29	33.10	38.10	43.31	48.95		55.89	4 / 6			
reaction time	0.190	interval		4.17	4.14	4.40	4.57		4.67	4.81	5.00	5.21	5.64	6.94			12.71	14.05	15.85
		velocity	7.10	8.39	8.45	7.95	7.66		7.49	7.28	7.00	6.72	6.21	5.76	7.16		8.26	7.47	6.62
H1 lead leg	R	strides	22	15	15	15	15		15	16	16	16	17	21	183				

FINAL - 2024 Memorial van damme (Brussels, BEL) *Omega Timing (2024) - diamond league race analysis*

date	14-Sep-24	time	6.19	10.28	14.44	18.73	23.12		27.66	32.33	37.21	42.23	47.42		53.99	7 / 3			
reaction time	0.197	interval		4.09	4.16	4.29	4.39		4.54	4.67	4.88	5.02	5.19	6.57			12.54	13.60	15.09
		velocity	7.27	8.56	8.41	8.16	7.97		7.71	7.49	7.17	6.97	6.74	6.09	7.41		8.37	7.72	6.96
H1 lead leg	L	strides	22				14		15	15	15	16		20	117				

FINAL - 2024 Weltklasse (Züich, SUI) *Omega Timing (2024) - diamond league race analysis*

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) *Omega Timing (2024) - diamond league race analysis*

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) *Omega Timing (2024) - diamond league race analysis*

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) *Paris 2024 Olympic Games - Results Book (2024)*

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) *Paris 2024 Olympic Games - Results Book (2024)*

date	06-Aug-24	time	6.13	10.16	14.26	18.45	22.80		27.35	32.04	36.82	41.81	46.95		53.13	5 / 3			
reaction time	0.182	interval		4.03	4.10	4.19	4.35		4.55	4.69	4.78	4.99	5.14	6.18	PB		12.32	13.59	14.91
		velocity	7.34	8.68	8.54	8.35	8.05		7.69	7.46	7.32	7.01	6.81	6.47	7.53		8.52	7.73	7.04
H1 lead leg	L	strides	22	14	14	14	14		15	15	16	16	16	20	176				

Heat 3 - 2024 Olympic Games (Paris, FRA) *Paris 2024 Olympic 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		130				

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	6.43	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	16	16	19.7	163.7				

FINAL - 2023 Meeting International Mohammed VI d'Athlétisme (Rabat, MAR) *Omega Timing (2023) - diamond league race analysis*

date	28-May-23	time	6.21	10.35	14.78	19.27	23.88	28.56	33.36	38.25	43.16	48.18		54.42	3 / 3			
reaction time	0.178	interval		4.14	4.43	4.49	4.61	4.68	4.80	4.89	4.91	5.02	6.24			13.06	14.09	14.82
		velocity	7.25	8.45	7.90	7.80	7.59	7.48	7.29	7.16	7.13	6.97	6.41	7.35		8.04	7.45	7.09
H1 lead leg	R	strides	21	15	15	14	15	15	16	16	16	16	19.7	178.7				

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			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		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)

	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) *Paris 2024 Olympic Games - Results Book (2024)*

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 Olympic 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
		velocity	7.19	8.54	7.88	8.05	8.05	7.35	7.09	6.96	6.77	6.52	6.61	7.30		8.15	7.47	6.74
H1 lead leg	L	strides	22	15	15	15	15	16	16	16	16	17	19.7	182.7				

Semi-Final 1 - 2022 European Athletics Championships (Munich, GER) *European Athletics (2022) - european athletics championships race analysis*

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) *European Athletics (2022) - european athletics championships race analysis*

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) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	20-Jul-22	time	6.38	10.60	15.06	19.40	24.00	26.10	28.92	33.93	39.20	44.53	49.86		55.90	2 / 8		
reaction time	0.199	interval		4.22	4.46	4.34	4.60		4.92	5.01	5.27	5.33	5.33	6.04			13.02	14.53	15.93
		velocity	7.05	8.29	7.85	8.06	7.61	7.66	7.11	6.99	6.64	6.57	6.57	6.62	7.16		8.06	7.23	6.59
H1 lead leg	L	strides	22	15	15	15	15		16		17	17	17	19.5	168.5				

Sauka, Satsuki (JPN) (2005)		**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2023 Japanese U20 National Championsips (Osaka, JPN)															*Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season*			
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)		**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 1971 West German Athletics - 300m Hurdles Test (Bonn, FRG)															*Keydel (1971) - 300 ou 400 haies pour les femmes?*			
date	15-May-71	time	4.1	7.9	11.6	15.4	19.3		23.6	27.6	31.7	36.1	41.4		44.4	/ 1			
reaction time		interval		3.80	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)		**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 1971 West German Athletics - 300m Hurdles Test (Bonn, FRG)															*Keydel (1971) - 300 ou 400 haies pour les femmes?*			
date	15-May-71	time	4.1	7.9	11.8	15.6	19.6		24.1	28.6	33.3	38.1	43.0		46.4	/ 5			
reaction time		interval		3.80	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)		**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2016 Hürden-und Sprintmeeting (Basel, SUI) (300m Hurdles)															*Swiss Athletics (2016) - sprint and hurdle analysis*			
date	07-May-16	time	6.74	11.16	15.70	20.42	25.28		30.22	35.14					41.31	/ 2			
reaction time		interval		4.42	4.54	4.72	4.86		4.94	4.92				6.17			13.68	14.72	
		velocity	6.68	7.92	7.71	7.42	7.20		7.09	7.11				7.29	7.26		7.68	7.13	
H1 lead leg		strides																	

Sekimoto, Moeka (JPN) (2000)		**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN)															*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date	03-May-21	time	6.71	11.08	15.58	20.10	24.76		29.56	34.42	39.44	44.73	50.34		57.33	6 / 1			
reaction time	0.216	interval		4.37	4.50	4.52	4.66		4.80	4.86	5.02	5.29	5.61	6.99			13.39	14.32	15.92
		velocity	6.71	8.01	7.78	7.74	7.51		7.29	7.20	6.97	6.62	6.24	5.72	6.98		7.84	7.33	6.60
H1 lead leg	R	strides	22	15	15	15	15		16	16	17	17	17	22	187				

FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN) *Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*

date	24-Oct-20	time	6.64	11.03	15.48	19.99	24.62		29.60	34.73	39.92	45.38	51.08		58.09	3 / 1		
reaction time		interval		4.39	4.45	4.51	4.63		4.98	5.13	5.19	5.46	5.70	7.01			13.35	14.74	16.35
		velocity	6.78	7.97	7.87	7.76	7.56		7.03	6.82	6.74	6.41	6.14	5.71	6.89		7.87	7.12	6.42
H1 lead leg		strides		15	15	15	15		16	16	17	17	17		143				

FINAL - 2020 Japanese National Championships (Niigata, JPN) *Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*

date	03-Oct-20	time	6.76	11.24	15.83	20.55	25.41		30.45	35.49	40.69	45.95	51.38		57.89	3 / 6		
reaction time	0.200	interval		4.48	4.59	4.72	4.86		5.04	5.04	5.20	5.26	5.43	6.51			13.79	14.94	15.89
		velocity	6.66	7.81	7.63	7.42	7.20		6.94	6.94	6.73	6.65	6.45	6.14	6.91		7.61	7.03	6.61
H1 lead leg	R	strides	22	15	15	15	15		16	16	17	17	17	21.2	186.2				

FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN) *Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*

date	23-Aug-20	time	6.62	11.01	15.50	20.14	24.89		29.68	34.65	39.81	45.20	50.80		57.51	7 / 1		
reaction time	0.174	interval		4.39	4.49	4.64	4.75		4.79	4.97	5.16	5.39	5.60	6.71			13.52	14.51	16.15
		velocity	6.80	7.97	7.80	7.54	7.37		7.31	7.04	6.78	6.49	6.25	5.96	6.96		7.77	7.24	6.50
H1 lead leg		strides		15	15	15	15		15	16	16	17	17		141				

FINAL - 2019 National Sports Festival (Hitachinaka, JPN) *Enomoto (2019) - research on athlete performance and technique- 2019 data book*

date	05-Oct-19	time	6.67	10.94	15.40	19.97	24.64		29.53	34.57	39.82	45.15	50.92		57.83	5 / 1		
reaction time	0.204	interval		4.27	4.46	4.57	4.67		4.89	5.04	5.25	5.33	5.77	6.91			13.30	14.60	16.35
		velocity	6.75	8.20	7.85	7.66	7.49		7.16	6.94	6.67	6.57	6.07	5.79	6.92		7.89	7.19	6.42
H1 lead leg		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	6.75	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) *Matsubayashi (2019) - research on athlete performance and technique- 2019 data book*

date	06-May-19	time	6.72	11.21	15.72	20.32	25.11		30.04	35.04	40.26	45.74	51.53		58.40	6 / 3					
reaction time		interval		4.49	4.51	4.60	4.79		4.93	5.00	5.22	5.48	5.79	6.87	PB			13.60	14.72	16.49	
		velocity	6.70	7.80	7.76	7.61	7.31		7.10	7.00	6.70	6.39	6.04	5.82	6.85			7.72	7.13	6.37	
H1 lead leg	R	strides	22	15	15	15	15		16	16	17	17	17	22	187						

B FINAL - 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN) *Kobayashi (2019) - research on athlete performance and technique- 2019 data book*

date	03-May-19	time	6.89	11.31	15.82	20.42	25.13		30.00	35.22	40.64	46.41	52.64		59.55	/ 2					
reaction time		interval		4.42	4.51	4.60	4.71		4.87	5.22	5.42	5.77	6.23	6.91				13.53	14.80	17.42	
		velocity	6.53	7.92	7.76	7.61	7.43		7.19	6.70	6.46	6.07	5.62	5.79	6.72			7.76	7.09	6.03	
H1 lead leg		strides		15	15	15	15		15	16	16	17	18		142						

FINAL - 2017 Japanese National High School Championships (Yamagata, JPN) *Kota (2017) - 70th high school championships: JAF scientific committee- biomechanics data*

date	31-Jul-17	time	6.86	11.29	15.97	20.89	26.08		31.26	36.74	42.16	47.75	53.32		59.83	2 / 6					
reaction time	0.187	interval		4.43	4.68	4.92	5.19		5.18	5.48	5.42	5.59	5.57	6.51				14.03	15.85	16.58	
		velocity	6.56	7.90	7.48	7.11	6.74		6.76	6.39	6.46	6.26	6.28	6.14	6.69			7.48	6.62	6.33	
H1 lead leg		strides		15	15	15	16		16	16	16	17	17		143						

FINAL - 2016 Japanese National High School Championships (Okayama, JPN) *Kota (2016) - 69th high school championships: JAF scientific committee- biomechanics data*

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						

Seramondi, Alessia (ITA) (2003)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

Semi-Final 2 - 2023 European Athletics U23 Championships (Espoo, FIN) *European Athletics (2023) - european athletics U23 championships results book*

date	15-Jul-23	time	6.60	10.84	15.34	20.08	24.79		29.84	35.17	40.86	46.46	52.28		59.02	2 / 7					
reaction time	0.260	interval		4.24	4.50	4.74	4.71		5.05	5.33	5.69	5.60	5.82	6.74				13.48	15.09	17.11	
		velocity	6.82	8.25	7.78	7.38	7.43		6.93	6.57	6.15	6.25	6.01	5.93	6.78			7.79	6.96	6.14	
H1 lead leg		strides													0						

Seri, Camille (FRA) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

Semi-Final 1 - 2022 European Athletics Championships (Munich, GER) *European Athletics (2022) - european athletics championships race analysis*

date	18-Aug-22	time	6.42	10.67	15.02	19.47	24.07	26.18	28.83	33.93	39.24				dnf	8 / --					
reaction time	0.201	interval		4.25	4.35	4.45	4.60		4.76	5.10	5.31							13.05	14.46		
		velocity	7.01	8.24	8.05	7.87	7.61	7.64	7.35	6.86	6.59							8.05	7.26		
H1 lead leg	R	strides	24			16	16		17	17	18				108						

Heat 1 - 2022 European Athletics Championships (Munich, GER) *European Athletics (2022) - european athletics championships race analysis*

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)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

FINAL - 2019 Seiko Golden Grand Prix (Osaka, JPN) *Hirokawa (2019) - research on athlete performance and technique- 2019 data book*

date	19-May-19	time	6.72	11.23	15.80	20.59	25.51		30.56	35.52	40.56	45.85	51.42		58.04	4 / 8					
reaction time	0.163	interval		4.51	4.57	4.79	4.92		5.05	4.96	5.04	5.29	5.57	6.62				13.87	14.93	15.90	
		velocity	6.70	7.76	7.66	7.31	7.11		6.93	7.06	6.94	6.62	6.28	6.04	6.89			7.57	7.03	6.60	
H1 lead leg	R	strides	22	15	15	15	15		16	16	16	16	17	20.2	183.2						

Seymour, Kiah (USA) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	26-Jun-21	time	6.50	10.67	14.98	19.35	23.92		28.72	33.63	38.57	43.81			55.84	7 / 5					
reaction time	0.204	interval		4.17	4.31	4.37	4.57		4.80	4.91	4.94	5.24						12.85	14.28		
		velocity	6.92	8.39	8.12	8.01	7.66		7.29	7.13	7.09	6.68			7.16			8.17	7.35		
H1 lead leg	R	strides	24	16	16	16	16			17	17	17	18		157						

Shakes-Drayton, Perri (GBR) (1988)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

FINAL - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis) *Henson (2021) - Athlete First: major championships report*

date	15-Aug-13	time	6.15	10.19	14.34	18.61	23.04		27.69	32.54	37.65	43.00	48.65		56.25	5 / ~~7~~ 6					
reaction time	0.188	interval		4.04	4.15	4.27	4.43		4.65	4.85	5.11	5.35	5.65	7.60				12.46	13.93	16.11	
		velocity	7.32	8.66	8.43	8.20	7.90		7.53	7.22	6.85	6.54	6.19	5.26	7.11			8.43	7.54	6.52	
H1 lead leg	L	strides	24	16	16	16	16		17	17		18	18	23	181						

FINAL - 2010 European Championships (Barcelona, ESP) *Arnold (2010) - 400mH planning and peaking*

date	30-Jul-10	time	6.46	10.64	14.88	19.26	23.54		28.08	32.88	37.86	42.90	48.14		54.18	7 / 3					
reaction time	0.270	interval		4.18	4.24	4.38	4.28		4.54	4.80	4.98	5.04	5.24	6.04	PB			12.80	13.62	15.26	
		velocity	6.97	8.37	8.25	7.99	8.18		7.71	7.29	7.03	6.94	6.68	6.62	7.38			8.20	7.71	6.88	
H1 lead leg	L	strides	24	16	16	16	15		15	17	17	17	17		170						

Semi-Final 2 - 2010 European Championships (Barcelona, ESP) *Arnold (2010) - 400mH planning and peaking*

date	28-Jul-10	time	6.50	10.74	15.16	19.54	24.04		28.70	33.54	38.50	43.52	48.82		54.73	3 / 3					
reaction time	0.258	interval		4.24	4.42	4.38	4.50		4.66	4.84	4.96	5.02	5.30	5.91	PB			13.04	14.00	15.28	
		velocity	6.92	8.25	7.92	7.99	7.78		7.51	7.23	7.06	6.97	6.60	6.77	7.31			8.05	7.50	6.87	
H1 lead leg	R	strides		15	16	16	15		16	16	17	17	17		145						

Heat 1 - 2010 European Championships (Barcelona, ESP) *Arnold (2010) - 400mH planning and peaking*

date	27-Jul-10	time	6.54	10.74	15.04	19.42	23.92		28.54	33.54	38.62	44.00	49.36		55.35	4 / 2					
reaction time	0.189	interval		4.20	4.30	4.38	4.50		4.62	5.00	5.08	5.38	5.36	5.99				12.88	14.12	15.82	
		velocity	6.88	8.33	8.14	7.99	7.78		7.58	7.00	6.89	6.51	6.53	6.68	7.23			8.15	7.44	6.64	
H1 lead leg	R	strides		15	16	16	15		16	16	17	17	17		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) *Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*

date	28-Sep-88	time	6.44	10.53	14.73	19.09	23.74		28.55	33.37	38.31	43.44	48.88		55.32	4 / 8					
reaction time	0.202	interval		4.09	4.20	4.36	4.65		4.81	4.82	4.94	5.13	5.44	6.44				12.65	14.28	15.51	
		velocity	6.99	8.56	8.33	8.03	7.53		7.28	7.26	7.09	6.82	6.43	6.21	7.23			8.30	7.35	6.77	
H1 lead leg	R	strides	23	15	15	15	17		17	17	17	17	17	21.2	191.2						

Semi-Final 1 - 1988 Olympic Games (Seoul, KOR) *Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*

date	26-Sep-88	time	6.42	10.52	14.72	19.11	23.72		28.54	33.39	38.33	43.41	48.56		54.36	3 / 3					
reaction time	0.184	interval		4.10	4.20	4.39	4.61		4.82	4.85	4.94	5.08	5.15	5.80	PB			12.69	14.28	15.17	
		velocity	7.01	8.54	8.33	7.97	7.59		7.26	7.22	7.09	6.89	6.80	6.90	7.36			8.27	7.35	6.92	
H1 lead leg		strides	23	15	15	15	15		16	17	17	17	17	20.8	187.8						

Shibata, Haruka (JPN) (1991)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN) *Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*

date	23-Aug-20	time	6.91	11.54	16.30	21.37	26.59		31.82	37.04	42.43	47.96	53.72		60.15	9 / 6					
reaction time	0.161	interval		4.63	4.76	5.07	5.22		5.23	5.22	5.39	5.53	5.76	6.43				14.46	15.67	16.68	
		velocity	6.51	7.56	7.35	6.90	6.70		6.69	6.70	6.49	6.33	6.08	6.22	6.65			7.26	6.70	6.29	
H1 lead leg		strides		16	16	17	17		17	17	17	17	19		153						

FINAL - 2019 Japanese National Championships (Fukuoka, JPN) *Yamanaka (2019) - research on athlete performance and technique- 2019 data book*

date	30-Jun-19	time	6.72	11.19	15.83	20.57	25.43		30.45	35.60	40.86	46.28	51.82		58.18	3 / 4					
reaction time	0.174	interval		4.47	4.64	4.74	4.86		5.02	5.15	5.26	5.42	5.54	6.36				13.85	15.03	16.22	
		velocity	6.70	7.83	7.54	7.38	7.20		6.97	6.80	6.65	6.46	6.32	6.29	6.88			7.58	6.99	6.47	
H1 lead leg	L	strides	24	16	16	16	16		16	17	17	17	17	21.2	193.2						

B FINAL - 2019 Kinami Memorial (Osaka, JPN) *Matsubayashi (2019) - research on athlete performance and technique- 2019 data book*

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) *Abe (2008) - 61st high school championships: JAF scientific committee- biomechanics data*

date	31-Jul-08	time	7.09	11.83	16.68	21.60	26.63		31.72	36.97	42.24	47.53	52.89		58.83	/ 2					
reaction time		interval		4.74	4.85	4.92	5.03		5.09	5.25	5.27	5.29	5.36	5.94				14.51	15.37	15.92	
		velocity	6.35	7.38	7.22	7.11	6.96		6.88	6.67	6.64	6.62	6.53	6.73	6.80			7.24	6.83	6.60	
H1 lead leg		strides		17	17	17	17		17	17	17	17	17		153						

Shimizu, Hana (JPN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

FINAL - 2019 Japanese National High School Championships (Okinawa, JPN) *Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection*

date	06-Aug-19	time	6.80	11.33	15.97	20.79	25.85		31.01	36.14	41.31	46.85	52.55		59.07	6 / 5					
reaction time		interval		4.53	4.64	4.82	5.06		5.16	5.13	5.17	5.54	5.70	6.52	PB			13.99	15.35	16.41	
		velocity	6.62	7.73	7.54	7.26	6.92		6.78	6.82	6.77	6.32	6.14	6.13	6.77			7.51	6.84	6.40	
H1 lead leg		strides		17	17	17	17		17	17	17	19	19		157						

FINAL - 2018 Japanese National High School Championships (Nagoya, JPN) *Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection*

date	04-Aug-18	time	6.77	11.38	16.12	20.97	26.08		31.21	36.42	41.74	47.43	53.14		59.61	4 / 3					
reaction time		interval		4.61	4.74	4.85	5.11		5.13	5.21	5.32	5.69	5.71	6.47	PB			14.20	15.45	16.72	
		velocity	6.65	7.59	7.38	7.22	6.85		6.82	6.72	6.58	6.15	6.13	6.18	6.71			7.39	6.80	6.28	
H1 lead leg		strides		17	17	17	17		17	17	17	19	19		157						

Shiomi, Mikoto (JPN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

FINAL - 2019 Japanese National High School Championships (Okinawa, JPN) *Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection*

date	06-Aug-19	time	6.93	11.75	16.60	21.62	26.77		32.08	37.50	42.88	48.38	54.04		59.96	1 / 8					
reaction time		interval		4.82	4.85	5.02	5.15		5.31	5.42	5.38	5.50	5.66	5.92				14.69	15.88	16.54	
		velocity	6.49	7.26	7.22	6.97	6.80		6.59	6.46	6.51	6.36	6.18	6.76	6.67			7.15	6.61	6.35	
H1 lead leg		strides		17	17	17	17		18	18	18	18	18		158						

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 Championsips (Sapporo, JPN) *Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season*

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 Championsips (Osaka, JPN) *Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season*

date	04-Jun-23	time	6.91	11.56	16.30	21.22	26.26		31.43	36.75	42.14	47.71	53.57		59.84	4 / 2				
reaction time	0.176	interval		4.65	4.74	4.92	5.04		5.17	5.32	5.39	5.57	5.86	6.27	**PB**			14.31	15.53	16.82
		velocity	6.51	7.53	7.38	7.11	6.94		6.77	6.58	6.49	6.28	5.97	6.38	6.68			7.34	6.76	6.24
H1 lead leg	L	strides	24	17	17	17	17		17	17	17	17	19	22	201					

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'Atlletisma, 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	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	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		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	21	185				

Smith, Susan (IRL) (1971)

FINAL - 1998 European Championships (Budapest, HUN) *Sanchez (1998) - Budapest '98: análisis de la carreras con villas*

date	23-Aug-98	time	6.50				23.45						48.91		55.61	4 / 8				
reaction time		interval					16.95						25.46	6.70						
		velocity	6.92				8.26						6.87	5.97	7.19					
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	17	17	21.5	185.5					

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)														*European Athletics (2024) - 2024 european athletics championships - results book*			
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)														*Lu (2002) - technical analysis of women's 400m hurdles champion and runner-up at the 9th national games*			
date 22-Nov-01 time	6.37	10.57	14.81	19.05	23.41		27.97	32.73	37.65	42.73	47.85		53.96	/ 1			
reaction time interval		4.20	4.24	4.24	4.36		4.56	4.76	4.92	5.08	5.12	6.11	**=AR PB**		12.68	13.68	15.12
velocity	7.06	8.33	8.25	8.25	8.03		7.68	7.35	7.11	6.89	6.84	6.55	7.41		8.28	7.68	6.94
H1 lead leg strides																	

Song Zhixin (CHN) (2005)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2021 East China District Meeting (Zhaoqing, CHN)														*CAA Hurdle Development (2021)*			
date 25-Apr-21 time	7.50	12.46	17.48	22.69	28.10		33.77	39.79					66.25	8 / 6			
reaction time 0.312 interval		4.96	5.02	5.21	5.41		5.67	6.02							15.19	17.10	
velocity	6.00	7.06	6.97	6.72	6.47		6.17	5.81					6.04		6.91	6.14	
H1 lead leg L strides	24	17	17	17	17		17	18					127				

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)														*USATF and Karmarush (2024) - USA Olympic trials results and race analysis*			
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)														*USATF Hurdle Development (2008)*			
date 29-Jun-08 time	6.51	10.71	15.08	19.45	23.92		28.51	33.42	38.42	43.82	49.27		55.74	3 / 5			
reaction time interval		4.20	4.37	4.37	4.47		4.59	4.91	5.00	5.40	5.45	6.47			12.94	13.97	15.85
velocity	6.91	8.33	8.01	8.01	7.83		7.63	7.13	7.00	6.48	6.42	6.18	7.18		8.11	7.52	6.62
H1 lead leg L strides	23	15	15	15	15		16	16	16	17	17		165				

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)														*USATF and Karmarush (2024) - USA Olympic trials results and race analysis*			
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)														*USATF and Karmarush (2024) - USA Olympic trials results and race analysis*			
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)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 25-Jun-22 time	6.67												dnf	3 / --			
reaction time interval																	
velocity	6.75																
H1 lead leg R strides	23												23				
Semi-Final 1 - 2022 USATF National Championships (Eugene, OR)														*USATF (2022) - Results powered by Karmarush*			
date 24-Jun-22 time	6.28	10.46	14.81	19.44	24.15	26.23	28.92	33.77	38.78	43.87	49.03	*55.19*	55.19	4 / 3			
reaction time interval		4.18	4.35	4.63	4.71		4.77	4.85	5.01	5.09	5.16	6.16			13.16	14.33	15.26
velocity	7.17	8.37	8.05	7.56	7.43	7.62	7.34	7.22	6.99	6.88	6.78	6.49	7.25		7.98	7.33	6.88
H1 lead leg L strides	22	15	15	15	15			15	15	15			127				
Heat 1 - 2022 USATF National Championships (Eugene, OR)														*USATF (2022) - Results powered by Karmarush*			
date 23-Jun-22 time	6.57	10.87	15.21	19.75	24.39	26.30	29.13	33.96	39.04	44.21	49.51		55.79	4 / 2			
reaction time interval		4.30	4.34	4.54	4.64		4.74	4.83	5.08	5.17	5.30	6.28			13.18	14.21	15.55
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)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 06-Jul-21 time	6.44	10.61	14.90	19.20	23.76		28.63		39.07	44.64	50.30		56.91	3 / 8			
reaction time 0.204 interval		4.17	4.29	4.30	4.56		4.87		10.44	5.57	5.66	6.61			12.76		
velocity	6.99	8.39	8.16	8.14	7.68		7.19		6.70	6.28	6.18	6.05	7.03		8.23		
H1 lead leg L strides		15	15	14	14		15			16	16		105				

WR=World Rec. AR=Area Rec. OR=Olympic Rec. CR=Championship Rec. NR=National Rec. PB=Personal Best DQ=Disqualified DV=Drug Violation

FINAL - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	27-Jun-21	time	6.37	10.61	14.88	19.38	24.25	28.99	33.93	44.71	60.19	3 / ~~8~~ 7							
reaction time	0.222	interval		4.24	4.27	4.50	4.87	4.74	4.94	10.78						13.64	9.68		
		velocity	7.06	8.25	8.20	7.78	7.19	7.38	7.09	6.49	6.65					7.70	10.85		
H1 lead leg	L	strides		15	15	15	15		15		75								

Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	26-Jun-21	time	6.40	10.67	15.11	19.72	24.42	29.18	34.03	38.87	43.84	49.01	55.25	7 / 4					
reaction time	0.208	interval		4.27	4.44	4.61	4.70	4.76	4.85	4.84	4.97	5.17	6.24			13.32	14.31	14.98	
		velocity	7.03	8.20	7.88	7.59	7.45	7.35	7.22	7.23	7.04	6.77	6.41	7.24		7.88	7.34	7.01	
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15		142					

Heat 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	25-Jun-21	time	6.36	10.70	15.16	19.63	24.26	29.03	33.93	38.93	44.16	49.60	55.92	8 / 2					
reaction time	0.182	interval		4.34	4.46	4.47	4.63	4.77	4.90	5.00	5.23	5.44	6.32			13.27	14.30	15.67	
		velocity	7.08	8.06	7.85	7.83	7.56	7.34	7.14	7.00	6.69	6.43	6.33	7.15		7.91	7.34	6.70	
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	18	175					

FINAL - 2019 IAAF World Championships (Doha, QAT) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	04-Oct-19	time	6.44	10.71	14.98	19.35	23.82	33.03	37.87	42.97	48.08	54.45	2 / 6						
reaction time	0.163	interval		4.27	4.27	4.37	4.47	9.21	4.84	5.10	5.11	6.37				12.91	13.68	15.05	
		velocity	6.99	8.20	8.20	8.01	7.83	7.60	7.23	6.86	6.85	6.28	7.35			8.13	7.68	6.98	
H1 lead leg	L	strides	22	15	15		15		15		16	19	117						

Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	02-Oct-19	time	6.24	10.40	14.52	18.88	23.32	27.92	32.64	37.76	42.96	48.28	54.42	8 / 3					
reaction time	0.171	interval		4.16	4.12	4.36	4.44	4.60	4.72	5.12	5.20	5.32	6.14			12.64	13.76	15.64	
		velocity	7.21	8.41	8.50	8.03	7.88	7.61	7.42	6.84	6.73	6.58	6.51	7.35		8.31	7.63	6.71	
H1 lead leg	L	strides	22	15	15	15	15	15	15	16	16	16	19.2	179.2					

FINAL - 2019 The Match - Europe v USA (Minsk, BLR) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	10-Sep-19	time	6.47	10.71	15.05	19.48	23.99	28.66	33.43	38.50	43.61	48.88	dnf	5 / --					
reaction time		interval		4.24	4.34	4.43	4.51	4.67	4.77	5.07	5.11	5.27				13.01	13.95	15.45	
		velocity	6.96	8.25	8.06	7.90	7.76	7.49	7.34	6.90	6.85	6.64				8.07	7.53	6.80	
H1 lead leg	L	strides		15	15		15	15	15	16	16	16		123					

FINAL - 2019 Weltklasse (Zürich, SUI) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	29-Aug-19	time	6.44	10.68	15.00	19.52	24.16	26.2	28.96	33.92	39.04	44.48	56.90	5 / 8					
reaction time	0.132	interval		4.24	4.32	4.52	4.64		4.80	4.96	5.12	5.44				13.08	14.40		
		velocity	6.99	8.25	8.10	7.74	7.54	7.63	7.29	7.06	6.84	6.43	7.03			8.03	7.29		
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	144						

FINAL - 2019 USATF National Championships (Des Moines, IA) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	28-Jul-19	time	6.57	10.74	14.98	19.32	23.76	33.13	37.60	42.44	47.34	53.11	3 / 3						
reaction time	0.202	interval		4.17	4.24	4.34	4.44	9.37	4.47	4.84	4.90	5.77	**=PB**			12.75	13.81	14.21	
		velocity	6.85	8.39	8.25	8.06	7.88	7.47	7.83	7.23	7.14	6.93	7.53			8.24	7.60	7.39	
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	18.2	145.2						

FINAL - 2019 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	12-Jul-19	time	6.42	10.68	15.06	19.52	24.06	26.1	33.32	38.16	43.34	48.50	54.46	3 / 2					
reaction time	0.152	interval		4.26	4.38	4.46	4.54		9.26	4.84	5.18	5.16	5.96			13.10	13.80	15.18	
		velocity	7.01	8.22	7.99	7.85	7.71	7.66	7.56	7.23	6.76	6.78	6.71	7.34		8.02	7.61	6.92	
H1 lead leg	L	strides	22	15	15	15	15			15	16	16	18.5	147.5					

FINAL - 2019 Athletissima (Lausanne, SUI) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	05-Jul-19	time	6.44	10.62	14.90		23.94	25.9	28.60	33.22	38.00	42.96	48.24	54.11	3 / 3				
reaction time	0.146	interval		4.18	4.28		9.04		4.66	4.62	4.78	4.96	5.28	5.87				15.02	
		velocity	6.99	8.37	8.18		7.74	7.72	7.51	7.58	7.32	7.06	6.63	6.81	7.39			6.99	
H1 lead leg	L	strides	22	14	14				15	15	15	15	16	19	145				

FINAL - 2019 Doha Diamond League (Doha, QAT) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	03-May-19	time	6.47	10.70	15.06	19.55	24.20	26.1	28.81	33.56	38.40	43.42	48.64	54.72	2 / 2				
reaction time	0.156	interval		4.23	4.36	4.49	4.65		4.61	4.75	4.84	5.02	5.22	6.08			13.08	14.01	15.08
		velocity	6.96	8.27	8.03	7.80	7.53	7.66	7.59	7.37	7.23	6.97	6.70	6.58	7.31		8.03	7.49	6.96
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19	176				

FINAL - 2018 Müller Anniversary Games (London, GBR) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	21-Jul-18	time	6.60	10.88	15.24	19.76	24.40	29.20	34.04	39.20	44.64	50.24	57.00	3 / 9					
reaction time	0.164	interval		4.28	4.36	4.52	4.64	4.80	4.84	5.16	5.44	5.60	6.76			13.16	14.28	16.20	
		velocity	6.82	8.18	8.03	7.74	7.54	7.29	7.23	6.78	6.43	6.25	5.92	7.02		7.98	7.35	6.48	
H1 lead leg	L	strides	22	15	15	15	15	15	15	16	16	16	19.5	179.5					

FINAL - 2018 Athletissima (Lausanne, SUI) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	05-Jul-18	time	6.40	10.72		19.64	24.16	28.80	33.64	38.52	43.56	48.76	54.74	8 / 5					
reaction time	0.153	interval		4.32		8.92	4.52	4.64	4.84	4.88	5.04	5.20	5.98			13.24	14.00	15.12	
		velocity	7.03	8.10		7.85	7.74	7.54	7.23	7.17	6.94	6.73	6.69	7.31		7.93	7.50	6.94	

H1 lead leg	L	strides	22	15			15		15	15	15	15	15		127						

FINAL - 2018 Prefontaine Classic (Eugene, OR) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	26-May-18	time	6.56	10.84	15.12	19.56	24.16		28.80	33.56	38.56	43.96	49.36		55.58	3 / 7					
reaction time	0.183	interval		4.28	4.28	4.44	4.60		4.64	4.76	5.00	5.40	5.40	6.22					13.00	14.00	15.80
		velocity	6.86	8.18	8.18	7.88	7.61		7.54	7.35	7.00	6.48	6.48	6.43	7.20				8.08	7.50	6.65
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	19	178						

FINAL - 2017 Memorial van Damme (Brussels, BEL) (TV Analysis) *Henson (2020) - Athlete First: 2017 year end hurdle report*

date	01-Sep-17	time	6.32	10.60	14.92	19.40	23.96	26.2	28.60	33.32	38.24	43.28	48.68		54.92	5 / 3					
reaction time	0.167	interval		4.28	4.32	4.48	4.56		4.64	4.72	4.92	5.04	5.40	6.24					13.08	13.92	15.36
		velocity	7.12	8.18	8.10	7.81	7.68	7.63	7.54	7.42	7.11	6.94	6.48	6.41	7.28				8.03	7.54	6.84
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	16	18.7	176.7						

FINAL - 2017 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis) *Henson (2020) - Athlete First: 2017 year end hurdle report*

date	21-Jul-17	time	6.36	10.56		19.36	23.88			33.20	38.20	43.60	49.44		55.92	5 / 6					
reaction time	0.180	interval		4.20		8.80	4.52			9.32	5.00	5.40	5.84	6.48					13.00	13.84	16.24
		velocity	7.08	8.33		7.95	7.74			7.51	7.00	6.48	5.99	6.17	7.15				8.08	7.59	6.47
H1 lead leg	L	strides	22	15			15				15	16	17		100						

FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis) *Henson (2021) - Athlete First: 2017 year end hurdle report*

date	06-Jul-17	time	6.48	10.76	15.20	19.68	24.32		28.96	33.60	38.28	43.08	48.28		53.90	6 / 1					
reaction time	0.154	interval		4.28	4.44	4.48	4.64		4.64	4.64	4.68	4.80	5.20	5.62					13.20	13.92	14.68
		velocity	6.94	8.18	7.88	7.81	7.54		7.54	7.54	7.48	7.29	6.73	7.12	7.42				7.95	7.54	7.15
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	16	18.2	176.2						

FINAL - 2017 Prefontaine Classic (Eugene, OR) (TV Analysis) *Henson (2020) - Athlete First: 2017 year end hurdle report*

date	27-May-17	time	6.50	10.76	15.13	19.67	24.23		28.76	33.36	38.03	42.83	47.83		53.38	6 / 1					
reaction time	0.240	interval		4.26	4.37	4.54	4.56		4.53	4.60	4.67	4.80	5.00	5.55	PB				13.17	13.69	14.47
		velocity	6.92	8.22	8.01	7.71	7.68		7.73	7.61	7.49	7.29	7.00	7.21	7.49				7.97	7.67	7.26
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	18.2	175.2						

FINAL - 2016 Athletissime (Laussane, SUI) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	25-Aug-16	time	6.56	10.84	15.24	19.76	24.40		29.04	33.88	38.88	44.28	49.80		55.86	2 / 6					
reaction time	0.159	interval		4.28	4.40	4.52	4.64		4.64	4.84	5.00	5.40	5.52	6.06					13.20	14.12	15.92
		velocity	6.86	8.18	7.95	7.74	7.54		7.54	7.23	7.00	6.48	6.34	6.60	7.16				7.95	7.44	6.60
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	18.2	177.2						

FINAL - 2016 Olympic Games (Rio de Janeiro, BRA) (TV Analysis) *Henson (2021) - Athlete First: 2016 year end hurdle report*

date	18-Aug-16	time	6.52	10.84	15.24	19.60	24.12		28.72	33.40	38.16	42.96	47.92		53.72	5 / 3					
reaction time	0.172	interval		4.32	4.40	4.36	4.52		4.60	4.68	4.76	4.80	4.96	5.80	PB				13.08	13.80	14.52
		velocity	6.90	8.10	7.95	8.03	7.74		7.61	7.48	7.35	7.29	7.06	6.90	7.45				8.03	7.61	7.23
H1 lead leg	L	strides	22	15	15	14	15		15	15	15	15	15	18.5	174.5						

FINAL - 2016 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	15-Jul-16	time	6.47	10.77	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) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	10-Jul-16	time	6.50	10.81	15.05	19.58	24.02		28.63	33.27	38.00	42.88	48.15		54.02	8 / 2					
reaction time	0.228	interval		4.31	4.24	4.53	4.44		4.61	4.64	4.73	4.88	5.27	5.87	PB				13.08	13.69	14.88
		velocity	6.92	8.12	8.25	7.73	7.88		7.59	7.54	7.40	7.17	6.64	6.81	7.40				8.03	7.67	7.06
H1 lead leg	L	strides	22	15	14	15	14		15	15	15	15	16	18.5	174.5						

Spencer, Kaliese (JAM) (1987)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

FINAL - 2016 Memorial van Damme (Brussels, BEL) (TV Analysis) *Henson (2021) - Athlete First: 2016 year end hurdle report*

date	09-Sep-16	time	6.44	10.68	15.04	19.56	24.20		28.88	33.68	38.64	43.76	49.04		55.05	6 / 3					
reaction time	0.182	interval		4.24	4.36	4.52	4.64		4.68	4.80	4.96	5.12	5.28	6.01					13.12	14.12	15.36
		velocity	6.99	8.25	8.03	7.74	7.54		7.48	7.29	7.06	6.84	6.63	6.66	7.27				8.00	7.44	6.84
H1 lead leg	L	strides	22	14	14	15	15		15	15	15	16	16	18.7	175.7						

FINAL - 2016 Birmingham Diamond League (Birmingham, GBR) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	05-Jun-16	time	6.57	10.83	15.37	19.90	24.60		29.43	34.23	39.40	44.63	50.00		55.96	2 / 7					
reaction time	0.157	interval		4.26	4.54	4.53	4.70		4.83	4.80	5.17	5.23	5.37	5.96					13.33	14.33	15.77
		velocity	6.85	8.22	7.71	7.73	7.45		7.25	7.29	6.77	6.69	6.52	6.71	7.15				7.88	7.33	6.66
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	16		160						

FINAL - 2016 Golden Gala Pietro Mennea (Roma, ITA) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	02-Jun-16	time	6.40	10.60		19.48	24.00			33.48	38.56	43.80	49.20		55.51	3 / 6					
reaction time	0.158	interval		4.20		8.88	4.52			9.48	5.08	5.24	5.40	6.31					13.08	14.00	15.72
		velocity	7.03	8.33		7.88	7.74			7.38	6.89	6.68	6.48	6.34	7.21				8.03	7.50	6.68
H1 lead leg	L	strides	22	14			15				16		16	19	102						

FINAL - 2016 Doha Diamond League (Doha, QAT) (TV Analysis) *Henson (2021) - Athlete First: 2016 year end hurdle report*

date	06-May-16	time	6.44	10.72	15.16	19.64	24.24		28.96	33.72	38.56	43.72	48.96		55.02	4 / 3					

reaction time	0.144	interval		4.28	4.44	4.48	4.60		4.72	4.76	4.84	5.16	5.24	6.06		13.20	14.08	15.24
		velocity	6.99	8.18	7.88	7.81	7.61		7.42	7.35	7.23	6.78	6.68	6.60	7.27	7.95	7.46	6.89
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	18.7	177.7			

FINAL - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis) *Henson (2021) - Athlete First: major championships report*

date	26-Aug-15	time	6.44	10.68	15.12	19.48	24.00		28.60	33.36	38.24	43.48			55.47	7 / 8		
reaction time	0.196	interval		4.24	4.44	4.36	4.52		4.60	4.76	4.88	5.24				13.04	13.88	
		velocity	6.99	8.25	7.88	8.03	7.74		7.61	7.35	7.17	6.68			7.21	8.05	7.56	
H1 lead leg	L	strides		15	15	15	15		15	15	15	16			121			

FINAL - 2012 Olympic Games (London, GBR) *Hillier (2012) - uka 2012 olympic games report: 400m hurdles*

date	08-Aug-12	time	6.36	10.40	14.45	18.60	22.81	24.61	27.40	32.29	37.14	42.12	47.50		53.66	9 / ~~4~~ 3		
reaction time	0.191	interval		4.04	4.05	4.15	4.21		4.59	4.89	4.85	4.98	5.38	6.16		12.24	13.69	15.21
		velocity	7.08	8.66	8.64	8.43	8.31	8.13	7.63	7.16	7.22	7.03	6.51	6.49	7.45	8.58	7.67	6.90
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	15	16	19	178			

FINAL - 2011 IAAF World Championships (Daegu, KOR) *Behm (2011) - Le quatrache: Démus enfin!*

date	01-Sep-11	time	6.1	10.1	14.1	18.4	22.9		27.2	32.0	36.7	41.9	47.3		54.01	2 / 4		
reaction time	0.195	interval		4.00	4.00	4.30	4.50		4.30	4.80	4.70	5.20	5.40	6.71		12.30	13.60	15.30
		velocity	7.38	8.75	8.75	8.14	7.78		8.14	7.29	7.45	6.73	6.48	5.96	7.41	8.54	7.72	6.86
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	16	16	20	174			

FINAL - 2009 IAAF World Championships (Berlin, GER) *Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*

date	20-Aug-09	time	6.43	10.48	14.66	18.93	23.31		27.95	32.69	37.51	42.45	47.55		53.56	6 / 4		
reaction time	0.149	interval		4.05	4.18	4.27	4.38		4.64	4.74	4.82	4.94	5.10	6.01	PB	12.50	13.76	14.86
		velocity	7.00	8.64	8.37	8.20	7.99		7.54	7.38	7.26	7.09	6.86	6.66	7.47	8.40	7.63	7.07
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131			

Semi-Final 2 - 2009 IAAF World Championships (Berlin, GER) *Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*

date	18-Aug-09	time	6.45	10.47	14.65	18.88	23.29		28.03	32.85	37.73	42.81	48.27		54.37	3 / 1		
reaction time	0.180	interval		4.02	4.18	4.23	4.41		4.74	4.82	4.88	5.08	5.46	6.10		12.43	13.97	15.42
		velocity	6.98	8.71	8.37	8.27	7.94		7.38	7.26	7.17	6.89	6.41	6.56	7.36	8.45	7.52	6.81
H1 lead leg		strides																

Heat 1 - 2009 IAAF World Championships (Berlin, GER) *Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*

date	17-Aug-09	time	6.45	10.59	14.87	19.17	23.67		28.11	33.03	38.01	43.32	48.87		55.12	3 / 1		
reaction time	0.188	interval		4.14	4.28	4.30	4.50		4.44	4.92	4.98	5.31	5.55	6.25		12.72	13.86	15.84
		velocity	6.98	8.45	8.18	8.14	7.78		7.88	7.11	7.03	6.59	6.31	6.40	7.26	8.25	7.58	6.63
H1 lead leg		strides																

Sprunger, Léa (SUI) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

FINAL - 2021 Weltklasse (Zürich, SUI) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	09-Sep-21	time	6.64	10.92		19.76	24.36	26.2	29.08	34.00	38.96				55.87	8 / 8		
reaction time	0.155	interval		4.28		8.84	4.60		4.72	4.92	4.96					13.12	14.24	
		velocity	6.78	8.18		7.92	7.61	7.63	7.42	7.11	7.06				7.16	8.00	7.37	
H1 lead leg	R	strides	23	15			15		15	15		15			98			

FINAL - 2021 Athletissima (Lausanne, SUI) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	26-Aug-21	time	6.36	10.56	14.88	19.24	23.88		28.64	33.52	38.52	43.60	48.88		54.75	7 / 5		
reaction time	0.176	interval		4.20	4.32	4.36	4.64		4.76	4.88	5.00	5.08	5.28	5.87		12.88	14.28	15.36
		velocity	7.08	8.33	8.10	8.03	7.54		7.35	7.17	7.00	6.89	6.63	6.81	7.31	8.15	7.35	6.84
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	15	15	18	170			

Semi-Final 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis) *Henson (2024) - Athlete First: 2021 year end hurdle report*

date	02-Aug-21	time	6.33	10.53	14.86	19.23	23.76		28.55	33.53	38.63	43.70	49.02		55.12	6 / 4		
reaction time	0.140	interval		4.20	4.33	4.37	4.53		4.79	4.98	5.10	5.07	5.32	6.10		12.90	14.30	15.49
		velocity	7.11	8.33	8.08	8.01	7.73		7.31	7.03	6.86	6.90	6.58	6.56	7.26	8.14	7.34	6.78
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	15	15	19	171			

Heat 5 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis) *Henson (2024) - Athlete First: 2021 year end hurdle report*

date	31-Jul-21	time	6.47	10.67	15.03		24.03		28.80	33.76		43.93	49.06		54.74	9 / 3		
reaction time	0.186	interval		4.20	4.36		9.00		4.77	4.96		10.17	5.13	5.68				15.30
		velocity	6.96	8.33	8.03		7.78		7.34	7.06		6.88	6.82	7.04	7.31			6.86
H1 lead leg	R	strides	21	14	14				15	15			15	18	112			

FINAL - 2021 Müller British Grand Prix (Gateshead, GBR) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	13-Jul-21	time	6.30	10.52	14.82	19.20	23.78	25.7	28.46	33.34	38.50	43.72	49.18		55.39	8 / 6		
reaction time	0.123	interval		4.22	4.30	4.38	4.58		4.68	4.88	5.16	5.22	5.46	6.21		12.90	14.14	15.84
		velocity	7.14	8.29	8.14	7.99	7.64	7.78	7.48	7.17	6.78	6.70	6.41	6.44	7.22	8.14	7.43	6.63
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	16	16	19	173			

FINAL - 2021 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	06-Jul-21	time	6.30	10.53	14.80	19.12	23.64		28.44	33.40	38.67	44.19			56.24	7 / 6		
reaction time	0.224	interval		4.23	4.27	4.32	4.52		4.80	4.96	5.27	5.52				12.82	14.28	
		velocity	7.14	8.27	8.20	8.10	7.74		7.29	7.06	6.64	6.34			7.11	8.19	7.35	
H1 lead leg	R	strides		15	14	14	15		15		16	16	17		122			

FINAL - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	04-Jul-21	time	6.20	10.30	14.56		23.56	25.6	28.26	33.04		43.28	48.90		55.27	8 / 8		
reaction time	0.186	interval		4.10	4.26		9.00		4.70	4.78		10.24	5.62	6.37				15.86
		velocity	7.26	8.54	8.22		7.78	7.81	7.45	7.32		6.84	6.23	6.28	7.24			6.62
H1 lead leg	R	strides		15	14				15	15	15		16		90			

FINAL - 2021 Bislett Games (Oslo, NOR) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	01-Jul-21	time	6.40	10.64	14.90	19.32	23.84		28.52	33.40	38.48	43.72	49.26		55.46	6 / 6		
reaction time	0.152	interval		4.24	4.26	4.42	4.52		4.68	4.88	5.08	5.24	5.54	6.20			12.92	14.08	15.86
		velocity	7.03	8.25	8.22	7.92	7.74		7.48	7.17	6.89	6.68	6.32	6.45	7.21		8.13	7.46	6.62
H1 lead leg	R	strides	22	15	14	14	15		15	15	15	16	16	19	176				

FINAL - 2020 Galà dei Castelli (Bellinzona, SUI) (TV Analysis) *Henson (2020) - Athlete First: 2020 year end hurdle report*

date	15-Sep-20	time	6.48	10.80	15.16	19.56	24.08		28.80	33.60	38.68	43.72	49.00		54.98	5 / 2		
reaction time		interval		4.32	4.36	4.40	4.52		4.72	4.80	5.08	5.04	5.28	5.98			13.08	14.04	15.40
		velocity	6.94	8.10	8.03	7.95	7.74		7.42	7.29	6.89	6.94	6.63	6.69	7.28		8.03	7.48	6.82
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	15	15	18.5	170.5				

FINAL - 2020 Bauhaus Galan (Stockholm, SWE) (TV Analysis) *Henson (2020) - Athlete First: 2020 year end hurdle report*

date	23-Aug-20	time	6.50	10.87	15.27	19.77	24.43	26.3	29.20	34.20	39.27	44.73	50.23		56.40	6 / 6		
reaction time	0.151	interval		4.37	4.40	4.50	4.66		4.77	5.00	5.07	5.46	5.50	6.17			13.27	14.43	16.03
		velocity	6.92	8.01	7.95	7.78	7.51	7.60	7.34	7.00	6.90	6.41	6.36	6.48	7.09		7.91	7.28	6.55
H1 lead leg	R	strides	20	14	14	14	14		15	15	15	16	16	19	172				

FINAL - 2020 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis) *Henson (2020) - Athlete First: 2020 year end hurdle report*

date	19-Aug-20	time	6.56	10.96	15.44	19.96	24.64		29.52	34.60	39.84	45.24	50.72		56.65	6 / 4		
reaction time	0.207	interval		4.40	4.48	4.52	4.68		4.88	5.08	5.24	5.40	5.48	5.93			13.40	14.64	16.12
		velocity	6.86	7.95	7.81	7.74	7.48		7.17	6.89	6.68	6.48	6.39	6.75	7.06		7.84	7.17	6.51
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	16	16		154				

FINAL - 2020 Inspiration Games (Zürich, SUI) (TV Analysis) (300m Hurdles) *Henson (2020) - Athlete First: 2020 year end hurdle report*

date	09-Jul-20	time	6.36	10.56	14.80	19.23	23.80		28.53	33.33					39.25	5 / 2		
reaction time		interval		4.20	4.24	4.43	4.57		4.73	4.80				5.92	*(Zürich, SUI)*		13.24	14.10	
		velocity	7.86	8.33	8.25	7.90	7.66		7.40	7.29				6.76	7.64		7.93	7.45	
H1 lead leg	R	strides	21	14	14	14	14		15	15				20	127				

FINAL - 2020 Impossible Games (Oslo, NOR) (TV Analysis) (300m Hurdles) *Henson (2020) - Athlete First: 2020 year end hurdle report*

date	11-Jun-20	time	6.94	11.04	15.28	19.85	24.49		29.30	34.27					39.86	6 / 3		
reaction time	0.151	interval		4.10	4.24	4.57	4.64		4.81	4.97				5.59			13.45	9.78	
		velocity	7.20	8.54	8.25	7.66	7.54		7.28	7.04				7.16	7.53		7.81	10.74	
H1 lead leg	R	strides	23	13	13	14	14		15	15				18.2	125.2				

FINAL - 2019 IAAF World Championships (Doha, QAT) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	04-Oct-19	time	6.28	10.47	14.71	19.00	23.49		28.11	32.93	37.93	42.94	48.08		54.06	9 / 4		
reaction time	0.199	interval		4.19	4.24	4.29	4.49		4.62	4.82	5.00	5.01	5.14	5.98	**NR PB**		12.72	13.93	15.15
		velocity	7.17	8.35	8.25	8.16	7.80		7.58	7.26	7.00	6.99	6.81	6.69	7.40		8.25	7.54	6.93
H1 lead leg	R	strides	23	14	14	14	14		15	15	15	15	15	18.5	172.5				

Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	02-Oct-19	time	6.37	10.47	14.75		23.55		28.25	33.10	38.10	43.21	48.45		54.52	6 / 2		
reaction time	0.191	interval		4.10	4.28		8.80		4.70	4.85	5.00	5.11	5.24	6.07					15.35
		velocity	7.06	8.54	8.18		7.95		7.45	7.22	7.00	6.85	6.68	6.59	7.34				6.84
H1 lead leg	R	strides	23	14	14	14	15		15	15	15	15	15	18.5	173.5				

Heat 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis) *Henson (2021) - Athlete First: 2019 year end hurdle report*

date	01-Oct-19	time	6.36	10.52	14.76	19.16	23.64		28.36	33.24	38.28	43.40	48.68		54.98	4 / 2		
reaction time	0.182	interval		4.16	4.24	4.40	4.48		4.72	4.88	5.04	5.12	5.28	6.30			12.80	14.08	15.44
		velocity	7.08	8.41	8.25	7.95	7.81		7.42	7.17	6.94	6.84	6.63	6.35	7.28		8.20	7.46	6.80
H1 lead leg	R	strides	21	14	14		14		15	15	15	15	15	19	157				

FINAL - 2019 The Match - Europe v USA (Minsk, BLR) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	10-Sep-19	time	6.47	10.71		19.41	23.92		28.69		38.77	44.07	49.45		55.46	4 / 2		
reaction time		interval		4.24		8.70	4.51		4.77		10.08	5.30	5.38	6.01			12.94		
		velocity	6.96	8.25		8.05	7.76		7.34		6.94	6.60	6.51	6.66	7.21		8.11		
H1 lead leg	R	strides		14	14		14		15			16	16	18.5	107.5				

FINAL - 2019 Weltklasse (Zürich, SUI) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	29-Aug-19	time	6.32	10.48		19.04	23.48	25.4	28.16	33.00	38.00	43.12	48.60		55.14	7 / 5		
reaction time	0.140	interval		4.16		8.56	4.44		4.68	4.84	5.00	5.12	5.48	6.54			12.72	13.96	15.60
		velocity	7.12	8.41		8.18	7.88	7.87	7.48	7.23	7.00	6.84	6.39	6.12	7.25		8.25	7.52	6.73
H1 lead leg	R	strides	21	14			14		15	15		15	16	20	130				

FINAL - 2019 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	12-Jul-19	time	6.44	10.72	15.08	19.48	24.04	26.0		33.76	38.88	44.24	49.60		55.60	2 / 6		
reaction time	0.143	interval		4.28	4.36	4.40	4.56			9.72	5.12	5.36	5.36	6.00			13.04	14.28	15.84
		velocity	6.99	8.18	8.03	7.95	7.68	7.69		7.20	6.84	6.53	6.53	6.67	7.19		8.05	7.35	6.63
H1 lead leg	R	strides	21	14	14	14	14				15	16	16	18.7	142.7				

FINAL - 2019 Athletissima (Lausanne, SUI) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	05-Jul-19	time	6.44	10.64	14.96	19.44	24.00	26.0	28.80	33.68	38.68	43.96	49.32		55.24	7 / 5			
reaction time	0.125	interval		4.20	4.32	4.48	4.56		4.80	4.88	5.00	5.28	5.36	5.92			13.00	14.24	15.64
		velocity	6.99	8.33	8.10	7.81	7.68	7.69	7.29	7.17	7.00	6.63	6.53	6.76	7.24		8.08	7.37	6.71
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	16	16		154				

FINAL - 2019 Bislett Games (Oslo, NOR) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	13-Jun-19	time	6.40	10.64	15.04	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) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	06-Jun-19	time	6.48	10.80	15.20	19.76	24.44		29.32	34.32	39.34	44.72	50.24		56.36	6 / 9			
reaction time	0.143	interval		4.32	4.40	4.56	4.68		4.88	5.00	5.02	5.38	5.52	6.12			13.28	14.56	15.92
		velocity	6.94	8.10	7.95	7.68	7.48		7.17	7.00	6.97	6.51	6.34	6.54	7.10		7.91	7.21	6.60
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	16	16	19	173				

FINAL - 2018 Weltklasse (Zürich, SUI) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	30-Aug-18	time	6.52	10.84	15.20	19.72	24.20	26.2	28.96	33.84	38.84	44.00	49.44		55.36	4 / 6			
reaction time	0.174	interval		4.32	4.36	4.52	4.48		4.76	4.88	5.00	5.16	5.44	5.92			13.20	14.12	15.60
		velocity	6.90	8.10	8.03	7.74	7.81	7.63	7.35	7.17	7.00	6.78	6.43	6.76	7.23		7.95	7.44	6.73
H1 lead leg	R	strides	21	14	14	14	14		15	15	15		17	18.5	157.5				

FINAL - 2018 Müller Grand Prix (Birmingham, GBR) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	18-Aug-18	time	6.44	10.77	15.25	19.78	24.35		29.13	34.06	39.00	44.04	49.18		54.86	4 / 1			
reaction time	0.116	interval		4.33	4.48	4.53	4.57		4.78	4.93	4.94	5.04	5.14	5.68			13.34	14.28	15.12
		velocity	6.99	8.08	7.81	7.73	7.66		7.32	7.10	7.09	6.94	6.81	7.04	7.29		7.87	7.35	6.94
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	15	15	18.2	170.2				

FINAL - 2018 Athletissima (Lausanne, SUI) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	05-Jul-18	time	6.40	10.72		19.48	24.00		28.72	33.60	38.56	43.60	48.80		54.79	6 / 6			
reaction time	0.126	interval		4.32		8.76	4.52		4.72	4.88	4.96	5.04	5.20	5.99			13.08	14.12	15.20
		velocity	7.03	8.10		7.99	7.74		7.42	7.17	7.06	6.94	6.73	6.68	7.30		8.03	7.44	6.91
H1 lead leg	R	strides	21	14			14		15	15	15	15	15	18.5	142.5				

FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	07-Jun-18	time	6.36	10.64	15.00		24.16		28.88	33.76	38.80	43.96	49.24		55.07	3 / 4			
reaction time	0.138	interval		4.28	4.36		9.16		4.72	4.88	5.04	5.16	5.28	5.83					15.48
		velocity	7.08	8.18	8.03		7.64		7.42	7.17	6.94	6.78	6.63	6.86	7.26				6.78
H1 lead leg	R	strides	21	14	14				15	15	15	16	16	18.5	144.5				

FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	31-May-18	time	6.40	10.68	15.00	19.44	24.08		28.80	33.72	39.04	44.48	50.08		56.36	6 / 8			
reaction time	0.147	interval		4.28	4.32	4.44	4.64		4.72	4.92	5.32	5.44	5.60	6.28			13.04	14.28	16.36
		velocity	7.03	8.18	8.10	7.88	7.54		7.42	7.11	6.58	6.43	6.25	6.37	7.10		8.05	7.35	6.42
H1 lead leg	R	strides	21	14	14	14	14		15	15	17	17	17	19	177				

FINAL - 2017 Memorial van Damme (Brussels, BEL) (TV Analysis) *Henson (2020) - Athlete First: 2017 year end hurdle report*

date	01-Sep-17	time	6.40	10.76	15.16	19.60	24.20	26.4	28.92	33.84	38.92	44.24	49.80		55.98	8 / 7			
reaction time	0.165	interval		4.36	4.40	4.44	4.60		4.72	4.92	5.08	5.32	5.56	6.18			13.20	14.24	15.96
		velocity	7.03	8.03	7.95	7.88	7.61	7.58	7.42	7.11	6.89	6.58	6.29	6.47	7.15		7.95	7.37	6.58
H1 lead leg	R	strides	21	14	14	14	14		14	14	15	15	17		152				

FINAL - 2017 Weltklasse (Zürich, SUI) (TV Analysis) *Henson (2020) - Athlete First: 2017 year end hurdle report*

date	24-Aug-17	time	6.36	10.56	14.92	19.36	23.88		28.64	33.60	38.68	43.84	48.96		54.66	6 / 3			
reaction time	0.124	interval		4.20	4.36	4.44	4.52		4.76	4.96	5.08	5.16	5.12	5.70			13.00	14.24	15.36
		velocity	7.08	8.33	8.03	7.88	7.74		7.35	7.06	6.89	6.78	6.84	7.02	7.32		8.08	7.37	6.84
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	15	15	18.2	170.2				

FINAL - 2017 IAAF World Championships (London, GBR) (TV Analysis) *Henson (2020) - Athlete First: 2017 year end hurdle report*

date	10-Aug-17	time	6.24	10.40	14.68	19.12	23.68		28.32	33.12	38.12	43.24	48.52		54.59	5 / 5			
reaction time	0.183	interval		4.16	4.28	4.44	4.56		4.64	4.80	5.00	5.12	5.28	6.07			12.88	14.00	15.40
		velocity	7.21	8.41	8.18	7.88	7.68		7.54	7.29	7.00	6.84	6.63	6.59	7.33		8.15	7.50	6.82
H1 lead leg	R	strides	21	14	14	15	15		15	15	15	15	15	18.7	172.7				

FINAL - 2017 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis) *Henson (2021) - Athlete First: 2017 year end hurdle report*

date	16-Jul-17	time	6.44	10.72	15.20	19.68	24.40		29.28	34.20	39.24	44.40	49.56		55.22	4 / 4			
reaction time	0.130	interval		4.28	4.48	4.48	4.72		4.88	4.92	5.04	5.16	5.16	5.66			13.24	14.52	15.36
		velocity	6.99	8.18	7.81	7.81	7.42		7.17	7.11	6.94	6.78	6.78	7.07	7.24		7.93	7.23	6.84
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	15	15	18.2	170.2				

FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis) *Henson (2021) - Athlete First: 2017 year end hurdle report*

date	06-Jul-17	time	6.44	10.72	15.00	19.44	23.96		28.64	33.44	38.44	43.52	48.68		54.29	7 / 2			
reaction time	0.121	interval		4.28	4.28	4.44	4.52		4.68	4.80	5.00	5.08	5.16	5.61	PB		13.00	14.00	15.24
		velocity	6.99	8.18	8.18	7.88	7.74		7.48	7.29	7.00	6.89	6.78	7.13	7.37		8.08	7.50	6.89

| | | |

FINAL - 2016 London Anniversary Games (London, GBR) (TV Analysis) *Henson (2021) - Athlete First: 2016 year end hurdle report*

date	22-Jul-16	time	6.26	10.43	14.63	18.93	23.43	28.16	33.03	38.03	43.30	48.70		54.96	3 / 5				
reaction time	0.146	interval		4.17	4.20	4.30	4.50	4.73	4.87	5.00	5.27	5.40	6.26			12.67	14.10	15.67	
		velocity	7.19	8.39	8.33	8.14	7.78	7.40	7.19	7.00	6.64	6.48	6.39	7.28		8.29	7.45	6.70	
H1 lead leg	L	strides	22	15	15	15	15	16	16	17	17	17	19.7	184.7					

FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

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)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

Semi-Final 1 - 2024 USA Olympic Trials (Eugene, OR) *USATF and Karmarush (2024) - USA Olympic trials results and race analysis*

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) *USATF and Karmarush (2024) - USA Olympic trials results and race analysis*

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) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	24-Jun-22	time	6.93	11.20	15.63	20.23	25.00	26.96	29.93	34.96	40.23	45.60	51.03		57.15	2 / 5			
reaction time		interval		4.27	4.43	4.60	4.77		4.93	5.03	5.27	5.37	5.43	6.12			13.30	14.73	16.07	
		velocity	6.49	8.20	7.90	7.61	7.34	7.42	7.10	6.96	6.64	6.52	6.45	6.54	7.00		7.89	7.13	6.53	
H1 lead leg	L	strides	24	16	16	16	16			17	17	17	17	20	176					

Suezaki, Nanami (JPN)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

FINAL - 2023 Japanese National High School Championsips (Sapporo, JPN) *Takashima (2023) - national high school sports festival - biomechanics data*

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)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

FINAL - 2010 Japanese National High School Championships (Okinawa, JPN) *Matsuo (2010) - 63rd high school championships: JAF scientific committee- biomechanics data*

date	31-Jul-10	time	6.91	11.63	16.48	21.35	26.37	31.41	36.58	41.89	47.63	53.94		61.21	/ 3				
reaction time		interval		4.72	4.85	4.87	5.02	5.04	5.17	5.31	5.74	6.31	7.27			14.44	15.23	17.36	
		velocity	6.51	7.42	7.22	7.19	6.97	6.94	6.77	6.59	6.10	5.55	5.50	6.53		7.27	6.89	6.05	
H1 lead leg		strides		17	17	17	17	17	17	17	18	20		157					

Sun Xiu (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	8.06	13.47	19.07	24.90	31.00	37.21	43.70	50.54				72.17	9 / 7				
reaction time	0.338	interval		5.41	5.60	5.83	6.10	6.21	6.49	6.84						16.84	18.80		
		velocity	5.58	6.47	6.25	6.00	5.74	5.64	5.39	5.12				5.54		6.24	5.59		
H1 lead leg	R	strides	26	18	18	19	19	19	20	21				160					

Sund, Maja (SWE) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

National FINAL - 2023 Bauhaus Galan (Stockholm, SWE) *Omega Timing (2023) - diamond league race analysis*

date	02-Jul-23	time	7.12	11.99	17.00	22.12	27.33	32.79	38.49	44.26	50.42	56.44		63.29	1 / 8				
reaction time	0.171	interval		4.87	5.01	5.12	5.21	5.46	5.70	5.77	6.16	6.02	6.85			15.00	16.37	17.95	
		velocity	6.32	7.19	6.99	6.84	6.72	6.41	6.14	6.07	5.68	5.81	5.84	6.32		7.00	6.41	5.85	
H1 lead leg		strides																	

Sutherland, Liz (GBR) (1947)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

Heat 3 - 1978 European Championships (Prague, TCH) *McFarlane (1980) - understanding the 400m hurdles*

date	01-Sep-78	time	6.9	11.5	16.1	20.9	25.7	27.7	30.5	35.5	40.6	45.7	51.6		57.60	/ 1			
reaction time		interval		4.60	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)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

FINAL - 2025 Tom Jones Memorial Invitational (Gainesville, FL) (TV Analysis) *Henson (2025) - Athlete First: 2025 year end hurdle report*

date	18-Apr-25	time	6.60	10.76	14.98	19.28	23.62	28.10	32.67	37.33	42.36	47.72		53.46	6 / 1				
reaction time		interval		4.16	4.22	4.30	4.34	4.48	4.57	4.66	5.03	5.36	5.74			12.68	13.39	15.05	
		velocity	6.82	8.41	8.29	8.14	8.06	7.81	7.66	7.51	6.96	6.53	6.97	7.48		8.28	7.84	6.98	
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	17	20.5	181.5					

FINAL - 2024 Olympic Games (Paris, FRA) *Paris 2024 Olympic Games - Results Book (2024)*

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) *Paris 2024 Olympic Games - Results Book (2024)*

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) *Paris 2024 Olympic Games - Results Book (2024)*

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					
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	/ 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) *Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*

date	12-Jun-11	time	6.79	11.16	15.55	20.00	24.55		29.22	34.14	39.15	44.42	50.26		56.90	/ 2					
reaction time		interval		4.37	4.39	4.45	4.55		4.67	4.92	5.01	5.27	5.84	6.64			13.21	14.14	16.12		
		velocity	6.63	8.01	7.97	7.87	7.69		7.49	7.11	6.99	6.64	5.99	6.02	7.03		7.95	7.43	6.51		

H1 lead leg		strides		15	15	15	15		15	16	16	16	18		141						

FINAL - 2010 Japanese National Championships (Marugume, JPN) *Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*

date	06-Jun-10	time	6.84	11.19	15.68	20.20	24.79		29.66	34.63	39.74	44.86	50.17		56.31	/ 2					
reaction time	0.184	interval		4.35	4.49	4.52	4.59		4.87	4.97	5.11	5.12	5.31	6.14					13.36	14.43	15.54
		velocity	6.58	8.05	7.80	7.74	7.63		7.19	7.04	6.85	6.84	6.59	6.51	7.10				7.86	7.28	6.76
H1 lead leg		strides		15	15	15	15		16	16	16	16	16		140						

FINAL - 2010 Osaka Grand Prix (Osaka, JPN) *Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11*

date	08-May-10	time	6.76	11.08	15.50	19.97	24.56		29.38	34.32	39.38	44.55	49.86		55.99	/ 3					
reaction time		interval		4.32	4.42	4.47	4.59		4.82	4.94	5.06	5.17	5.31	6.13	PB				13.21	14.35	15.54
		velocity	6.66	8.10	7.92	7.83	7.63		7.26	7.09	6.92	6.77	6.59	6.53	7.14				7.95	7.32	6.76
H1 lead leg		strides		15	15	15	15		16	16	16	16	17		141						

Takagi, Rina (JPN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Japanese National High School Championships (Yamagata, JPN)														*Kota (2017) - 70th high school championships: JAF scientific committee- biomechanics data*			
date 31-Jul-17	time	6.82	11.18	15.73	20.55	25.49		30.71	36.09	41.46	46.98	52.70		59.20	6 / 1			
reaction time 0.213	interval		4.36	4.55	4.82	4.94		5.22	5.38	5.37	5.52	5.72	6.50			13.73	15.54	16.61
	velocity	6.60	8.03	7.69	7.26	7.09		6.70	6.51	6.52	6.34	6.12	6.15	6.76		7.65	6.76	6.32
H1 lead leg	strides		16	16	16	16		17	17	17	17	18		150				

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)														*Shimizu (2018) - shimane high school championships 2018 - biomechanics data analysis*			
date 26-May-18	time	7.55	12.73	18.15	23.63	29.17		34.90	40.58	46.77	53.05	59.52		66.62	4 / 2			
reaction time	interval		5.18	5.42	5.48	5.54		5.73	5.68	6.19	6.28	6.47	7.10			16.08	16.95	18.94
	velocity	5.96	6.76	6.46	6.39	6.32		6.11	6.16	5.65	5.57	5.41	5.63	6.00		6.53	6.19	5.54
H1 lead leg	strides	25	17	19	19	19		19	19	21	21	21	24	224				

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)														*Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season*			
date 03-May-23	time	6.83	11.40	16.04	20.82	25.63		30.61	35.78	41.20	46.75	52.46		58.89	5 / 1			
reaction time 0.224	interval		4.57	4.64	4.78	4.81		4.98	5.17	5.42	5.55	5.71	6.43	PB		13.99	14.96	16.68
	velocity	6.59	7.66	7.54	7.32	7.28		7.03	6.77	6.46	6.31	6.13	6.22	6.79		7.51	7.02	6.29
H1 lead leg R	strides	24	16	17	17	17		18	18	19	19	19	23	207				

Takeishi, Konomi (JPN) (1991)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Japanese National Championships (Fukuoka, JPN)														*Yamanaka (2019) - research on athlete performance and technique- 2019 data book*			
date 30-Jun-19	time	6.66	11.14	15.88	20.82	25.81		30.90	36.30	41.86	47.28	52.69		58.76	8 / 6			
reaction time 0.148	interval		4.48	4.74	4.94	4.99		5.09	5.40	5.56	5.42	5.41	6.07			14.16	15.48	16.39
	velocity	6.76	7.81	7.38	7.09	7.01		6.88	6.48	6.29	6.46	6.47	6.59	6.81		7.42	6.78	6.41
H1 lead leg R	strides	23	15	15	16	16		16	17	18	17	17		170				

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)														*Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season*			
date 03-May-23	time	6.77	11.15	15.83	20.59	25.59		30.64	35.91	41.22	46.65	52.15		58.31	7 / 2			
reaction time 0.203	interval		4.38	4.68	4.76	5.00		5.05	5.27	5.31	5.43	5.50	6.16	PB		13.82	15.32	16.24
	velocity	6.65	7.99	7.48	7.35	7.00		6.93	6.64	6.59	6.45	6.36	6.49	6.86		7.60	6.85	6.47
H1 lead leg R	strides	23	15	16	16	16		16	17	17	17	17	20	190				

FINAL - 2022 Japanese National High School Championships (Naruto, JPN) *Kishima (2022) - national high school championships biomechanics data collection*

date	05-Aug-22	time	6.87	11.48	16.13	21.02	26.02		31.25	36.53	41.77	47.12	52.45		58.54	6 / 1					
reaction time	0.188	interval		4.61	4.65	4.89	5.00		5.23	5.28	5.24	5.35	5.33	6.09	PB				14.15	15.51	15.92
		velocity	6.55	7.59	7.53	7.16	7.00		6.69	6.63	6.68	6.54	6.57	6.57	6.83				7.42	6.77	6.60
H1 lead leg	R	strides	23	16	16	16	16		17	17	17	17	17	20.7	192.7						

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 Championsips (Sapporo, JPN)														*Takashima (2023) - national high school sports festival - biomechanics data*			
date 04-Aug-23	time	6.77	11.13	15.67	20.42	25.21		30.28	35.55	40.81	46.15	51.62		57.45	4 / 1			
reaction time 0.236	interval		4.36	4.54	4.75	4.79		5.07	5.27	5.26	5.34	5.47	5.83			13.65	15.13	16.07
	velocity	6.65	8.03	7.71	7.37	7.31		6.90	6.64	6.65	6.55	6.40	6.86	6.96		7.69	6.94	6.53
H1 lead leg	strides	22	15	15	16	16		17	17	17	17	17	21	190				

Takisawa, Aya (JPN) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 Japanese National High School Championships (Kitakami, JPN)														*Abe (2011) - 64th high school championships: JAF scientific committee - biomechanics*			
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)														*USATF Women's Sprint Development (2003)*			
date 22-Jun-03	time	6.67	11.09	15.67	20.27	25.14		30.30	35.87	41.27	46.76	52.42		58.69	5 / 3			
reaction time	interval		4.42	4.58	4.60	4.87		5.16	5.57	5.40	5.49	5.66	6.27	PB		13.60	15.60	16.55
	velocity	6.75	7.92	7.64	7.61	7.19		6.78	6.28	6.48	6.38	6.18	6.38	6.82		7.72	6.73	6.34
H1 lead leg	strides																	

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 Championsips (Fukuoka, JPN) *Takashima (2024) - national high school sports festival - biomechanics data*

date	30-Jul-24	time	6.71	11.18	15.93	20.65	25.51	30.61	36.04	41.41	46.78	52.35		58.75	5 / 2				
reaction time	0.185	interval		4.47	4.75	4.72	4.86	5.10	5.43	5.37	5.37	5.57	6.40	PB		13.94	15.39	16.31	
		velocity	6.71	7.83	7.37	7.42	7.20	6.86	6.45	6.52	6.52	6.28	6.25	6.81		7.53	6.82	6.44	
H1 lead leg		strides	23	16	16	16	16	16	16	17	17	17	22	192					

FINAL - 2024 Japanese National U20 Championsips (Niigata, JPN) *Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season*

date	30-Jun-24	time	6.94	11.48	16.18	20.85	25.69	30.70	35.92	41.21	46.70	52.35		58.86	5 / 4				
reaction time	0.228	interval		4.54	4.70	4.67	4.84	5.01	5.22	5.29	5.49	5.65	6.51	PB		13.91	15.07	16.43	
		velocity	6.48	7.71	7.45	7.49	7.23	6.99	6.70	6.62	6.38	6.19	6.14	6.80		7.55	6.97	6.39	
H1 lead leg	L	strides	24	16	16	16	16	16	17	17	17	18	22.2	195.2					

Taneru, Asuruhan Marino (JPN) (200

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

FINAL - 2021 Japanese High School National Championships (Fukui, JPN) *Shibayama (2021) - national high school and U20 national championhsips*

date	30-Jul-21	time	6.69	11.21	15.98	20.75	25.59	30.86	36.09	41.36	46.68	52.04		57.98	4 / 1				
reaction time	0.151	interval		4.52	4.77	4.77	4.84	5.27	5.23	5.27	5.32	5.36	5.94	PB		14.06	15.34	15.95	
		velocity	6.73	7.74	7.34	7.34	7.23	6.64	6.69	6.64	6.58	6.53	6.73	6.90		7.47	6.84	6.58	
H1 lead leg		strides		16	16	16	16	17	17	18	18	18		152					

FINAL - 2021 Japanese U20 National Championships (Osaka, JPN) *Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*

date	27-Jun-21	time	6.71	11.21	15.87	20.77	25.79	30.95	36.32	41.79	47.31	52.94		59.07	7 / 2				
reaction time	0.152	interval		4.50	4.66	4.90	5.02	5.16	5.37	5.47	5.52	5.63	6.13	PB		14.06	15.55	16.62	
		velocity	6.71	7.78	7.51	7.14	6.97	6.78	6.52	6.40	6.34	6.22	6.53	6.77		7.47	6.75	6.32	
H1 lead leg	L	strides	24	16	16	17	17	17	18	18	18	19	22	202					

Tang Chan (CHN) (2003)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

Heat 3 - 2021 East China District Meeting (Zhaoqing, CHN) *CAA Hurdle Development (2021)*

date	25-Apr-21	time	7.28	12.16	17.28	22.53	28.00	33.60	39.61	46.00	52.42	58.80		65.39	7 / 5				
reaction time	0.331	interval		4.88	5.12	5.25	5.47	5.60	6.01	6.39	6.42	6.38	6.59			15.25	17.08	19.19	
		velocity	6.18	7.17	6.84	6.67	6.40	6.25	5.82	5.48	5.45	5.49	6.07	6.12		6.89	6.15	5.47	
H1 lead leg	L	strides	24	17	17	17	17	17	17	19		19	21	185					

Tang Ziying (CHN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

Heat 3 - 2021 East China District Meeting (Zhaoqing, CHN) *CAA Hurdle Development (2021)*

date	25-Apr-21	time	7.26	12.26	17.30	22.39	27.63	33.00	38.54	44.22	50.02	56.30		63.44	8 / 4				
reaction time	0.257	interval		5.00	5.04	5.09	5.24	5.37	5.54	5.68	5.80	6.28	7.14			15.13	16.15	17.76	
		velocity	6.20	7.00	6.94	6.88	6.68	6.52	6.32	6.16	6.03	5.57	5.60	6.31		6.94	6.50	5.91	
H1 lead leg	L	strides	24	17	17	17	17	17	17	17	17	19	22	201					

Tao Xue (CHN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

FINAL - 2024 Chinese National Championships (Quzhou, CHN) *Shandong Athletics Sport Science (2024)*

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) *Shandong Athletics Sport Science (2024)*

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) *Shandong Athletics Sport Science (2023)*

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) *CAA Hurdle Development (2021)*

date	26-Jun-21	time	6.94	11.26	15.75	20.35	25.11	30.23	35.70	41.49	47.23	53.18		59.81	3 / 2				
reaction time	0.252	interval		4.32	4.49	4.60	4.76	5.12	5.47	5.79	5.74	5.95	6.63			13.41	15.35	17.48	
		velocity	6.48	8.10	7.80	7.61	7.35	6.84	6.40	6.04	6.10	5.88	6.03	6.69		7.83	6.84	6.01	
H1 lead leg	L	strides	23	15	15	15	15	16	18	18	18	18	20.2	191.2					

FINAL - 2020 Chinese Olympic Trials (Shaoxing, CHN) *CAA Hurdle Development (2021)*

date	13-Jun-21	time	6.71	11.13	15.55	20.05	24.69	29.63	34.83	40.26	45.88	51.65		58.42	3 / 3				
reaction time	0.278	interval		4.42	4.42	4.50	4.64	4.94	5.20	5.43	5.62	5.77	6.77	PB		13.34	14.78	16.82	
		velocity	6.71	7.92	7.92	7.78	7.54	7.09	6.73	6.45	6.23	6.07	5.91	6.85		7.87	7.10	6.24	
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	17	20.5	186.5					

Heat 2 - 2021 East China District Meeting (Zhaoqing, CHN) *CAA Hurdle Development (2021)*

date	25-Apr-21	time	6.92	11.23	15.63	20.10	24.67	29.56	34.68	40.11	45.90	51.87		63.30	2 / 5				
reaction time	0.292	interval		4.31	4.40	4.47	4.57	4.89	5.12	5.43	5.79	5.97	11.43			13.18	14.58	17.19	
		velocity	6.50	8.12	7.95	7.83	7.66	7.16	6.84	6.45	6.04	5.86	3.50	6.32		7.97	7.20	6.11	
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	18	18		168					

FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN) *CAA Hurdle Development (2019)*

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) *CAA Hurdle Development (2019)*

date	22-Aug-19	time	7.26	11.90	16.73	21.59	26.64	32.00	37.54	43.16	49.03	54.92		61.66	7 / 4					
reaction time	0.317	interval		4.64	4.83	4.86	5.05	5.36	5.54	5.62	5.87	5.89	6.74			14.33	15.95	17.38		
		velocity	6.20	7.54	7.25	7.20	6.93	6.53	6.32	6.23	5.96	5.94	5.93	6.49		7.33	6.58	6.04		
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	18	18	21	195						

Heat 2 - 2019 Chinese National Championships (Shenyang, CHN) *CAA Hurdle Development (2019)*

date	09-Jul-19	time	7.09	11.73	16.43	21.18	26.07	31.21	36.53	42.03	47.84	53.95		61.55	3 / ~~5~~ 4					
reaction time	0.286	interval		4.64	4.70	4.75	4.89	5.14	5.32	5.50	5.81	6.11	7.60			14.09	15.35	17.42		
		velocity	6.35	7.54	7.45	7.37	7.16	6.81	6.58	6.36	6.02	5.73	5.26	6.50		7.45	6.84	6.03		
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	18	22	195						

FINAL - 2019 Chinese National Grand Prix 4 (Luoyang, CHN) *CAA Hurdle Development (2019)*

date	29-May-19	time	6.92	11.29	15.78	20.40								dnf	1 / --					
reaction time		interval		4.37	4.49	4.62										13.48				
		velocity	6.50	8.01	7.80	7.58										7.79				
H1 lead leg	L	strides	13	15	15	16								59						

FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN) *CAA Hurdle Development (2019)*

date	12-Apr-19	time	7.12	11.66	16.35	21.14	26.04	31.36	36.47	41.89	47.36	53.04		59.57	6 / 1					
reaction time	0.287	interval		4.54	4.69	4.79	4.90	5.32	5.11	5.42	5.47	5.68	6.53			14.02	15.33	16.57		
		velocity	6.32	7.71	7.46	7.31	7.14	6.58	6.85	6.46	6.40	6.16	6.13	6.71		7.49	6.85	6.34		
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	18	21.2	194.2						

Heat 4 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN) *CAA Hurdle Development (2019)*

date	12-Apr-19	time	7.17	11.77	16.55	21.30	26.26	31.34	36.70	42.24	47.81	53.50		60.12	8 / 1					
reaction time	0.349	interval		4.60	4.78	4.75	4.96	5.08	5.36	5.54	5.57	5.69	6.62			14.13	15.40	16.80		
		velocity	6.28	7.61	7.32	7.37	7.06	6.89	6.53	6.32	6.28	6.15	6.04	6.65		7.43	6.82	6.25		
H1 lead leg	R	strides	24	16	16	16	16	16	17	17	17	17	21.2	193.2						

Heat 2 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN) *CAA Hurdle Development (2019)*

date	07-Apr-19	time	7.04	11.56	16.21	20.97	25.93	31.00	36.52	42.31	48.34	54.42		61.29	2 / 2					
reaction time	0.307	interval		4.52	4.65	4.76	4.96	5.07	5.52	5.79	6.03	6.08	6.87			13.93	15.55	17.90		
		velocity	6.39	7.74	7.53	7.35	7.06	6.90	6.34	6.04	5.80	5.76	5.82	6.53		7.54	6.75	5.87		
H1 lead leg	L	strides	23	16	16	16	16	16	17	18	18	18	21	195						

FINAL - 2018 Chinese National Championships (Taiyuan, CHN) *Henson (2018) - coaching observations*

date	16-Sep-18	time	7.12	11.71	16.35	21.12	26.04	31.23	36.65	42.21	48.16	54.30		61.55	8 / 8					
reaction time		interval		4.59	4.64	4.77	4.92	5.19	5.42	5.56	5.95	6.14	7.25			14.00	15.53	17.65		
		velocity	6.32	7.63	7.54	7.34	7.11	6.74	6.46	6.29	5.88	5.70	5.52	6.50		7.50	6.76	5.95		
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21.5	196.5						

Heat 3 - 2018 Chinese National Championships (Taiyuan, CHN) *Henson (2018) - coaching observations*

date	15-Sep-18	time	6.95	11.51	16.17	20.85	25.79	31.03	36.40	42.09	47.92	53.82		60.48	7 / 2					
reaction time		interval		4.56	4.66	4.68	4.94	5.24	5.37	5.69	5.83	5.90	6.66			13.90	15.55	17.42		
		velocity	6.47	7.68	7.51	7.48	7.09	6.68	6.52	6.15	6.00	5.93	6.01	6.61		7.55	6.75	6.03		
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	18	18	21	195						

Tate, Cassandra (USA) (1990)		**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**

Long Hurdles - 2025 Grand Slam Track Miami (Miramar, FL) *Grand Slam Track (2025) - results and splits by race*

date	03-May-25	time	6.40	10.62	14.91	19.39	23.96	26.01	28.75	33.57	38.65	43.88	49.32		55.94	3 / 6				
reaction time	0.240	interval		4.22	4.29	4.48	4.57		4.79	4.82	5.08	5.23	5.44	6.62			12.99	14.18	15.75	
		velocity	7.03	8.29	8.16	7.81	7.66	7.69	7.31	7.26	6.89	6.69	6.43	6.04	7.15		8.08	7.40	6.67	
H1 lead leg	R	strides	22						15	15	16				68					

FINAL - 2025 Botswana Golden Grand Prix (Gaborone, BOT) (TV Analysis) *Henson (2025) - Athlete First: 2025 year end hurdle report*

date	12-Apr-25	time	6.62	10.86	15.26	19.78	24.46		29.16	34.03	39.08	44.23	49.58		55.59	7 / 2				
reaction time		interval		4.24	4.40	4.52	4.68		4.70	4.87	5.05	5.15	5.35	6.01			13.16	14.25	15.55	
		velocity	6.80	8.25	7.95	7.74	7.48		7.45	7.19	6.93	6.80	6.54	6.66	7.20		7.98	7.37	6.75	
H1 lead leg	R	strides	22	14	15	15	15		15	15	16	16	16	19.2	178.2					

Long Hurdles - 2025 Grand Slam Track Kingston (Kingston, JAM) (TV Analysis) *Henson (2025) - Athlete First: 2025 year end hurdle report*

date	04-Apr-25	time	6.60	10.85	15.15	19.68	24.36		29.16	34.03	39.21	44.49			56.65	8 / 7				
reaction time	0.270	interval		4.25	4.30	4.53	4.68		4.80	4.87	5.18	5.28					13.08	14.35		
		velocity	6.82	8.24	8.14	7.73	7.48		7.29	7.19	6.76	6.63			7.06		8.03	7.32		
H1 lead leg	R	strides	22	14	14	14	14		15	15	16	16	16		156					

FINAL - 2024 USA Olympic Trials (Eugene, OR) *USATF and Karmarush (2024) - USA Olympic trials results and race analysis*

date	30-Jun-24	time	6.29	10.30	14.58	18.93	23.40	25.41	28.05	32.82	38.10	43.53	49.02		55.37	2 / 8				
reaction time		interval		4.01	4.28	4.35	4.47		4.65	4.77	5.28	5.43	5.49	6.35			12.64	13.89	16.20	
		velocity	7.15	8.73	8.18	8.05	7.83	7.87	7.53	7.34	6.63	6.45	6.38	6.30	7.22		8.31	7.56	6.48	
H1 lead leg	R	strides	22	14	14	15	15		15	16	16	16	17	20	180					

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	6.37	10.52	14.79	19.25	23.76	25.72	28.33	32.98	37.87	43.08	48.47		54.66	8 / 3		
reaction time		interval		4.15	4.27	4.46	4.51		4.57	4.65	4.89	5.21	5.39	6.19			12.88	13.73	15.49
		velocity	7.06	8.43	8.20	7.85	7.76	7.78	7.66	7.53	7.16	6.72	6.49	6.46	7.32		8.15	7.65	6.78
H1 lead leg	R	strides		15	15	15	15		15	15	15	16	16	19.2	156.2				

Heat 5 - 2024 USA Olympic Trials (Eugene, OR) *USATF and Karmarush (2024) - USA Olympic trials results and race analysis*

date	27-Jun-24	time	6.26	10.40	14.67	19.15	23.71	25.68	28.26	33.01	38.15	43.55	48.89		55.55	8 / 2		
reaction time		interval		4.14	4.27	4.48	4.56		4.55	4.75	5.14	5.40	5.34	6.66			12.89	13.86	15.88
		velocity	7.19	8.45	8.20	7.81	7.68	7.79	7.69	7.37	6.81	6.48	6.55	6.01	7.20		8.15	7.58	6.61
H1 lead leg		strides																	

FINAL - 2023 USATF National Championships (Eugene, OR) (TV Analysis) *Henson (2023) - Athlete First: 2023 year end hurdle report*

date	09-Jul-23	time	6.44	10.51	14.78	19.28	23.82		28.46	33.23	38.40				56.09	7 / 5		
reaction time		interval		4.07	4.27	4.50	4.54		4.64	4.77	5.17			17.69			12.84	13.95	
		velocity	6.99	8.60	8.20	7.78	7.71		7.54	7.34	6.77			5.94	7.13		8.18	7.53	
H1 lead leg	R	strides	22	14	14	15	15		15	15	15				125				

FINAL - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	30-Jun-22	time	6.34	10.46	14.68	19.10	23.68	25.63	28.52	33.42	38.58	44.00	49.76		56.68	1 / 8		
reaction time	0.214	interval		4.12	4.22	4.42	4.58		4.84	4.90	5.16	5.42	5.76	6.92			12.76	14.32	16.34
		velocity	7.10	8.50	8.29	7.92	7.64	7.80	7.23	7.14	6.78	6.46	6.08	5.78	7.06		8.23	7.33	6.43
H1 lead leg	L	strides	22	14	14	14	14		15	15	16	16	17	20	177				

Semi-Final 2 - 2022 USATF National Championships (Eugene, OR) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	24-Jun-22	time	6.40	10.40	14.60	19.10	23.70	25.56	28.40	33.20	38.33	43.70	49.43		56.26	4 / 4		
reaction time		interval		4.00	4.20	4.50	4.60		4.70	4.80	5.13	5.37	5.73	6.83			12.70	14.10	16.23
		velocity	7.03	8.75	8.33	7.78	7.61	7.82	7.45	7.29	6.82	6.52	6.11	5.86	7.11		8.27	7.45	6.47
H1 lead leg	R	strides	22	14	14	15	15		15	15	15	16	17	21	179				

FINAL - 2022 Music City Track Carnival (Nashville, TN) (TV Analysis) *(H5 5m long)* *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	05-Jun-22	time	6.38	10.58	14.83	19.29	24.60		28.66	33.39	38.22	43.26	48.56		54.81	7 / 4		
reaction time		interval		4.20	4.25	4.46	5.31		4.06	4.73	4.83	5.04	5.30	6.25			12.91	14.10	15.17
		velocity	7.05	8.33	8.24	7.85	7.53		8.62	7.40	7.25	6.94	6.60	6.40	7.30		8.13	7.45	6.92
H1 lead leg	L	strides	21	14	14	14	17		13	15	15	15			138				

FINAL - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

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) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	26-Jun-21	time	6.27	10.37	14.58	18.92	23.49		28.22	33.21	38.24	43.47	48.91		55.24	6 / 3		
reaction time	0.211	interval		4.10	4.21	4.34	4.57		4.73	4.99	5.03	5.23	5.44	6.33			12.65	14.29	15.70
		velocity	7.18	8.54	8.31	8.06	7.66		7.40	7.01	6.96	6.69	6.43	6.32	7.24		8.30	7.35	6.69
H1 lead leg	R	strides	22	14	14	14	15		15	16	15	16	16		157				

Heat 3 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	25-Jun-21	time	6.36	10.43	14.80	19.36	24.00		28.70	33.60	38.90	44.26	49.75		56.11	2 / 1		
reaction time	0.230	interval		4.07	4.37	4.56	4.64		4.70	4.90	5.30	5.36	5.49	6.36			13.00	14.24	16.15
		velocity	7.08	8.60	8.01	7.68	7.54		7.45	7.14	6.60	6.53	6.38	6.29	7.13		8.08	7.37	6.50
H1 lead leg	R	strides		14	14	15	15		15	15	16	16	16	19.2	155.2				

FINAL - 2019 Athletissima (Lausanne, SUI) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	05-Jul-19	time	6.36	10.40	14.76		23.72	25.7	28.60	33.56	38.76	44.24	50.00		56.90	1 / 8		
reaction time	0.201	interval		4.04	4.36		8.96		4.88	4.96	5.20	5.48	5.76	6.90					16.44
		velocity	7.08	8.66	8.03		7.81	7.78	7.17	7.06	6.73	6.39	6.08	5.80	7.03				6.39
H1 lead leg	R	strides	22	14	15				16	15	16	17	17		132				

FINAL - 2019 Seiko Golden Grand Prix (Osaka, JPN) *Hirokawa (2019) - research on athlete performance and technique- 2019 data book*

date	19-May-19	time	6.34	10.38	14.58	19.17	23.89		28.65	33.52	38.44	43.66	49.18		55.45	8 / 3		
reaction time	0.233	interval		4.04	4.20	4.59	4.72		4.76	4.87	4.92	5.22	5.52	6.27			12.83	14.35	15.66
		velocity	7.10	8.66	8.33	7.63	7.42		7.35	7.19	7.11	6.70	6.34	6.38	7.21		8.18	7.32	6.70
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	19.7	178.7				

FINAL - 2018 Athletissima (Lausanne, SUI) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	05-Jul-18	time	6.28	10.40		19.16	23.64		28.32	33.28	38.40	43.56	49.00		55.45	2 / 7		
reaction time	0.208	interval		4.12		8.76	4.48		4.68	4.96	5.12	5.16	5.44	6.45			12.88	14.12	15.72
		velocity	7.17	8.50		7.99	7.81		7.48	7.06	6.84	6.78	6.43	6.20	7.21		8.15	7.44	6.68
H1 lead leg	R	strides	22	15			15		15	16	16	16	16	20	151				

FINAL - 2018 USATF National Champinships (Des Moines, IA) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	24-Jun-18	time	6.24	10.34	14.54	18.88	23.32		27.86	32.63	37.70	43.01	48.58		55.00	3 / 3		
reaction time		interval		4.10	4.20	4.34	4.44		4.54	4.77	5.07	5.31	5.57	6.42			12.64	13.75	15.95
		velocity	7.21	8.54	8.33	8.06	7.88		7.71	7.34	6.90	6.59	6.28	6.23	7.27		8.31	7.64	6.58

H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	17	20	180					

FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	31-May-18	time	6.24	10.44	14.76	19.28	24.00	28.80	33.80	38.92	44.28	49.76		56.09	3 / 7				
reaction time	0.228	interval		4.20	4.32	4.52	4.72	4.80	5.00	5.12	5.36	5.48	6.33			13.04	14.52	15.96	
		velocity	7.21	8.33	8.10	7.74	7.42	7.29	7.00	6.84	6.53	6.39	6.32	7.13		8.05	7.23	6.58	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	20	180					

FINAL - 2018 Prefontaine Classic (Eugene, OR) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	26-May-18	time	6.52	10.76	15.08	19.64	24.16		33.88	39.00	44.28			55.97	8 / 8				
reaction time	0.256	interval		4.24	4.32	4.56	4.52		9.72	5.12	5.28					13.12	14.24		
		velocity	6.90	8.25	8.10	7.68	7.74		7.20	6.84	6.63			7.15		8.00	7.37		
H1 lead leg	R	strides	22	15	15	15	15			16	16			114					

FINAL - 2017 IAAF World Championships (London, GBR) (TV Analysis) *Henson (2020) - Athlete First: 2017 year end hurdle report*

date	10-Aug-17	time	6.24	10.36	14.68	19.00	23.48	28.08	32.88	37.88	43.32	48.88		55.43	3 / 7				
reaction time	0.216	interval		4.12	4.32	4.32	4.48	4.60	4.80	5.00	5.44	5.56	6.55			12.76	13.88	16.00	
		velocity	7.21	8.50	8.10	8.10	7.81	7.61	7.29	7.00	6.43	6.29	6.11	7.22		8.23	7.56	6.56	
H1 lead leg	R	strides	22		15	15	15	15	15	15	17	17	20	166					

FINAL - 2017 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis) *Henson (2021) - Athlete First: 2017 year end hurdle report*

date	16-Jul-17	time	6.44	10.64	14.96	19.36	23.96	28.68	33.64	38.76	44.00	49.40		55.70	1 / 7				
reaction time	0.213	interval		4.20	4.32	4.40	4.60	4.72	4.96	5.12	5.24	5.40	6.30			12.92	14.28	15.76	
		velocity	6.99	8.33	8.10	7.95	7.61	7.42	7.06	6.84	6.68	6.48	6.35	7.18		8.13	7.35	6.66	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	19.7	179.7					

FINAL - 2016 Memorial van Damme (Brussels, BEL) (TV Analysis) *Henson (2021) - Athlete First: 2016 year end hurdle report*

date	09-Sep-16	time	6.20	10.36	14.68	19.12	23.68	28.28	33.04	38.00	43.20	48.44		54.47	7 / 1				
reaction time	0.228	interval		4.16	4.32	4.44	4.56	4.60	4.76	4.96	5.20	5.24	6.03			12.92	13.92	15.40	
		velocity	7.26	8.41	8.10	7.88	7.68	7.61	7.35	7.06	6.73	6.68	6.63	7.34		8.13	7.54	6.82	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	20	180					

FINAL - 2016 Athletissime (Laussane, SUI) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	25-Aug-16	time	6.32	10.52	14.96	19.52	24.32	29.04	33.96	38.88	44.08	49.32		55.14	8 / 4				
reaction time	0.235	interval		4.20	4.44	4.56	4.80	4.72	4.92	4.92	5.20	5.24	5.82			13.20	14.44	15.36	
		velocity	7.12	8.33	7.88	7.68	7.29	7.42	7.11	7.11	6.73	6.68	6.87	7.25		7.95	7.27	6.84	
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	19	178					

FINAL - 2016 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	15-Jul-16	time	6.20	10.50		19.17	23.70	28.30		38.07	43.30	48.63		54.63	7 / 2				
reaction time	0.234	interval		4.30		8.67	4.53	4.60		9.77	5.23	5.33	6.00			12.97			
		velocity	7.26	8.14		8.07	7.73	7.61		7.16	6.69	6.57	6.67	7.32		8.10			
H1 lead leg	R	strides	22	15			15	15			16	17	19.5	119.5					

FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	10-Jul-16	time	6.37	10.51	14.82	19.18	23.62	28.09	32.76	37.70	42.87	48.25		54.60	1 / 5				
reaction time	0.300	interval		4.14	4.31	4.36	4.44	4.47	4.67	4.94	5.17	5.38	6.35			12.81	13.58	15.49	
		velocity	7.06	8.45	8.12	8.03	7.88	7.83	7.49	7.09	6.77	6.51	6.30	7.33		8.20	7.73	6.78	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	17	20	181					

FINAL - 2016 Birmingham Diamond League (Birmingham, GBR) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	05-Jun-16	time	6.33	10.47	14.73	19.10	23.60	28.33	33.10	38.03	43.23	48.60		54.57	4 / 1				
reaction time	0.207	interval		4.14	4.26	4.37	4.50	4.73	4.77	4.93	5.20	5.37	5.97			12.77	14.00	15.50	
		velocity	7.11	8.45	8.22	8.01	7.78	7.40	7.34	7.09	6.74	6.52	6.70	7.33		8.22	7.50	6.77	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	19.7	179.7					

FINAL - 2016 Golden Gala Pietro Mennea (Roma, ITA) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	02-Jun-16	time	6.20	10.36		19.24	23.80		33.32	38.36	43.60	49.08		55.35	5 / 4				
reaction time	0.219	interval		4.16		8.88	4.56		9.52	5.04	5.24	5.48	6.27			13.04	14.08	15.76	
		velocity	7.26	8.41		7.88	7.68		7.35	6.94	6.68	6.39	6.38	7.23		8.05	7.46	6.66	
H1 lead leg	R	strides	22	15			15			15		16	20	103					

FINAL - 2016 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	22-May-16	time	6.20	10.52	14.76	19.16	23.60	28.16	32.92	37.96	43.12	48.56		54.69	3 / 2				
reaction time	0.209	interval		4.32	4.24	4.40	4.44	4.56	4.76	5.04	5.16	5.44	6.13			12.96	13.76	15.64	
		velocity	7.26	8.10	8.25	7.95	7.88	7.68	7.35	6.94	6.78	6.43	6.53	7.31		8.10	7.63	6.71	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	17	20	181					

FINAL - 2016 Doha Diamond League (Doha, QAT) (TV Analysis) *Henson (2021) - Athlete First: 2016 year end hurdle report*

date	06-May-16	time	6.32	10.56	14.92	19.36	23.96	28.72	33.60	38.76	44.00	49.40		55.57	5 / 5				
reaction time	0.230	interval		4.24	4.36	4.44	4.60	4.76	4.88	5.16	5.24	5.40	6.17			13.04	14.24	15.80	
		velocity	7.12	8.25	8.03	7.88	7.61	7.35	7.17	6.78	6.68	6.48	6.48	7.20		8.05	7.37	6.65	
H1 lead leg	R	strides	22	15	15	15	15	15	15	16	16	16	20	180					

FINAL - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis) *Henson (2021) - Athlete First: major championships report*

date	26-Aug-15	time	6.16	10.28	14.52	18.88	23.36	27.96	32.72	37.60	42.68	48.00		54.02	6 / 3				
reaction time	0.189	interval		4.12	4.24	4.36	4.48	4.60	4.76	4.88	5.08	5.32	6.02			12.72	13.84	15.28	

		velocity	7.31	8.50	8.25	8.03	7.81		7.61	7.35	7.17	6.89	6.58	6.64	7.40			8.25	7.59	6.87
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	19.7	178.7					

Tawa, Rina (JPN) (2002)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Japanese National High School Championships (Okinawa, JPN)														*Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data collection*			
date 06-Aug-19	time	6.88	11.48	16.07	20.79	25.88		30.93	36.20	41.54	46.92	52.43		58.60	4 / 2			
reaction time	interval		4.60	4.59	4.72	5.09		5.05	5.27	5.34	5.38	5.51	6.17	PB		13.91	15.41	16.23
	velocity	6.54	7.61	7.63	7.42	6.88		6.93	6.64	6.55	6.51	6.35	6.48	6.83		7.55	6.81	6.47
H1 lead leg	strides		16	16	16	17		17	18	18	18	18		154				

Taylor, Brenda (USA) (1979)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FiNAL - 2004 Seiko Super Grand Prix (Yokohama, JPN)														*Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers*			
date 23-Sep-04	time	6.38	10.60	15.04	19.53	24.10		28.79	33.63	38.69	44.10	49.56		55.90	/ 2			
reaction time	interval		4.22	4.44	4.49	4.57		4.69	4.84	5.06	5.41	5.46	6.34			13.15	14.10	15.93
	velocity	7.05	8.29	7.88	7.80	7.66		7.46	7.23	6.92	6.47	6.41	6.31	7.16		7.98	7.45	6.59
H1 lead leg	strides		15	15	15	15		15	16	16	17	17		141				
FINAL - 2004 Olympic Games (Athens, GRE)														*Ruiz (2004) - las carreras con vallas de juegos olimpicos de atenas '04*			
date 25-Aug-04	time	6.07	10.21	14.47	18.69	23.10		27.70	32.51	37.56	42.87	48.30		54.97	2 / 7			
reaction time 0.184	interval		4.14	4.26	4.22	4.41		4.60	4.81	5.05	5.31	5.43	6.67			12.62	13.82	15.79
	velocity	7.41	8.45	8.22	8.29	7.94		7.61	7.28	6.93	6.59	6.45	6.00	7.28		8.32	7.60	6.65
H1 lead leg L	strides	23	15	15	15	15		16	16	17	17	17	21	187				
FINAL - 2004 SDSU (San Diego, CA)														*Henson (2004) USATF OTC sport science*			
date 20-Mar-04	time	6.35	10.67	15.18	19.73	24.35		29.14	33.95	39.00	44.19	49.53		55.65	/ 1			
reaction time	interval		4.32	4.51	4.55	4.62		4.79	4.81	5.05	5.19	5.34	6.12			13.38	14.22	15.58
	velocity	7.09	8.10	7.76	7.69	7.58		7.31	7.28	6.93	6.74	6.55	6.54	7.19		7.85	7.38	6.74
H1 lead leg	strides																	
FINAL - 2003 USATF National Championships (Palo Alto, CA)														*USATF Women's Sprint Development (2003)*			
date 21-Jun-03	time	6.34	10.43	14.70	19.07	23.61		28.20	32.82	37.82	43.06	48.67		55.60	5 / 4			
reaction time	interval		4.09	4.27	4.37	4.54		4.59	4.62	5.00	5.24	5.61	6.93			12.73	13.75	15.85
	velocity	7.10	8.56	8.20	8.01	7.71		7.63	7.58	7.00	6.68	6.24	5.77	7.19		8.25	7.64	6.62
H1 lead leg	strides																	

Taylor, Gladys (GBR) (1953)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1984 Olympic Games (Los Angeles, CA)														*Arnold (1984) - 1984 olympic games - hurdles*			
date 06-Aug-84	time	6.5	11.1	15.1	19.2	23.6	25.6	28.4	33.2	38.5	44.2	50.2		56.72	1 / 5			
reaction time	interval		4.60	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)														*CAA Hurdle Development (2021)*			
date 02-Apr-21	time	7.40	12.29	17.28	22.37	27.72		33.40	39.40	45.62	51.93			65.12	4 / 4			
reaction time 0.290	interval		4.89	4.99	5.09	5.35		5.68	6.00	6.22	6.31					14.97	17.03	
	velocity	6.08	7.16	7.01	6.88	6.54		6.16	5.83	5.63	5.55			6.14		7.01	6.17	
H1 lead leg R	strides	24	17	17	17	17		19	19	19	19			168				

Tereshchuk-Antipova, Tetyana (UKR

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FiNAL - 2006 European Championships (Göteborg, SWE)														*Behm (2006) - Göteborg 2006: Le quatrache*			
date 09-Aug-06	time	6.4	10.6	15.0	19.5	24.1		28.7	33.5	38.4	43.3	48.5		54.55	3 / 3			
reaction time	interval		4.20	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)														*Behm (2005) - Helsinki 2005; Les haies - La revanche des lutins*			
date 13-Aug-05	time	6.4	10.7	15.2	19.7	24.2		28.8	33.6	38.5	43.6	48.9		55.09	7 / 7			
reaction time 0.209	interval		4.30	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)														*Behm (2005) - Athènes 2004: Les Haies Basses*			
date 25-Aug-04	time	6.3	10.3	14.4	18.7	23.1		27.6	32.1	37.1	42.1	47.3		53.44	1 / 3			
reaction time 0.312	interval		4.00	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)														*Behm (2003) - Paris 2003:Le quatrache masculn - féminin*			
date 28-Aug-03	time	6.4	10.6	14.8	19.2	23.6		28.3	33.0	38.0	43.2	48.5		54.61	2 / 5			
reaction time 0.230	interval		4.20	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)														*Graubner (2009) - http://www.fgs.uni-halle.de*			
date 31-Aug-01	time	6.69	11.00	15.32	19.73	24.23		28.84	33.63	38.50	43.61	48.80		54.64	/ 2			
reaction time 0.291	interval		4.31	4.32	4.41	4.50		4.61	4.79	4.87	5.11	5.19	5.84			13.04	13.90	15.17

		velocity	6.73	8.12	8.10	7.94	7.78		7.59	7.31	7.19	6.85	6.74	6.85	7.32		8.05	7.55	6.92
H1 lead leg		strides																	

FINAL - 2000 Olympic Games (Sydney, AUS) — *Behm (2000) - Sydney 2000: Compte-rendu du 400m haies*

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) — *Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*

date	25-Aug-99	time	6.61	10.82	15.12	19.49	23.98		28.51	33.25	38.01	43.03	48.17		54.33	7 / 7			
reaction time	0.273	interval		4.21	4.30	4.37	4.49		4.53	4.74	4.76	5.02	5.14	6.16			12.88	13.76	14.92
		velocity	6.81	8.31	8.14	8.01	7.80		7.73	7.38	7.35	6.97	6.81	6.49	7.36		8.15	7.63	7.04
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	16	16	19.5	181				

Semi-Final 1 - 1999 IAAF World Championships (Sevilla, ESP) — *Sanchez (1999) - Sevilla '99: análisis de la carreras con villas*

date	23-Aug-99	time	6.24	10.43	14.66	19.11	23.54		28.13	33.00	37.97	43.00	48.14		54.55	4 / 3			
reaction time	0.182	interval		4.19	4.23	4.45	4.43		4.59	4.87	4.97	5.03	5.14	6.41			12.87	13.89	15.14
		velocity	7.21	8.35	8.27	7.87	7.90		7.63	7.19	7.04	6.96	6.81	6.24	7.33		8.16	7.56	6.94
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	16	16	19.5	180.5				

FINAL - 1998 European Championships (Budapest, HUN) — *Sanchez (1998) - Budapest '98: análisis de la carreras con villas*

date	23-Aug-98	time	6.41				23.10						47.49		54.07	5 / 2			
reaction time		interval					16.69						24.39	6.58					
		velocity	7.02				8.39						7.18	6.08	7.40				
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	21	180				

Tereshchuk, Tetyana (UKR) (1969)

FINAL - 1997 IAAF World Championships (Athens, GRE) — *Hommel (1999) - biomechanical research project, athens 1997: final report*

date	08-Aug-97	time	6.44	10.58	14.80	19.14	23.56		28.08	32.72	37.54	42.60	47.78		53.81	6 / 4			
reaction time	0.156	interval		4.14	4.22	4.34	4.42		4.52	4.64	4.82	5.06	5.18	6.03	NR		12.70	13.58	15.06
		velocity	6.99	8.45	8.29	8.06	7.92		7.74	7.54	7.26	6.92	6.76	6.63	7.43		8.27	7.73	6.97
H1 lead leg	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**

Semi-Final 3 - 2009 IAAF World Championships (Berlin, GER) — *Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*

date	18-Aug-09	time	6.45	10.48	14.68	19.10	23.88		28.74	34.02	39.40	44.92	50.71		57.11	2 / 8			
reaction time	0.179	interval		4.03	4.20	4.42	4.78		4.86	5.28	5.38	5.52	5.79	6.40			12.65	14.92	16.69
		velocity	6.98	8.68	8.33	7.92	7.32		7.20	6.63	6.51	6.34	6.04	6.25	7.00		8.30	7.04	6.29
H1 lead leg	R	strides	24	15	15	15	16		16			17	18	21.2	157.2				

Heat 5 - 2009 IAAF World Championships (Berlin, GER) — *Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*

date	17-Aug-09	time	6.45	10.50	14.77	19.20	23.88		28.76	33.97	39.32	44.98	50.62		56.73	4 / 5			
reaction time	0.211	interval		4.05	4.27	4.43	4.68		4.88	5.21	5.35	5.66	5.64	6.11			12.75	14.77	16.65
		velocity	6.98	8.64	8.20	7.90	7.48		7.17	6.72	6.54	6.18	6.21	6.55	7.05		8.24	7.11	6.31
H1 lead leg		strides																	

Heat 3 - 2009 German National Championships (Ulm, GER) — *Killing (2009) - der rhythmus is entscheidend*

date	04-Jul-09	time	6.48	10.61	14.90	19.40	24.05		28.86	34.00	39.36	44.81	50.30		56.58	/ 1			
reaction time	0.237	interval		4.13	4.29	4.50	4.65		4.81	5.14	5.36	5.45	5.49	6.28			12.92	14.60	16.30
		velocity	6.94	8.47	8.16	7.78	7.53		7.28	6.81	6.53	6.42	6.38	6.37	7.07		8.13	7.19	6.44
H1 lead leg		strides		15	15	15	15		16	16	17	17	17		177				

Tîrlea, Ionela (ROU) (1976)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**

FINAL - 2004 Olympic Games (Athens, GRE) — *Ruiz (2004) - las carreras con vallas de juegos olimpicos de atenas '04*

date	25-Aug-04	time	6.40	10.56	14.61	18.88	23.09		27.62	32.30	37.17	42.21	47.30		53.38	3 / 2			
reaction time	0.292	interval		4.16	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) — *Behm (2003) - Paris 2003:Le quatrache masculn - féminin*

date	28-Aug-03	time	6.2	10.2	14.4	18.8	23.2		27.9	32.8	37.9	43.2	48.4		54.41	3 / 4			
reaction time	0.170	interval		4.00	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) — *Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas*

date	20-Sep-02	time	6.29	10.59	14.96	19.37	24.11		29.03	34.18	39.44	44.80	50.15		56.17	4 / 4			
reaction time	0.161	interval		4.30	4.37	4.41	4.74		4.92	5.15	5.26	5.36	5.35	6.02			13.08	14.81	15.97
		velocity	7.15	8.14	8.01	7.94	7.38		7.11	6.80	6.65	6.53	6.54	6.64	7.12		8.03	7.09	6.57
H1 lead leg	L	strides	24	16	16	16	16		16	17	17	18	18	20	194				

FINAL - 2002 European Championships (Munich, GER) — *Graubner (2009) - http://www.fgs.uni-halle.de*

date	08-Aug-02	time	6.46	10.64	14.86	19.19	23.66		28.37	33.27	38.40	43.68	49.01		54.95	/ 1			
reaction time	0.171	interval		4.18	4.22	4.33	4.47		4.71	4.90	5.13	5.28	5.33	5.94			12.73	14.08	15.74
		velocity	6.97	8.37	8.29	8.08	7.83		7.43	7.14	6.82	6.63	6.57	6.73	7.28		8.25	7.46	6.67
H1 lead leg		strides		15	15	15	15		16	16	16	17	17		142				

Heat 1 - 2002 European Championships (Munich, GER) *Graubner (2009) - http://www.fgs.uni-halle.de*

date	07-Aug-02	time	6.48	10.67	14.95			33.71	38.95	44.25	49.59		55.57	/ 1				
reaction time	0.196	interval		4.19	4.28			18.76	5.24	5.30	5.34	5.98						15.88
		velocity	6.94	8.35	8.18			7.46	6.68	6.60	6.55	6.69	7.20					6.61
H1 lead leg		strides																

FINAL - 2001 ISTAF (Berlin, GER) *Graubner (2009) - http://www.fgs.uni-halle.de*

date	31-Aug-01	time	6.47	10.68	14.99	19.34	23.92	28.76	33.71	38.86	44.08	49.30		55.13	/ 4			
reaction time	0.202	interval		4.21	4.31	4.35	4.58	4.84	4.95	5.15	5.22	5.22	5.83			12.87	14.37	15.59
		velocity	6.96	8.31	8.12	8.05	7.64	7.23	7.07	6.80	6.70	6.70	6.86	7.26		8.16	7.31	6.74
H1 lead leg		strides																

FINAL - 2001 IAAF World Championships (Edmonton, CAN) *Behm (2001) - Edmonton: Le quatrache: les finales*

date	08-Aug-01	time	6.2	10.3	14.6	18.8	23.2	27.8	32.7	38.0	43.4	48.8		55.36	7 / 6			
reaction time	0.164	interval		4.10	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) *Graubner (2007) - http://www.fgs.uni-halle.de*

date	23-Jun-01	time	6.43	10.56	14.77	19.05	23.54	28.12	33.07	38.27	43.71	49.21		55.08	/ 2			
reaction time		interval		4.13	4.21	4.28	4.49	4.58	4.95	5.20	5.44	5.50	5.87			12.62	14.02	16.14
		velocity	7.00	8.47	8.31	8.18	7.80	7.64	7.07	6.73	6.43	6.36	6.81	7.26		8.32	7.49	6.51
H1 lead leg		strides																

FINAL - 2000 Olympic Games (Sydney, AUS) *Behm (2000) - Sydney 2000: Compte-rendu du 400m haies*

date	27-Sep-00	time	6.4	10.5	14.7	19.0	23.3	28.1	32.9	37.9	42.9	48.3		54.35	7 / 6			
reaction time	0.281	interval		4.10	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) *Sanchez (1998) - Budapest '98: análisis de la carreras con villas*

date	23-Aug-98	time	6.30	10.40	14.42	18.62	23.05	27.61	32.16	36.92	42.01	47.30		53.37	6 / 1			
reaction time		interval		4.10	4.02	4.20	4.43	4.56	4.55	4.76	5.09	5.29	6.07	NR		12.32	13.54	15.14
		velocity	7.14	8.54	8.71	8.33	7.90	7.68	7.69	7.35	6.88	6.62	6.59	7.49		8.52	7.75	6.94
H1 lead leg	L	strides	22	15	15	15	15	15	16	16	17	17	21	184				

FINAL - 1997 European Cup (Munich, GER) *Jung (2003) - http://www.fgs.uni-halle.de*

date	21-Jun-97	time	6.69	11.01	15.65	20.49	25.45	30.51	35.65	40.90	46.39	52.04		58.14	/ 8			
reaction time		interval		4.32	4.64	4.84	4.96	5.06	5.14	5.25	5.49	5.65	6.10			13.80	15.16	16.39
		velocity	6.73	8.10	7.54	7.23	7.06	6.92	6.81	6.67	6.38	6.19	6.56	6.88		7.61	6.93	6.41
H1 lead leg		strides																

FINAL - 1996 Olympic Games (Atlanta, GA) *Behm (1996) - 400m haies*

date	31-Jul-96	time	6.6	10.6	14.9	19.3	23.8	28.4	33.2	38.1	43.2	48.6		54.40	8 / 7			
reaction time	0.343	interval		4.00	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)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

FINAL - 2016 Memorial van Damme (Brussels, BEL) (TV Analysis) *Henson (2021) - Athlete First: 2016 year end hurdle report*

date	09-Sep-16	time	6.52	10.76	15.08	19.52	24.12	28.84	33.80	39.00	44.28	49.72		55.92	1 / 8			
reaction time	0.205	interval		4.24	4.32	4.44	4.60	4.72	4.96	5.20	5.28	5.44	6.20			13.00	14.28	15.92
		velocity	6.90	8.25	8.10	7.88	7.61	7.42	7.06	6.73	6.63	6.43	6.45	7.15		8.08	7.35	6.60
H1 lead leg	L	strides	22	15	15	15	15	15	15	16	16	16	20	180				

FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis) *Henson (2021) - Athlete First: 2016 year end hurdle report*

date	01-Sep-16	time	6.52	10.76	15.20	19.68	24.32	29.00	33.84	38.80	44.08	49.52		55.72	2 / 7			
reaction time	0.180	interval		4.24	4.44	4.48	4.64	4.68	4.84	4.96	5.28	5.44	6.20			13.16	14.16	15.68
		velocity	6.90	8.25	7.88	7.81	7.54	7.48	7.23	7.06	6.63	6.43	6.45	7.18		7.98	7.42	6.70
H1 lead leg	L	strides	22	15	15		15	15	15	15	16	16	20	164				

FINAL - 2016 Athletissime (Laussane, SUI) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	25-Aug-16	time	6.60	10.92	15.32	19.88	24.52	29.32	34.20	39.24	44.48	49.88		55.99	1 / 7			
reaction time	0.188	interval		4.32	4.40	4.56	4.64	4.80	4.88	5.04	5.24	5.40	6.11			13.28	14.32	15.68
		velocity	6.82	8.10	7.95	7.68	7.54	7.29	7.17	6.94	6.68	6.48	6.55	7.14		7.91	7.33	6.70
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	16	16	19.5	178.5				

FINAL - 2016 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis) *Henson (2020) - Athlete First: 2016 year end hurdle report*

date	22-May-16	time	6.48	10.76	15.08	19.40	23.80	28.32	33.00	38.04	43.36	48.88		55.10	7 / 4			
reaction time	0.208	interval		4.28	4.32	4.32	4.40	4.52	4.68	5.04	5.32	5.52	6.22			12.92	13.60	15.88
		velocity	6.94	8.18	8.10	8.10	7.95	7.74	7.48	6.94	6.58	6.34	6.43	7.26		8.13	7.72	6.61
H1 lead leg	L	strides	22	15	15	15	15	15	15	16	17	17	20	182				

FINAL - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis) *Henson (2021) - Athlete First: major championships report*

date	15-Aug-13	time	6.46	10.77	15.04	19.38	23.93	28.61		38.35	43.46	48.77		54.72	7 / ~~4~~			
reaction time	0.215	interval		4.31	4.27	4.34	4.55	4.68		9.74	5.11	5.31	5.95	DQ		12.92		
		velocity	6.97	8.12	8.20	8.06	7.69	7.48		7.19	6.85	6.59	6.72	7.31		8.13		

WR=World Rec. AR=Area Rec. OR=Olympic Rec. CR=Championship Rec. NR=National Rec. PB=Personal Best DQ=Disqualified DV=Drug Violation

H1 lead leg	L	strides	22	15	15	15	15		15	15		16	16	19.2	163.2				

Tkachuk, Viktoriya (UKR) (1994)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Repechage 1 - 2024 Olympic Games (Paris, FRA)																*Paris 2024 Olympic Games - Results Book (2024)*			
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					113				
Heat 5 - 2024 Olympic Games (Paris, FRA)																*Paris 2024 Olympic Games - Results Book (2024)*			
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				129				
FINAL - 2023 Prefontaine Classic (Eugene, OR)																*Omega Timing (2023) - diamond league race analysis*			
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				129				
FINAL - 2023 Memorial van Damme (Brussels, BEL)																*Omega Timing (2023) - diamond league race analysis*			
date	08-Sep-23	time	6.38	10.49	14.76	19.12	23.59		28.20	33.03	38.04	43.23	48.63		54.98	1 / 8			
reaction time	0.217	interval		4.11	4.27	4.36	4.47		4.61	4.83	5.01	5.19	5.40	6.35			12.74	13.91	15.60
		velocity	7.05	8.52	8.20	8.03	7.83		7.59	7.25	6.99	6.74	6.48	6.30	7.28		8.24	7.55	6.73
H1 lead leg	L	strides	22	15	15				15	16	16	16	17	20.5	152.5				
FINAL - 2023 Xiamen Diamond League (Xiamen, CHN)																*Omega Timing (2023) - diamond league race analysis*			
date	02-Sep-23	time	6.31	10.47	14.77	19.14	23.60		28.21	33.04	38.16	43.48	48.90		55.25	8 / 7			
reaction time	0.201	interval		4.16	4.30	4.37	4.46		4.61	4.83	5.12	5.32	5.42	6.35			12.83	13.90	15.86
		velocity	7.13	8.41	8.14	8.01	7.85		7.59	7.25	6.84	6.58	6.46	6.30	7.24		8.18	7.55	6.62
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	17			146				
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	161	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) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	30-Jun-22	time	6.46	10.64	14.88	19.22	23.64	25.56	28.20	32.90	37.84	43.06	48.50		54.72	8 / 5			
reaction time	0.244	interval		4.18	4.24	4.34	4.42		4.56	4.70	4.94	5.22	5.44	6.22			12.76	13.68	15.60
		velocity	6.97	8.37	8.25	8.06	7.92	7.82	7.68	7.45	7.09	6.70	6.43	6.43	7.31		8.23	7.68	6.73
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	17	20	181				

FINAL - 2022 Bislett Games (Oslo, NOR) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	16-Jun-22	time	6.30	10.44	14.70	19.06	23.50		28.26	33.16	38.14	43.50	48.90		55.18	5 / 6			
reaction time	0.142	interval		4.14	4.26	4.36	4.44		4.76	4.90	4.98	5.36	5.40	6.28			12.76	14.10	15.74
		velocity	7.14	8.45	8.22	8.03	7.88		7.35	7.14	7.03	6.53	6.48	6.37	7.25		8.23	7.45	6.67
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	17	17	20	183				

FINAL - 2022 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	09-Jun-22	time	6.43	10.60	14.93	19.30	23.83	25.73	28.50	33.30	38.33	43.60	49.03		55.37	8 / 7			
reaction time	0.193	interval		4.17	4.33	4.37	4.53		4.67	4.80	5.03	5.27	5.43	6.34			12.87	14.00	15.73
		velocity	7.00	8.39	8.08	8.01	7.73	7.77	7.49	7.29	6.96	6.64	6.45	6.31	7.22		8.16	7.50	6.68
H1 lead leg	L	strides	22	15	15	15			15	15	16	16	17	20	166				

FINAL - 2022 Golden Spike (Ostrava, CZE) (TV Analysis) (300m Hurdles) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	31-May-22	time	6.90	10.70	14.83	19.07	23.50		28.25	32.88					38.24	3 / 2			
reaction time	0.246	interval		3.80	4.13	4.24	4.43		4.75	4.63				5.36	NR PB		12.17	13.81	
		velocity	7.25	9.21	8.47	8.25	7.90		7.37	7.56				7.46	7.85		8.63	7.60	
H1 lead leg	L	strides	24	15	15	15	15			15				19	118				

FINAL - 2022 Müller Birmingham Diamond League (Birmingham, GBR) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	21-May-22	time	6.50		14.96	19.30	23.80	25.60	28.43	33.33	38.40	43.57	49.00		55.25	3 / 2			
reaction time	0.188	interval			8.46	4.34	4.50		4.63	4.90	5.07	5.17	5.43	6.25			12.80	14.03	15.67
		velocity	6.92		8.27	8.06	7.78	7.81	7.56	7.14	6.90	6.77	6.45	6.40	7.24		8.20	7.48	6.70
H1 lead leg	L	strides	22			15	15		15	16	16	17	17	20.7	153.7				

FINAL - 2021 Weltklasse (Zürich, SUI) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	09-Sep-21	time	6.36	10.52		19.16	23.52	25.3	27.96	32.64		42.40	47.60		53.76	7 / 4			
reaction time	0.192	interval		4.16		8.64	4.36		4.44	4.68		9.76	5.20	6.16	PB		12.80	13.48	14.96
		velocity	7.08	8.41		8.10	8.03	7.91	7.88	7.48		7.17	6.73	6.49	7.44		8.20	7.79	7.02
H1 lead leg	L	strides	20	18			15		15	15		16	16	20	135				

FINAL - 2021 Meeting de Paris (Paris, FRA) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	28-Aug-21	time	6.32	10.53	14.95		23.95		28.53		38.08	43.20	48.65		54.93	3 / 5			
reaction time	0.228	interval		4.21	4.42		9.00		4.58		9.55	5.12	5.45	6.28					
		velocity	7.12	8.31	7.92		7.78		7.64		7.33	6.84	6.42	6.37	7.28				
H1 lead leg	L	strides	22	15	15	15			15	15	16	16	17	20	166				

FINAL - 2021 Athletissima (Lausanne, SUI) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	26-Aug-21	time	6.36	10.56	14.92	19.36	24.04		28.92	34.04		44.72			56.53	8 / 8			
reaction time	0.190	interval		4.20	4.36	4.44	4.68		4.88	5.12		10.68					13.00	14.68	
		velocity	7.08	8.33	8.03	7.88	7.48		7.17	6.84		6.55			7.08		8.08	7.15	
H1 lead leg	L	strides	22	15	15	15	15		16	16	16				130				

FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	04-Aug-21	time	6.40	10.56	14.80	19.06	23.40		27.88	32.56	37.48	42.60	47.80		53.79	3 / 6			
reaction time	0.206	interval		4.16	4.24	4.26	4.34		4.48	4.68	4.92	5.12	5.20	5.99	PB		12.66	13.50	15.24
		velocity	7.03	8.41	8.25	8.22	8.06		7.81	7.48	7.11	6.84	6.73	6.68	7.44		8.29	7.78	6.89
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	16	19.7	179.7				

Semi-Final 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis) *Henson (2024) - Athlete First: 2021 year end hurdle report*

date	02-Aug-21	time	6.46	10.56	14.83	19.13	23.60		28.16	32.93	37.86	42.94	48.13		54.25	7 / 3			
reaction time	0.224	interval		4.10	4.27	4.30	4.47		4.56	4.77	4.93	5.08	5.19	6.12			12.67	13.80	15.20
		velocity	6.97	8.54	8.20	8.14	7.83		7.68	7.34	7.10	6.89	6.74	6.54	7.37		8.29	7.61	6.91
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	16	20	180				

Heat 1 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis) *Henson (2024) - Athlete First: 2021 year end hurdle report*

date	31-Jul-21	time	6.48	10.65	14.93	19.34	23.76		28.36	33.03	38.02	43.23	48.61		54.80	9 / 1			
reaction time	0.256	interval		4.17	4.28	4.41	4.42		4.60	4.67	4.99	5.21	5.38	6.19			12.86	13.69	15.58
		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) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	06-Jul-21	time	6.34	10.56	14.80	19.14	23.56		28.15	32.86	37.70	42.87	48.03		54.02	8 / 4			
reaction time	0.260	interval		4.22	4.24	4.34	4.42		4.59	4.71	4.84	5.17	5.16	5.99	PB		12.80	13.72	15.17
		velocity	7.10	8.29	8.25	8.06	7.92		7.63	7.43	7.23	6.77	6.78	6.68	7.40		8.20	7.65	6.92
H1 lead leg	L	strides		15	15	15	15		15		15	16	16	19.2	141.2				

FINAL - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	04-Jul-21	time	6.34	10.46	14.68	19.15	23.70	25.8	28.42	33.28	38.16	43.16	48.32		54.39	7 / 5			
reaction time	0.254	interval		4.12	4.22	4.47	4.55		4.72	4.86	4.88	5.00	5.16	6.07	PB		12.81	14.13	15.04
		velocity	7.10	8.50	8.29	7.83	7.69	7.75	7.42	7.20	7.17	7.00	6.78	6.59	7.35		8.20	7.43	6.98
H1 lead leg	L	strides		15	15	15	15		15	16	16	16	16	19.2	158.2				

FINAL - 2021 Bislett Games (Oslo, NOR) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	01-Jul-21	time	6.36	10.60	14.88		23.72		28.32	33.08	38.04	43.20	48.46		54.62	2 / 3			
reaction time	0.250	interval		4.24	4.28		8.84		4.60	4.76	4.96	5.16	5.26	6.16					15.38
		velocity	7.08	8.25	8.18		7.92		7.61	7.35	7.06	6.78	6.65	6.49	7.32				6.83
H1 lead leg	L	strides	22	15	15		15		15	15	16	16	16	20	165				

FINAL - 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis) *Henson (2020) - Athlete First: 2020 year end hurdle report*

date	17-Sep-20	time	6.52	10.76	15.16	19.60	24.16	26.2	28.76	33.64	38.68	43.80	49.04		54.93	9 / 3			
reaction time	0.270	interval		4.24	4.40	4.44	4.56		4.60	4.88	5.04	5.12	5.24	5.89	PB		13.08	14.04	15.40
		velocity	6.90	8.25	7.95	7.88	7.68	7.63	7.61	7.17	6.94	6.84	6.68	6.79	7.28		8.03	7.48	6.82
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	16	16	19.7	180.7				

FINAL - 2020 Galà dei Castelli (Bellinzona, SUI) (TV Analysis) *Henson (2020) - Athlete First: 2020 year end hurdle report*

date	15-Sep-20	time	6.44	10.76	15.32	19.80	24.32		29.08	33.88	38.96	44.08	49.28		55.15	4 / 3			
reaction time		interval		4.32	4.56	4.48	4.52		4.76	4.80	5.08	5.12	5.20	5.87			13.36	14.08	15.40
		velocity	6.99	8.10	7.68	7.81	7.74		7.35	7.29	6.89	6.84	6.73	6.81	7.25		7.86	7.46	6.82
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	16	19.5	179.5				

FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	31-May-18	time	6.52	10.76	15.12	19.64	24.24		29.00	33.96	39.08	44.32	49.64		55.69	9 / 6			
reaction time	0.251	interval		4.24	4.36	4.52	4.60		4.76	4.96	5.12	5.24	5.32	6.05			13.12	14.32	15.68
		velocity	6.90	8.25	8.03	7.74	7.61		7.35	7.06	6.84	6.68	6.58	6.61	7.18		8.00	7.33	6.70
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	17	17	20	183				

Tokuhara, Kyoka (JPN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

FINAL - 2016 Japanese National High School Championships (Okayama, JPN) *Kota (2016) - 69th high school championships: JAF scientific committee- biomechanics data*

date	31-Jul-16	time	7.07	11.70	16.67	21.96	27.34		32.85	38.37	43.99	49.57	55.11		61.23	2 / 8			
reaction time		interval		4.63	4.97	5.29	5.38		5.51	5.52	5.62	5.58	5.54	6.12			14.89	16.41	16.74
		velocity	6.36	7.56	7.04	6.62	6.51		6.35	6.34	6.23	6.27	6.32	6.54	6.53		7.05	6.40	6.27
H1 lead leg		strides		17	17	19	19		19	19	19	19	19		167				

Tolbert, Ryan (USA) (1976)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

FINAL - 2003 USATF National Championships (Palo Alto, CA) *USATF Women's Sprint Development (2003)*

date	21-Jun-03	time	6.57	10.76	15.14	19.75	24.29		29.01	33.83	38.79	43.96	49.48		56.33	7 / 6			
reaction time		interval		4.19	4.38	4.61	4.54		4.72	4.82	4.96	5.17	5.52	6.85			13.18	14.08	15.65
		velocity	6.85	8.35	7.99	7.59	7.71		7.42	7.26	7.06	6.77	6.34	5.84	7.10		7.97	7.46	6.71
H1 lead leg		strides																	

Tosta, Sheena (USA) (1982)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

Heat 2 - 2009 IAAF World Championships (Berlin, GER) *Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*

date	17-Aug-09	time	6.19	10.21	14.33	18.67	23.18		27.91	32.81	38.01	43.41	49.21		56.00	5 / 4			
reaction time	0.154	interval		4.02	4.12	4.34	4.51		4.73	4.90	5.20	5.40	5.80	6.79			12.48	14.14	16.40

		velocity	7.27	8.71	8.50	8.06	7.76	7.40	7.14	6.73	6.48	6.03	5.89	7.14		8.41	7.43	6.40
H1 lead leg		strides																

FINAL - 2008 IAAF World Athletic Final (Stuttgart, GER) *Graubner (2009) - http://www.fgs.uni-halle.de*

date	14-Sep-08	time	6.40	10.55	14.83	19.27	23.93	28.73	33.57	38.51	43.79	49.20		55.33	5 / 5				
reaction time	0.153	interval		4.15	4.28	4.44	4.66	4.80	4.84	4.94	5.28	5.41	6.13			12.87	14.30	15.63
		velocity	7.03	8.43	8.18	7.88	7.51	7.29	7.23	7.09	6.63	6.47	6.53	7.23		8.16	7.34	6.72
H1 lead leg		strides																

FINAL - 2008 Olympic Games (Beijing, CHN) *Behm (2008)- Pekin 2008: Le quatrache masculin - féminin*

date	20-Aug-08	time	6.2	10.2	14.2	18.4	22.9	27.4	32.0	36.8	41.8	47.1		53.70	5 / 2				
reaction time	0.191	interval		4.00	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) *USATF Hurdle Development (2008)*

date	29-Jun-08	time	6.31	10.46	14.83	19.25	23.84	28.55	33.32	38.41	43.58	48.82		54.62	4 / 3				
reaction time		interval		4.15	4.37	4.42	4.59	4.71	4.77	5.09	5.17	5.24	5.80			12.94	14.07	15.50
		velocity	7.13	8.43	8.01	7.92	7.63	7.43	7.34	6.88	6.77	6.68	6.90	7.32		8.11	7.46	6.77
H1 lead leg	L	strides	23	15	15	15	15	15	15	16	16	16		161				

Johnson, Sheena (USA) (1982)

FINAL - 2004 Olympic Games (Athens, GRE) *Behm (2005) - Athènes 2004: Les Haies Basses*

date	25-Aug-04	time	6.4	10.5	14.7	19.1	23.6	28.2	32.9	37.7	42.6	47.7		53.83	8 / 4				
reaction time	0.408	interval		4.10	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) *Lyle - miscellaneous coaching notes*

date	11-Jul-04	time	6.11	10.20	14.40	18.69	23.21	27.72	32.50	37.24	42.16	47.03		52.95	6 / 1				
reaction time		interval		4.09	4.20	4.29	4.52	4.51	4.78	4.74	4.92	4.87	5.92	PB		12.58	13.81	14.53
		velocity	7.36	8.56	8.33	8.16	7.74	7.76	7.32	7.38	7.11	7.19	6.76	7.55		8.35	7.60	7.23
H1 lead leg	L	strides	24	15	15	15	15	15	15	15	15	15	19	178				

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) *USATF and Karmarush (2024) - USA Olympic trials results and race analysis*

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) *USATF and Karmarush (2024) - USA Olympic trials results and race analysis*

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) *USATF and Karmarush (2024) - USA Olympic trials results and race analysis*

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) *Henson (2024) - Athlete First: 2024 year end hurdle report*

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) *Henson (2023) - Athlete First: 2023 year end hurdle report*

date	10-Jun-23	time	6.50	10.77	15.25	19.82	24.59	29.43	34.43	39.47	44.75	49.98		56.27	2 / 9				
reaction time		interval		4.27	4.48	4.57	4.77	4.84	5.00	5.04	5.28	5.23	6.29			13.32	14.61	15.55
		velocity	6.92	8.20	7.81	7.66	7.34	7.23	7.00	6.94	6.63	6.69	6.36	7.11		7.88	7.19	6.75
H1 lead leg	L	strides	23	16	16	16	16	17	18	17	18	18		175				

Tracey, Ristananna (JAM) (1992)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

FINAL - 2018 Müller Anniversary Games (London, GBR) (TV Analysis) *Henson (2020) - Athlete First: 2018 year end hurdle report*

date	21-Jul-18	time	6.44	10.68	14.96	19.36	24.00	28.84	33.88	39.12	44.48	49.80		56.07	9 / 6				
reaction time	0.204	interval		4.24	4.28	4.40	4.64	4.84	5.04	5.24	5.36	5.32	6.27			12.92	14.52	15.92
		velocity	6.99	8.25	8.18	7.95	7.54	7.23	6.94	6.68	6.53	6.58	6.38	7.13		8.13	7.23	6.60
H1 lead leg	L	strides	23	15	15	15	16	16	16	17	17	17	20.5	187.5				

FINAL - 2017 IAAF World Championships (London, GBR) (TV Analysis) *Henson (2020) - Athlete First: 2017 year end hurdle report*

date	10-Aug-17	time	6.24	10.36	14.40	18.68	23.00	27.56	32.28	37.28	42.40	47.60		53.74	7 / 3				
reaction time	0.178	interval		4.12	4.04	4.28	4.32	4.56	4.72	5.00	5.12	5.20	6.14	PB		12.44	13.60	15.32
		velocity	7.21	8.50	8.66	8.18	8.10	7.68	7.42	7.00	6.84	6.73	6.51	7.44		8.44	7.72	6.85
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	17	20.2	186.2				

FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis) *Henson (2021) - Athlete First: 2017 year end hurdle report*

date	06-Jul-17	time	6.72	11.00	15.32	19.68	24.12	28.88	33.80	38.92	44.28		56.23	8 / 7			
reaction time	0.206	interval		4.28	4.32	4.36	4.44	4.76	4.92	5.12	5.36				12.96	14.12	
		velocity	6.70	8.18	8.10	8.03	7.88	7.35	7.11	6.84	6.53		7.11		8.10	7.44	
H1 lead leg	L	strides	23	15	15	15	15	16	16	16	17		148				

FINAL - 2016 Olympic Games (Rio de Janeiro, BRA) (TV Analysis) *Henson (2021) - Athlete First: 2016 year end hurdle report*

date	18-Aug-16	time	6.44	10.56	14.80	19.08	23.48	28.16	32.96	37.96	42.96	48.20		54.15	7 / 5				
reaction time	0.213	interval		4.12	4.24	4.28	4.40	4.68	4.80	5.00	5.00	5.24	5.95	PB		12.64	13.88	15.24	
		velocity	6.99	8.50	8.25	8.18	7.95	7.48	7.29	7.00	7.00	6.68	6.72	7.39		8.31	7.56	6.89	
H1 lead leg	L	strides	22	15	15	15	15	16	16	16	16	16	20	182					

Tromp, Gretha (NED) (1964)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

Semi-Final 1 - 1988 Olympic Games (Seoul, KOR) *Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*

date	26-Sep-88	time	6.54	10.68	14.98	19.41	24.07	28.99	34.13	39.39	45.03	50.97		57.57	1 / 8				
reaction time	0.241	interval		4.14	4.30	4.43	4.66	4.92	5.14	5.26	5.64	5.94	6.60			12.87	14.72	16.84	
		velocity	6.88	8.45	8.14	7.90	7.51	7.11	6.81	6.65	6.21	5.89	6.06	6.95		8.16	7.13	6.24	
H1 lead leg		strides	23	15	16	15	16	16	15	17	18	18	21.3	190.3					

Tsugawa, Rui (JPN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

FINAL - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN) *Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*

date	03-May-21	time	7.07	11.81	16.72	21.62	26.71	31.80	36.97	42.23	47.60	53.27		60.52	9 / 6				
reaction time	0.230	interval		4.74	4.91	4.90	5.09	5.09	5.17	5.26	5.37	5.67	7.25			14.55	15.35	16.30	
		velocity	6.36	7.38	7.13	7.14	6.88	6.88	6.77	6.65	6.52	6.17	5.52	6.61		7.22	6.84	6.44	
H1 lead leg	L	strides	23	17	17	17	17	17	17	17	17	18		177					

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	6.94	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		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 (Fukuroi, JPN) *Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*

date	03-May-21	time	6.76	11.41	16.17	20.92	25.83	30.73	35.89	41.14	46.70	52.60		59.62	5 / 1				
reaction time	0.174	interval		4.65	4.76	4.75	4.91	4.90	5.16	5.25	5.56	5.90	7.02			14.16	14.97	16.71	
		velocity	6.66	7.53	7.35	7.37	7.13	7.14	6.78	6.67	6.29	5.93	5.70	6.71		7.42	7.01	6.28	
H1 lead leg	L	strides	25	17	17	17	17	17	18	18	18	18	24	206					

C FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN) *Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*

date	24-Oct-20	time	6.72	11.28	15.97	21.14	26.38	31.51	36.67	42.03	47.73	53.40		59.94	6 / 1				
reaction time		interval		4.56	4.69	5.17	5.24	5.13	5.16	5.36	5.70	5.67	6.54			14.42	15.53	16.73	
		velocity	6.70	7.68	7.46	6.77	6.68	6.82	6.78	6.53	6.14	6.17	6.12	6.67		7.28	6.76	6.28	
H1 lead leg		strides		17	17	17	17	17	17	17	19	19		157					

Tsujii, Mio (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 - 2024 Japanese National Championsips (Niigata, JPN) *Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season*

date	30-Jun-24	time	6.77	11.31	15.88	20.59	25.41	30.46	35.67	41.01	46.51	52.22		58.73	3 / 1				
reaction time	0.187	interval		4.54	4.57	4.71	4.82	5.05	5.21	5.34	5.50	5.71	6.51			13.82	15.08	16.55	
		velocity	6.65	7.71	7.66	7.43	7.26	6.93	6.72	6.55	6.36	6.13	6.14	6.81		7.60	6.96	6.34	
H1 lead leg	R	strides	24	16	16	16	16	17	17	17	18	18	22	197					

B FINAL - 2024 Michitaka Kinami Memorial (Osaka, JPN) *Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season*

date	12-May-24	time	6.82	11.26	15.95	20.85	25.88	31.13	36.35	41.62	47.21	52.94		59.23	4 / 3				
reaction time	0.216	interval		4.44	4.69	4.90	5.03	5.25	5.22	5.27	5.59	5.73	6.29			14.03	15.50	16.59	
		velocity	6.60	7.88	7.46	7.14	6.96	6.67	6.70	6.64	6.26	6.11	6.36	6.75		7.48	6.77	6.33	
H1 lead leg		strides		15	15	16	16	17	17	17	18	18		149					

FINAL - 2022 Japanese National Championsips (Osaka, JPN) *Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*

date	12-Jun-22	time	6.77	11.28	15.93	20.65	25.53	30.56	35.77	41.11	46.60	52.20		58.60	2 / 7				
reaction time	0.244	interval		4.51	4.65	4.72	4.88	5.03	5.21	5.34	5.49	5.60	6.40	**=PB**		13.88	15.12	16.43	
		velocity	6.65	7.76	7.53	7.42	7.17	6.96	6.72	6.55	6.38	6.25	6.25	6.83		7.56	6.94	6.39	
H1 lead leg	R	strides	24	16	16	16	16	17	17	17	18	18		175					

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 Championsips (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 Championsips (Osaka, JPN) *Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*

date	12-Jun-22	time	6.89	11.41	16.10	21.10	26.19	31.28	36.50	41.93	47.55	53.29		59.96	7 / 2				
reaction time	0.180	interval		4.52	4.69	5.00	5.09	5.09	5.22	5.43	5.62	5.74	6.67			14.21	15.40	16.79	
		velocity	6.53	7.74	7.46	7.00	6.88	6.88	6.70	6.45	6.23	6.10	6.00	6.67		7.39	6.82	6.25	
H1 lead leg	R	strides	24	17	17	17	17	17	18	18	19	19	23	206					

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	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 Championsips (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) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	21-May-22	time	6.67	10.70	14.83	19.03	23.62	25.49	28.40	33.40		44.33	50.40		57.43	9 / 8			
reaction time	0.240	interval		4.03	4.13	4.20	4.59		4.78	5.00		10.93	6.07	7.03			12.36	14.37	17.00	
		velocity	6.75	8.68	8.47	8.33	7.63	7.85	7.32	7.00		6.40	5.77	5.69	6.97		8.50	7.31	6.18	
H1 lead leg	L	strides	25	15	15	15	16		16	17			19		138					

Semi-Final 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis) *Henson (2024) - Athlete First: 2021 year end hurdle report*

date	02-Aug-21	time	6.70	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) *Henson (2024) - Athlete First: 2021 year end hurdle report*

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	17	20.5	190.5					

FINAL - 2021 Golden Gala Pietro Mennea (Florence, ITA) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	10-Jun-21	time	6.48	10.64	14.88	19.16	23.56	25.5	28.30	33.04	38.12	43.28	48.60		54.79	6 / 3			
reaction time	0.199	interval		4.16	4.24	4.28	4.40		4.74	4.74	5.08	5.16	5.32	6.19			12.68	13.88	15.56	
		velocity	6.94	8.41	8.25	8.18	7.95	7.84	7.38	7.38	6.89	6.78	6.58	6.46	7.30		8.28	7.56	6.75	
H1 lead leg	L	strides	24	15	15	15	15		16	16	17	17	17	20.2	187.2					

Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	02-Oct-19	time	6.60	11.08	15.58		24.72		29.46	34.20	39.14	44.34	49.65		55.87	9 / 7			

reaction time	0.189	interval		4.48	4.50		9.14		4.74	4.74	4.94	5.20	5.31	6.22				15.45
		velocity	6.82	7.81	7.78		7.66		7.38	7.38	7.09	6.73	6.59	6.43	7.16			6.80
H1 lead leg	L	strides	24	16	16				16	16	17		17	20.7	142.7			

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)														*Shimizu (2020) - shimane high school championships 2020 - biomechanics data analysis*			
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)														*Heß (1985) - entwicklungsaspekte die leichtathletischen sprint-/hürdendisziplinen im olympiazyklus 1981/84*			
date 19-May-84	time	6.53				23.54						48.64		54.68	/ 1			
reaction time	interval					17.01						25.10	6.04	PB				
	velocity	6.89				8.23						6.97	6.62	7.32				
H1 lead leg	strides																	

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)														*Sušanka (1990) - time analyis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)*			
date 03-Sep-87	time	6.60	10.77	15.13	19.62	24.17		28.94	33.82	38.75	43.67	48.67		54.31	4 / 3			
reaction time	interval		4.17	4.36	4.49	4.55		4.77	4.88	4.93	4.92	5.00	5.64			13.02	14.20	14.85
	velocity	6.82	8.39	8.03	7.80	7.69		7.34	7.17	7.10	7.11	7.00	7.09	7.37		8.06	7.39	7.07
H1 lead leg R	strides	25	15	16	16	17		17	17	17	17	17	20.2	194.2				
Semi-Final 2 - 1987 IAAF World Championships (Rome, ITA)														*Sušanka (1990) - time analyis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)*			
date 01-Sep-87	time	6.67	10.77	15.03	19.24	23.68		28.32	33.18	38.18	43.38	48.64		54.72	3 / 1			
reaction time	interval		4.10	4.26	4.21	4.44		4.64	4.86	5.00	5.20	5.26	6.08			12.57	13.94	15.46
	velocity	6.75	8.54	8.22	8.31	7.88		7.54	7.20	7.00	6.73	6.65	6.58			8.35	7.53	6.79
H1 lead leg R	strides	23	15	15	15	15		15	17	17	17	17	21.1	187.1				
Heat 5 - 1987 IAAF World Championships (Rome, ITA)														*Sušanka (1990) - time analyis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)*			
date 31-Aug-87	time	6.75	10.99	15.44	20.04	24.68		29.54	34.57	39.76	45.12	50.46		56.75	/ 1			
reaction time	interval		4.24	4.45	4.60	4.64		4.86	5.03	5.19	5.36	5.34	6.29			13.29	14.53	15.89
	velocity	6.67	8.25	7.87	7.61	7.54		7.20	6.96	6.74	6.53	6.55	6.36			7.90	7.23	6.61
H1 lead leg	strides	23	15	15	15	15		17	17	17	17	17	21	189				

Feuerbach, Cornelia (GDR) (1963)

FINAL - 1986 European Championships (Stuttgart, FRG)															*Behm (1995) - la tactique du 400 haies*			
date 30-Aug-86	time	6.4	10.4	14.6	18.8	23.3		28.0	32.7	37.7	42.8	48.0		54.13	/ 3			
reaction time	interval		4.00	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 Japanese National Championsips (Niigata, JPN)														*Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season*			
date 30-Jun-24	time	6.74	11.24	15.82	20.50	25.26		30.16	35.20	40.31	45.65	51.18		57.38	7 / 2			
reaction time 0.203	interval		4.50	4.58	4.68	4.76		4.90	5.04	5.11	5.34	5.53	6.20			13.76	14.70	15.98
	velocity	6.68	7.78	7.64	7.48	7.35		7.14	6.94	6.85	6.55	6.33	6.45	6.97		7.63	7.14	6.57
H1 lead leg R	strides	23	16	16	16	16		17	17	17	18	18	22	196				
FINAL - 2024 Second Belt & Road Invitational Athletics Meeting (Chongqing, CHN)															*Shandong Athletics Sport Science (2024)*			
date 29-May-24	time	6.74	11.18	15.83	20.54	25.27		30.25	35.30	40.52	46.00	51.60		58.02	4 / 4			
reaction time 0.198	interval		4.44	4.65	4.71	4.73		4.98	5.05	5.22	5.48	5.60	6.42			13.80	14.76	16.30
	velocity	6.68	7.88	7.53	7.43	7.40		7.03	6.93	6.70	6.39	6.25	6.23	6.89		7.61	7.11	6.44
H1 lead leg R	strides	23	16	16	16	16		17	17	17	18	18	22.2	196.2				
A FINAL - 2024 Michitaka Kinami Memorial (Osaka, JPN)														*Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season*			
date 12-May-24	time	6.81	11.34	15.98	20.72	25.64		30.65	35.69	40.87	46.26	51.75		58.07	8 / 3			
reaction time 0.168	interval		4.53	4.64	4.74	4.92		5.01	5.04	5.18	5.39	5.49	6.32			13.91	14.97	16.06
	velocity	6.61	7.73	7.54	7.38	7.11		6.99	6.94	6.76	6.49	6.38	6.33	6.89		7.55	7.01	6.54
H1 lead leg	strides		16	16	17	17		17	17	17	18	18		153				
A FINAL - 2024 Shizuoka International Meeting (Fukuroi, JPN)														*Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season*			
date 03-May-24	time	6.77	11.33	15.98	20.72	25.59		30.53	35.52	40.67	46.05	51.60		57.99	8 / 6			
reaction time 0.201	interval		4.56	4.65	4.74	4.87		4.94	4.99	5.15	5.38	5.55	6.39			13.95	14.80	16.08
	velocity	6.65	7.68	7.53	7.38	7.19		7.09	7.01	6.80	6.51	6.31	6.26	6.90		7.53	7.09	6.53
H1 lead leg	strides		16	16	17	17		17	17	17	18	18		153				
FINAL - 2023 Japanese National Championsips (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 Championsips (Osaka, JPN) *Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*

date	12-Jun-22	time	6.79	11.28	15.82	20.52	25.31		30.20	35.22	40.41	45.75	51.23		57.61	8 / 4			
reaction time	0.231	interval		4.49	4.54	4.70	4.79		4.89	5.02	5.19	5.34	5.48	6.38			13.73	14.70	16.01
		velocity	6.63	7.80	7.71	7.45	7.31		7.16	6.97	6.74	6.55	6.39	6.27	6.94		7.65	7.14	6.56
H1 lead leg	R	strides	23	16	16	17	17		17	17	17	18	18		176				

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			
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	/ 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
		velocity	6.45	7.42	7.26	7.17	6.97		6.76	6.86	6.67	6.33	6.16	6.12	6.70		7.28	6.86	6.38
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	18	18	21	195				

Usha, P.T. (IND) (1964)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

Semi-Final 2 - 1984 Olympic Games (Los Angeles, CA) *Arnold (1984) - 1984 olympic games - hurdles*

date	06-Aug-84	time	6.6	11.5	15.9	20.5	25.1	27.1	29.8	34.5	39.4	44.4	49.6		55.54	2 / 1			
reaction time		interval		4.90	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)

	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) *European Athletics (2024) - 2024 european athletics championships - results book*

date	09-Jun-24	time	6.93												dnf	5 / --			
reaction time	0.183	interval																	

		velocity	6.49																
H1 lead leg		strides																	

Utsunomiya, Eri (JPN) (1993)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2024 Japanese National Championsips (Niigata, JPN)																*Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season*			
date	30-Jun-24	time	6.61	10.98	15.52	20.12	24.89		29.93	35.20	40.61	46.08	51.85		59.01	6 / 8			
reaction time	0.230	interval		4.37	4.54	4.60	4.77		5.04	5.27	5.41	5.47	5.77	7.16			13.51	15.08	16.65
		velocity	6.81	8.01	7.71	7.61	7.34		6.94	6.64	6.47	6.40	6.07	5.59	6.78		7.77	6.96	6.31
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	22	188				
FINAL - 2024 Second Belt & Road Invitational Athletics Meeting (Chongqing, CHN)																*Shandong Athletics Sport Science (2024)*			
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				
A FINAL - 2024 Michitaka Kinami Memorial (Osaka, JPN)																*Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season*			
date	12-May-24	time	6.61	11.04	15.58	20.19	24.89		29.88	34.98	40.17	45.53	50.98		57.30	5 / 2			
reaction time	0.200	interval		4.43	4.54	4.61	4.70		4.99	5.10	5.19	5.36	5.45	6.32			13.58	14.79	16.00
		velocity	6.81	7.90	7.71	7.59	7.45		7.01	6.86	6.74	6.53	6.42	6.33	6.98		7.73	7.10	6.56
H1 lead leg		strides		15	15	15	15		16	16	17	17	17		143				
A FINAL - 2024 Shizuoka International Meeting (Fukuroi, JPN)																*Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season*			
date	03-May-24	time	6.51	10.81	15.32	19.84	24.47		29.43	34.57	39.91	45.30	50.95		57.62	4 / 4			
reaction time	0.193	interval		4.30	4.51	4.52	4.63		4.96	5.14	5.34	5.39	5.65	6.67			13.33	14.73	16.38
		velocity	6.91	8.14	7.76	7.74	7.56		7.06	6.81	6.55	6.49	6.19	6.00	6.94		7.88	7.13	6.41
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	22	188				
FINAL - 2023 Japanese National Championsips (Osaka, JPN)																*Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season*			
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)																*Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season*			
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)																*Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season*			
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 Championsips (Osaka, JPN)																*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date	12-Jun-22	time	6.62	10.93	15.41	19.99	24.64		29.53	34.52	39.74	44.99	50.45		56.90	4 / 2			
reaction time	0.206	interval		4.31	4.48	4.58	4.65		4.89	4.99	5.22	5.25	5.46	6.45			13.37	14.53	15.93
		velocity	6.80	8.12	7.81	7.64	7.53		7.16	7.01	6.70	6.67	6.41	6.20	7.03		7.85	7.23	6.59
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	22	188				
FINAL - 2022 Shizuoka International Athletics Meeting (Fukuroi, JPN)																*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date	03-May-22	time	6.67	10.96	15.47	20.07	24.82		29.86	34.92	40.14	45.53	51.08		57.43	9 / 2			
reaction time	0.217	interval		4.29	4.51	4.60	4.75		5.04	5.06	5.22	5.39	5.55	6.35			13.40	14.85	16.16
		velocity	6.75	8.16	7.76	7.61	7.37		6.94	6.92	6.70	6.49	6.31	6.30	6.97		7.84	7.07	6.50
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	21	187				
A Race - 2022 Michitaka Kinami Memorial (Osaka, JPN)																*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date	30-Apr-22	time	6.54	10.79	15.20	19.80	24.56		29.56	34.77	40.12	45.58	51.22		57.64	4 / 2			
reaction time	0.175	interval		4.25	4.41	4.60	4.76		5.00	5.21	5.35	5.46	5.64	6.42			13.26	14.97	16.45
		velocity	6.88	8.24	7.94	7.61	7.35		7.00	6.72	6.54	6.41	6.21	6.23	6.94		7.92	7.01	6.38
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	21.5	187.5				
FINAL - 2021 Japanese National Championships (Osaka, JPN)																*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date	27-Jun-21	time	6.57	10.84	15.23	19.77	24.37		29.28	34.38	39.66	45.20	50.97		57.83	4 / 2			
reaction time	0.194	interval		4.27	4.39	4.54	4.60		4.91	5.10	5.28	5.54	5.77	6.86			13.20	14.61	16.59
		velocity	6.85	8.20	7.97	7.71	7.61		7.13	6.86	6.63	6.32	6.07	5.83	6.92		7.95	7.19	6.33
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	22	188				
FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)																*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			
date	06-Jun-21	time	6.51	10.78	15.10	19.54	24.22		29.06	34.08	39.37	44.79	50.43		57.03	5 / 1			
reaction time		interval		4.27	4.32	4.44	4.68		4.84	5.02	5.29	5.42	5.64	6.60			13.03	14.54	16.35
		velocity	6.91	8.20	8.10	7.88	7.48		7.23	6.97	6.62	6.46	6.21	6.06	7.01		8.06	7.22	6.42
H1 lead leg	R	strides	23	15	15	15	15		16	16	17	17	17	22	188				
FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN)																*Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*			

date	01-Jun-21	time	6.58	10.83	15.22	19.70	24.34	29.16	34.23	39.49	44.94	50.68		57.56	5 / 1					
reaction time	0.242	interval		4.25	4.39	4.48	4.64	4.82	5.07	5.26	5.45	5.74	6.88			13.12	14.53	16.45		
		velocity	6.84	8.24	7.97	7.81	7.54	7.26	6.90	6.65	6.42	6.10	5.81	6.95		8.00	7.23	6.38		
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	17	22	188						

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	6.52	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) *Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*

date	03-May-21	time	6.56	10.86	15.35	19.84	24.47	29.48	34.55	39.89	45.28	50.98		57.57	4 / 2					
reaction time	0.196	interval		4.30	4.49	4.49	4.63	5.01	5.07	5.34	5.39	5.70	6.59			13.28	14.71	16.43		
		velocity	6.86	8.14	7.80	7.80	7.56	6.99	6.90	6.55	6.49	6.14	6.07	6.95		7.91	7.14	6.39		
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	17	22	188						

FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN) *Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*

date	24-Oct-20	time	6.61	11.01	15.48	20.09	24.92	30.15	35.52	41.01	46.66	52.39		59.32	5 / 3					
reaction time		interval		4.40	4.47	4.61	4.83	5.23	5.37	5.49	5.65	5.73	6.93			13.48	15.43	16.87		
		velocity	6.81	7.95	7.83	7.59	7.25	6.69	6.52	6.38	6.19	6.11	5.77	6.74		7.79	6.80	6.22		
H1 lead leg		strides		15	15	15	15	16	16	17	17	17		143						

FINAL - 2020 Japanese National Championships (Niigata, JPN) *Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*

date	03-Oct-20	time	6.61	10.98	15.52	20.15	24.91	29.90	34.93	40.17	45.53	50.90		57.09	9 / 2					
reaction time	0.169	interval		4.37	4.54	4.63	4.76	4.99	5.03	5.24	5.36	5.37	6.19			13.54	14.78	15.97		
		velocity	6.81	8.01	7.71	7.56	7.35	7.01	6.96	6.68	6.53	6.52	6.46	7.01		7.75	7.10	6.57		
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	17	21	187						

FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN) *Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*

date	20-Sep-20	time	6.76	11.14	15.67	20.35	25.31	30.41	35.67	41.04	46.40	51.85		58.12	6 / 1					
reaction time	0.260	interval		4.38	4.53	4.68	4.96	5.10	5.26	5.37	5.36	5.45	6.27			13.59	15.32	16.18		
		velocity	6.66	7.99	7.73	7.48	7.06	6.86	6.65	6.52	6.53	6.42	6.38	6.88		7.73	6.85	6.49		
H1 lead leg		strides		15	15	15	16	16	17	17	17	17		145						

FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN) *Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*

date	23-Aug-20	time	6.62	11.03	15.60	20.30	25.29	30.31	35.45	40.97	47.01	53.12		59.86	6 / 5					
reaction time	0.190	interval		4.41	4.57	4.70	4.99	5.02	5.14	5.52	6.04	6.11	6.74			13.68	15.15	17.67		
		velocity	6.80	7.94	7.66	7.45	7.01	6.97	6.81	6.34	5.79	5.73	5.93	6.68		7.68	6.93	5.94		
H1 lead leg		strides		15	15	15	16	16	16	17	20	19		149						

FINAL - 2019 Seiko Golden Grand Prix (Osaka, JPN) *Hirokawa (2019) - research on athlete performance and technique- 2019 data book*

date	19-May-19	time	6.52	10.82	15.33	19.87	24.56	29.60	34.70	39.96	45.33	50.83		57.31	9 / 5					
reaction time	0.167	interval		4.30	4.51	4.54	4.69	5.04	5.10	5.26	5.37	5.50	6.48			13.35	14.83	16.13		
		velocity	6.90	8.14	7.76	7.71	7.46	6.94	6.86	6.65	6.52	6.36	6.17	6.98		7.87	7.08	6.51		
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	17	21.2	187.2						

A FINAL - 2019 Kinami Memorial (Osaka, JPN) *Matsubayashi (2019) - research on athlete performance and technique- 2019 data book*

date	06-May-19	time	6.52	10.83	15.30	19.90	24.69	29.75	34.82	40.05	45.40	50.79		57.05	7 / 1					
reaction time		interval		4.31	4.47	4.60	4.79	5.06	5.07	5.23	5.35	5.39	6.26			13.38	14.92	15.97		
		velocity	6.90	8.12	7.83	7.61	7.31	6.92	6.90	6.69	6.54	6.49	6.39	7.01		7.85	7.04	6.57		
H1 lead leg	R	strides	23	15	15	15	15	16	16	17	17	17	21	187						

A FINAL - 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN) *Kobayashi (2019) - research on athlete performance and technique- 2019 data book*

date	03-May-19	time	6.52	10.81	15.28	19.85	24.69	29.71	34.87	40.26	45.81	51.72		58.68	/ 3					
reaction time		interval		4.29	4.47	4.57	4.84	5.02	5.16	5.39	5.55	5.91	6.96			13.33	15.02	16.85		
		velocity	6.90	8.16	7.83	7.66	7.23	6.97	6.78	6.49	6.31	5.92	5.75	6.82		7.88	6.99	6.23		
H1 lead leg		strides		15	15	15	15	16	16	17	17	18		144						

FINAL - 2018 National Sports Festival (Fukui, JPN) *Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018*

date	06-Oct-18	time	6.50	10.84	15.28	19.88	24.83	29.80	34.87	40.06	45.43	51.10		57.54	7 / 1					
reaction time	0.159	interval		4.34	4.44	4.60	4.95	4.97	5.07	5.19	5.37	5.67	6.44			13.38	14.99	16.23		
		velocity	6.92	8.06	7.88	7.61	7.07	7.04	6.90	6.74	6.52	6.17	6.21	6.95		7.85	7.00	6.47		
H1 lead leg		strides		15	15	15	16	16	17	17	17	17		145						

FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis) *Henson (2021) - Athlete First: 2018 year end hurdle report*

date	09-Sep-18	time	6.24	10.48	14.92	19.48	24.36	29.72	34.96	40.32	45.96			58.92	7 / 8					
reaction time	0.181	interval		4.24	4.44	4.56	4.88	5.36	5.24	5.36	5.64					13.24	15.48			
		velocity	7.21	8.25	7.88	7.68	7.17	6.53	6.68	6.53	6.21			6.79		7.93	6.78			
H1 lead leg	L	strides	23	15	15	15	16	18	17		18			137						

FINAL - 2018 Japanese National Championships (Yamaguchi, JPN) *Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018*

date	24-Jun-18	time	6.50	10.85	15.37	20.09	25.10	30.21	35.38	40.62	45.94	51.28		57.37	6 / 1					
reaction time	0.178	interval		4.35	4.52	4.72	5.01	5.11	5.17	5.24	5.32	5.34	6.09			13.59	15.29	15.90		
		velocity	6.92	8.05	7.74	7.42	6.99	6.85	6.77	6.68	6.58	6.55	6.57	6.97		7.73	6.87	6.60		
H1 lead leg	R	strides	23	15	15	15	16	16	17	17	17	17	21	189						

Uusimäki, Hilla (FIN) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2024 European Athletics Championships (Roma, ITA)														*European Athletics (2024) - 2024 european athletics championships - results book*			
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
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
H1 lead leg strides																	

van den Broeck, Naomi (BEL) (1996)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Long Hurdles - 2025 Grand Slam Track Miami (Miramar, FL)														*Grand Slam Track (2025) - results and splits by race*			
date 03-May-25 time	6.45	10.84	15.42	20.14	24.95	27.06	29.91	34.99	40.15	45.39	50.56		56.63	2 / 7			
reaction time 0.180 interval		4.39	4.58	4.72	4.81		4.96	5.08	5.16	5.24	5.17	6.07			13.69	14.85	15.57
velocity	6.98	7.97	7.64	7.42	7.28	7.39	7.06	6.89	6.78	6.68	6.77	6.59	7.06		7.67	7.07	6.74
H1 lead leg L strides							18	18			18		54				
Semi-Final 1 - 2024 Olympic Games (Paris, FRA)														*Paris 2024 Olympic Games - Results Book (2024)*			
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)														*Paris 2024 Olympic Games - Results Book (2024)*			
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)														*Paris 2024 Olympic Games - Results Book (2024)*			
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)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 22-Aug-23 time	6.70	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)														*Henson (2023) - Athlete First: 2023 year end hurdle report*			
date 21-Aug-23 time	6.58	10.70	15.03	19.37	23.96		28.63	33.40	38.36	43.67	48.96		55.21	7 / 5			
reaction time 0.203 interval		4.12	4.33	4.34	4.59		4.67	4.77	4.96	5.31	5.29	6.25			12.79	14.03	15.56
velocity	6.84	8.50	8.08	8.06	7.63		7.49	7.34	7.06	6.59	6.62	6.40	7.25		8.21	7.48	6.75
H1 lead leg L strides	23	15	15	15	15		15	15	16	16	16	19.2	180.2				
FINAL - 2022 Commonwealth Games (Birmingham, GBR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 06-Aug-22 time	6.43	10.67	14.90	19.50	24.15	26.2	29.10	33.87	38.60	43.63	48.63		54.47	6 / 3			
reaction time 0.168 interval		4.24	4.23	4.60	4.65		4.95	4.77	4.73	5.03	5.00	5.84	PB		13.07	14.37	14.76
velocity	7.00	8.25	8.27	7.61	7.53	7.63	7.07	7.34	7.40	6.96	7.00	6.85	7.34		8.03	7.31	7.11
H1 lead leg L strides	22	15	15	15	15		15	15	16	16	16	19	179				
Semi-Final 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 20-Jul-22 time	6.33	10.60	14.97	19.30	23.76	25.80	28.47	33.40	38.37	43.47	48.73		54.81	3 / 4			
reaction time 0.162 interval		4.27	4.37	4.33	4.46		4.71	4.93	4.97	5.10	5.26	6.08	PB		12.97	14.10	15.33
velocity	7.11	8.20	8.01	8.08	7.85	7.75	7.43	7.10	7.04	6.86	6.65	6.58	7.30		8.10	7.45	6.85
H1 lead leg L strides	22	15	15	15	15		15	16	16	16	16	19.7	180.7				
Heat 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 19-Jul-22 time	6.20	10.56	14.97	19.36	23.97	26.11	28.73	33.63	38.67	43.97	49.20		55.05	7 / 2			
reaction time 0.160 interval		4.36	4.41	4.39	4.61		4.76	4.90	5.04	5.30	5.23	5.85			13.16	14.27	15.57
velocity	7.26	8.03	7.94	7.97	7.59	7.66	7.35	7.14	6.94	6.60	6.69	6.84	7.27		7.98	7.36	6.74
H1 lead leg L strides	22	15	15	15	15		15	15	16	16	16	19	179				
FINAL - 2019 Doha Diamond League (Doha, QAT) (TV Analysis)														*Henson (2020) - Athlete First: 2019 year end hurdle report*			
date 03-May-19 time	6.54	10.88			24.52	26.5	29.36		39.54	44.91	50.35		56.45	1 / 8			
reaction time 0.167 interval		4.34			13.64		4.84		10.18	5.37	5.44	6.10					
velocity	6.88	8.06			7.70	7.55	7.23		6.88	6.52	6.43	6.56	7.09				
H1 lead leg L strides	23	15					16			17	17	20.5	108.5				
FINAL - 2018 IAAF World Junior Championships (Tampere, FIN) (TV Analysis)														*Henson (2020) - Athlete First: 2018 year end hurdle report*			
date 13-Jul-18 time	6.50	10.66	15.03	19.40	23.96		28.66	33.53	38.66	43.80	49.16		55.34	5 / 1			
reaction time 0.206 interval		4.16	4.37	4.37	4.56		4.70	4.87	5.13	5.14	5.36	6.18			12.90	14.13	15.63
velocity	6.92	8.41	8.01	8.01	7.68		7.45	7.19	6.82	6.81	6.53	6.47	7.23		8.14	7.43	6.72
H1 lead leg L strides	23	15	15	15	15		15	16	17	17	17	20.5	185.5				

Viadzernikava, Krystsina (BLR) (1983

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 European Cup (Munich, GER)														*Graubner (2007) - http://www.fgs.uni-halle.de*			

WR=World Rec. AR=Area Rec. OR=Olympic Rec. CR=Championship Rec. NR=National Rec. PB=Personal Best DQ=Disqualified DV=Drug Violation

date	23-Jun-07	time	6.78	11.37	15.95	20.71	25.57	30.54	35.90	41.35	52.77		58.99	/ 7					
reaction time	0.250	interval		4.59	4.58	4.76	4.86	4.97	5.36	5.45	11.42	6.22			13.93	15.19	16.87		
		velocity	6.64	7.63	7.64	7.35	7.20	7.04	6.53	6.42	6.13	6.43	6.78		7.54	6.91	6.22		
H1 lead leg		strides																	

Vickers, Janeene (USA) (1968)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

FINAL - 1992 Olympic Games (Barcelona, ESP) — *Knight (1992) - 1992 Olympic report: the hurdling events*

date	05-Aug-92	time	6.4	10.5	13.8	19.2	23.6	28.1	32.8	37.6	42.6	48.0		54.31	1 / 3				
reaction time		interval		4.10	3.30	5.40	4.40	4.50	4.70	4.80	5.00	5.40	6.31			12.80	13.60	15.20	
		velocity	7.03	8.54	10.61	6.48	7.95	7.78	7.45	7.29	7.00	6.48	6.34	7.37		8.20	7.72	6.91	
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	19.7	180					

Semi-Finals 1 - 1992 Olympic Games (Barcelona, ESP) — *Lyle (1992) - miscellaneous coaching notes*

date	03-Aug-92	time	6.62	10.80	15.08	19.41	23.96	28.61	33.39	38.34	43.51	48.65		54.67	6 / 3				
reaction time		interval		4.18	4.28	4.33	4.55	4.65	4.78	4.95	5.17	5.14	6.02			12.79	13.98	15.26	
		velocity	6.80	8.37	8.18	8.08	7.69	7.53	7.32	7.07	6.77	6.81	6.64	7.32		8.21	7.51	6.88	
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	19	179					

Heat 3 - 1992 Olympic Games (Barcelona, ESP) — *Lyle (1992) - miscellaneous coaching notes*

date	02-Aug-92	time	6.63	10.91	15.32	19.75	24.25	28.97	33.86	38.82	43.99	49.40		55.24	4 / 1				
reaction time		interval		4.28	4.41	4.43	4.50	4.72	4.89	4.96	5.17	5.41	5.84			13.12	14.11	15.54	
		velocity	6.79	8.18	7.94	7.90	7.78	7.42	7.16	7.06	6.77	6.47	6.85	7.24		8.00	7.44	6.76	
H1 lead leg		strides																	

FINAL - 1991 IAAF World Championships (Tokyo, JPN) — *Behm (1995) - la tactique du 400 haies*

date	29-Aug-91	time	6.4	10.7	14.9	19.0	23.6	28.2	32.9	37.6	42.6	47.7		53.47	7 / 3				
reaction time		interval		4.30	4.20	4.10	4.60	4.60	4.70	4.70	5.00	5.10	5.77	**PB**		12.60	13.90	14.80	
		velocity	7.03	8.14	8.33	8.54	7.61	7.61	7.45	7.45	7.00	6.86	6.93	7.48		8.33	7.55	7.09	
H1 lead leg	R	strides		15	15	15	15	15	16	16	16	16	18.7	158					

Walker, Melaine (JAM) (1983)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

FINAL - 2011 IAAF World Championships (Daegu, KOR) — *Behm (2011) - Le quatrache: Démus enfin!*

date	01-Sep-11	time	6.2	10.2	14.3	18.6	23.0	27.4	32.0	36.7	41.5	46.6		52.73	8 / 2				
reaction time	0.219	interval		4.00	4.10	4.30	4.40	4.40	4.60	4.70	4.80	5.10	6.13			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) — *Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*

date	20-Aug-09	time	6.23	10.15	14.32	18.58	22.98	27.45	32.08	36.81	41.58	46.63		52.42	4 / 1				
reaction time	0.142	interval		3.92	4.17	4.26	4.40	4.47	4.63	4.73	4.77	5.05	5.79	**CR / AR**		12.35	13.50	14.55	
		velocity	7.22	8.93	8.39	8.22	7.95	7.83	7.56	7.40	7.34	6.93	6.91	7.63		8.50	7.78	7.22	
H1 lead leg		strides		15	15	15	15	15	16	16	16	17		140					

Semi-Final 1 - 2009 IAAF World Championships (Berlin, GER) — *Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*

date	18-Aug-09	time	6.35	10.43	14.60	18.89	23.30	27.94	32.66	37.42	42.25	47.42		53.26	6 / 1				
reaction time	0.183	interval		4.08	4.17	4.29	4.41	4.64	4.72	4.76	4.83	5.17	5.84			12.54	13.77	14.76	
		velocity	7.09	8.58	8.39	8.16	7.94	7.54	7.42	7.35	7.25	6.77	6.85	7.51		8.37	7.63	7.11	
H1 lead leg		strides																	

Heat 3 - 2009 IAAF World Championships (Berlin, GER) — *Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*

date	17-Aug-09	time	6.33	10.39	14.65	19.06	23.70	28.52	33.41	38.59	43.91	49.16		55.17	6 / 1				
reaction time	0.155	interval		4.06	4.26	4.41	4.64	4.82	4.89	5.18	5.32	5.25	6.01			12.73	14.35	15.75	
		velocity	7.11	8.62	8.22	7.94	7.54	7.26	7.16	6.76	6.58	6.67	6.66	7.25		8.25	7.32	6.67	
H1 lead leg		strides																	

FINAL - 2008 IAAF World Athletic Final (Stuttgart, GER) — *Graubner (2009) - http://www.fgs.uni-halle.de*

date	14-Sep-08	time	6.61	10.67	14.81	19.20	23.73	28.39	33.07	38.03	43.00	48.19		54.06	4 / 1				
reaction time	0.279	interval		4.06	4.14	4.39	4.53	4.66	4.68	4.96	4.97	5.19	5.87			12.59	13.87	15.12	
		velocity	6.81	8.62	8.45	7.97	7.73	7.51	7.48	7.06	7.04	6.74	6.81	7.40		8.34	7.57	6.94	
H1 lead leg		strides																	

FINAL - 2008 Olympic Games (Beijing, CHN) — *Behm (2008)- Pekin 2008: Le quatrache masculin - féminin*

date	20-Aug-08	time	6.4	10.4	14.5	18.8	23.3	27.8	32.2	36.9	41.6	46.7		52.64	6 / 1				
reaction time	0.236	interval		4.00	4.10	4.30	4.50	4.50	4.40	4.70	4.70	5.10	5.94	**OR / AR**		12.40	13.40	14.50	
		velocity	7.03	8.75	8.54	8.14	7.78	7.78	7.95	7.45	7.45	6.86	6.73	7.60		8.47	7.84	7.24	
H1 lead leg	R	strides	23	15	15	15	15	16	16	16	17	17	20.7	186					

FINAL - 2007 IAAF World Athletic Final (Stuttgart, GER) — *Graubner (2007) - http://www.fgs.uni-halle.de*

date	23-Sep-07	time	6.75	10.96	15.25	19.64	24.14	28.68	33.36	38.28	43.25	48.50		54.31	8 / 3				
reaction time	0.261	interval		4.21	4.29	4.39	4.50	4.54	4.68	4.92	4.97	5.25	5.81			12.89	13.72	15.14	
		velocity	6.67	8.31	8.16	7.97	7.78	7.71	7.48	7.11	7.04	6.67	6.88	7.37		8.15	7.65	6.94	
H1 lead leg		strides																	

Wallace, Latosha (USA) (1985)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

FINAL - 2008 USA Olympic Trials (Eugene, OR) — *USATF Hurdle Development (2008)*

date	29-Jun-08	time	6.46	10.71	15.13	19.67	24.17	28.99	34.02	39.22	44.46	49.77		55.85	2 / 6				
reaction time		interval		4.25	4.42	4.54	4.50	4.82	5.03	5.20	5.24	5.31	6.08	**PB**		13.21	14.35	15.75	

		velocity	6.97	8.24	7.92	7.71	7.78		7.26	6.96	6.73	6.68	6.59	6.58	7.16			7.95	7.32	6.67
H1 lead leg	R	strides	24	15	16	16	15		16	16	17	17	17		169					

Wang Chen (CHN) (1999)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Heat 3 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)																*CAA Hurdle Development (2019)*			
date	12-Apr-19	time	7.09	11.81	16.72	21.83	27.01		32.35	37.84	43.67	49.80	56.86		63.98	8 / 4			
reaction time	0.259	interval		4.72	4.91	5.11	5.18		5.34	5.49	5.83	6.13	7.06	7.12			14.74	16.01	19.02
		velocity	6.35	7.42	7.13	6.85	6.76		6.55	6.38	6.00	5.71	4.96	5.62	6.25		7.12	6.56	5.52
H1 lead leg	L	strides	24	17	17	17	17		17	17	18	20	21	23	208				
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 (Shaoxing, CHN)																*CAA Hurdle Development (2020)*			
date	17-Sep-20	time		11.42	16.08	20.83	25.71		30.79	36.04	41.54	47.42	53.29		60.17	8 / 5			
reaction time		interval			4.66	4.75	4.88		5.08	5.25	5.50	5.88	5.87	6.88				15.21	17.25
		velocity		7.01	7.51	7.37	7.17		6.89	6.67	6.36	5.95	5.96	5.81	6.65			6.90	6.09
H1 lead leg		strides			17				17	18	18		19	23	112				
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**		**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Heat 3 - 2019 Chinese National Championships (Shenyang, CHN)																*CAA Hurdle Development (2019)*			
date	09-Jul-19	time	6.95	11.64	16.46	21.42	26.52		31.76	37.25	42.92	48.66	54.49		60.97	7 / 5			
reaction time	0.213	interval		4.69	4.82	4.96	5.10		5.24	5.49	5.67	5.74	5.83	6.48	PB		14.47	15.83	17.24
		velocity	6.47	7.46	7.26	7.06	6.86		6.68	6.38	6.17	6.10	6.00	6.17	6.56		7.26	6.63	6.09
H1 lead leg	R	strides	23	17	17	17	17		17	18	18	19	19	22.2	204.2				

Wang Jiaqi (CHN) (2000)			**H1**	**H2**	**H3**	**H4**	**H5**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Heat 2 - 2021 Chinese National Championships (Chongqing, CHN)															*CAA Hurdle Development (2021)*			
date	26-Jun-21	time	7.02	11.47	16.11	20.81	25.77	30.97	36.31	41.83	47.64	53.51		60.07	7 / 3			
reaction time	0.238	interval		4.45	4.64	4.70	4.96	5.20	5.34	5.52	5.81	5.87	6.56			13.79	15.50	17.20
		velocity	6.41	7.87	7.54	7.45	7.06	6.73	6.55	6.34	6.02	5.96	6.10	6.66		7.61	6.77	6.10
H1 lead leg	L	strides	24	17	17	17	17	17	17	18	18	18	22	202				
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	PB		14.04	15.50	16.96
		velocity	6.54	7.74	7.48	7.23	7.03	6.84	6.48	6.29	6.21	6.08	6.14	6.68		7.48	6.77	6.19
H1 lead leg	R	strides	24	17	17	17	17	17	18	18	18	18	22	203				
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)														*Shandong Athletics Sport Science (2024)*			
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)														*Shandong Athletics Sport Science (2024)*			
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)														*CAA Hurdle Development (2019)*			
date 17-Aug-19 time	7.20	12.36	17.40	22.44	27.76		33.36	39.32	45.72	52.32	59.06		67.12	3 / 7			
reaction time 0.204 interval		5.16	5.04	5.04	5.32		5.60	5.96	6.40	6.60	6.74	8.06			15.24	16.88	19.74
velocity	6.25	6.78	6.94	6.94	6.58		6.25	5.87	5.47	5.30	5.19	4.96	5.96		6.89	6.22	5.32
H1 lead leg L strides	24	17	17	17	17		17	18	19	19	19	23	207				

Wang Xing (CHN) (1986)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2005 Chinese National Games (Nanjing, CHN)														*Wang (2016) - hurdle rhythm characteristic analysis and athletic training considerations*			
date 21-Oct-05 time	6.39	10.53	14.73	19.06	23.47		28.03	32.75	37.65	42.75	48.00		54.40	/ 2			
reaction time interval		4.14	4.20	4.33	4.41		4.56	4.72	4.90	5.10	5.25	6.40	**WJR / WYB18**		12.67	13.69	15.25
velocity	7.04	8.45	8.33	8.08	7.94		7.68	7.42	7.14	6.86	6.67	6.25	7.35		8.29	7.67	6.89
H1 lead leg strides	23	15	15	15	15		16	16	16	17	17		165				

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)														*Shandong Athletics Sport Science (2022)*			
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)														*CAA Hurdle Development (2019)*			
date 17-Aug-19 time	7.32	12.12	17.00	22.04	27.28		32.80	38.54	44.48	50.70	56.90		63.49	5 / 4			
reaction time 0.191 interval		4.80	4.88	5.04	5.24		5.52	5.74	5.94	6.22	6.20	6.59			14.72	16.50	18.36
velocity	6.15	7.29	7.17	6.94	6.68		6.34	6.10	5.89	5.63	5.65	6.07	6.30		7.13	6.36	5.72
H1 lead leg L strides	24	17	17	17	18		18	18	19	19	19	22	208				

Warden, Christine (GBR) (1950)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1979 AAA Women's National Championships (London, GBR)														*Warden (1989) - sprinting and hurdling*			
date 28-Jul-79 time	6.7	11.1	15.5	20.1	24.5	26.7	29.3	34.1	39.3	44.5	49.8		56.06	/ 1			
reaction time interval		4.40	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	7.29	6.73	6.73	6.60	6.39	7.14		7.84	7.50	6.69
H1 lead leg strides	23	16	16	16	16		16	17	17	17	17	22	193				

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 Championsips (Osaka, JPN)														*Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season*			
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 Championsips (Osaka, JPN)														*Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*			
date 12-Jun-22 time	6.99	11.61	16.33	21.22	26.28		31.53	36.95	42.61	48.57	54.60		61.34	4 / 6			
reaction time 0.175 interval		4.62	4.72	4.89	5.06		5.25	5.42	5.66	5.96	6.03	6.74			14.23	15.73	17.65
velocity	6.44	7.58	7.42	7.16	6.92		6.67	6.46	6.18	5.87	5.80	5.93	6.52		7.38	6.68	5.95
H1 lead leg L strides	24	17	17	17	17		17	17	17	19	19	22	203				

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) *USATF and Karmarush (2024) - USA Olympic trials results and race analysis*

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		18	20	170				

Heat 3 - 2024 USA Olympic Trials (Eugene, OR) *USATF and Karmarush (2024) - USA Olympic trials results and race analysis*

date	27-Jun-24	time	6.61	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) *USATF Women's Sprint Development (2003)*

date	22-Jun-03	time	6.59	11.08	15.80	20.42	25.31		30.44	35.62	40.97	46.23	51.90		58.38	6 / 1		
reaction time		interval		4.49	4.72	4.62	4.89		5.13	5.18	5.35	5.26	5.67	6.48			13.83	15.20	16.28
		velocity	6.83	7.80	7.42	7.58	7.16		6.82	6.76	6.54	6.65	6.17	6.17	6.85		7.59	6.91	6.45
H1 lead leg		strides																	

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) *Henson (2021) - Athlete First: 2021 year end hurdle report*

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) *Henson (2024) - Athlete First: 2021 year end hurdle report*

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) *Henson (2024) - Athlete First: 2021 year end hurdle report*

date	31-Jul-21	time	6.43	10.67	15.06	19.53	24.13		28.82	33.63	38.63	44.06	49.52		55.54	8 / 4		
reaction time	0.176	interval		4.24	4.39	4.47	4.60		4.69	4.81	5.00	5.43	5.46	6.02			13.10	14.10	15.89
		velocity	7.00	8.25	7.97	7.83	7.61		7.46	7.28	7.00	6.45	6.41	6.64	7.20		8.02	7.45	6.61
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	17	17	20	181				

FINAL - 2021 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	06-Jul-21	time	6.34			19.17	23.69		28.43		38.84	44.36	49.98		56.32	1 / 7		
reaction time	0.167	interval				12.83	4.52		4.74		10.41	5.52	5.62	6.34			12.83		
		velocity	7.10			8.18	7.74		7.38		6.72	6.34	6.23	6.31	7.10		8.18		
H1 lead leg	R	strides					15		15			17	17		64				

FINAL - 2021 Bislett Games (Oslo, NOR) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	01-Jul-21	time	6.44	10.60	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) *Henson (2020) - Athlete First: 2020 year end hurdle report*

date	23-Aug-20	time	6.40	10.67	15.00	19.40	23.97	26.0	28.87	33.93	39.03	44.47	50.07		56.31	3 / 5		
reaction time	0.208	interval		4.27	4.33	4.40	4.57		4.90	5.06	5.10	5.44	5.60	6.24			13.00	14.53	16.14
		velocity	7.03	8.20	8.08	7.95	7.66	7.69	7.14	6.92	6.86	6.43	6.25	6.41	7.10		8.08	7.23	6.51
H1 lead leg	R	strides	21	15		15	15		16	16	16	17	17	20	168				

FINAL - 2020 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis) *Henson (2020) - Athlete First: 2020 year end hurdle report*

date	19-Aug-20	time	6.40	10.60	14.92	19.36	23.92		28.72	33.76	39.00	44.52	50.04		56.29	5 / 3		
reaction time	0.199	interval		4.20	4.32	4.44	4.56		4.80	5.04	5.24	5.52	5.52	6.25			12.96	14.40	16.28
		velocity	7.03	8.33	8.10	7.88	7.68		7.29	6.94	6.68	6.34	6.34	6.40	7.11		8.10	7.29	6.45
H1 lead leg	R	strides	22	15	15	15	15		16	16	16	17	17	20	184				

FINAL - 2019 IAAF World Championships (Doha, QAT) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	04-Oct-19	time	6.27	10.48	14.75	19.12	23.66		28.26	33.06	38.07	43.24	48.61		54.82	7 / 8		
reaction time	0.186	interval		4.21	4.27	4.37	4.54		4.60	4.80	5.01	5.17	5.37	6.21			12.85	13.94	15.55
		velocity	7.18	8.31	8.20	8.01	7.71		7.61	7.29	6.99	6.77	6.52	6.44	7.30		8.17	7.53	6.75
H1 lead leg	R	strides	22	15	15	15	15		15	15	16		17	20	165				

Semi-Final 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	02-Oct-19	time	6.34	10.51	14.71		23.59		28.16	33.03	37.97	43.13	48.35		54.32	4 / 2		
reaction time	0.183	interval		4.17	4.20		8.88		4.57	4.87	4.94	5.16	5.22	5.97	**NR PB**				15.32
		velocity	7.10	8.39	8.33		7.88		7.66	7.19	7.09	6.78	6.70	6.70	7.36				6.85
H1 lead leg	R	strides	22	15	15				15	16	16	16	16	20	151				

FINAL - 2019 Pan American Games (Lima, PER) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	08-Aug-19	time	6.34	10.52	14.76	19.10			28.20	33.03	38.13	43.33	48.82		55.16	6 / 1		
reaction time	0.220	interval		4.18	4.24	4.34			9.10	4.83	5.10	5.20	5.49	6.34			12.76	13.93	15.79

		velocity	7.10	8.37	8.25	8.06		7.69	7.25	6.86	6.73	6.38	6.31	7.25		8.23	7.54	6.65
H1 lead leg	L	strides	22	15	15	15			15	16	16	17	20	151				

FINAL - 2019 Müller Anniversary Games (London, GBR) (TV Analysis) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	21-Jul-19	time	6.40	10.56	14.80	19.12	23.52	28.20	33.08	38.20	43.60	49.12		55.32	9 / 7			
reaction time	0.180	interval		4.16	4.24	4.32	4.40	4.68	4.88	5.12	5.40	5.52	6.20			12.72	13.96	16.04
		velocity	7.03	8.41	8.25	8.10	7.95	7.48	7.17	6.84	6.48	6.34	6.45	7.23		8.25	7.52	6.55
H1 lead leg	R	strides	22	15	15	15	15		16	16	17	17	20	168				

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		
reaction time	0.230	interval		4.30	4.45	4.60	4.76		5.09	5.23	5.43	5.50	5.61	6.33			13.35	15.08	16.54
		velocity	6.65	8.14	7.87	7.61	7.35		6.88	6.69	6.45	6.36	6.24	6.32	6.89		7.87	6.96	6.35
H1 lead leg		strides		15	15	15	15		16	16	17	17	17		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			
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			
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)														*Behm (1995) - la tactique du 400 haies*			
date 31-Aug-90 time	6.7	10.9	15.3		24.2			33.6	38.5	43.5	48.6		54.75	/ 3			
reaction time interval		4.20	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	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)														*USATF Women's Sprint Development (1996)*			
date 29-Jun-96 time	7.11	11.81	16.61	21.42	26.24		31.36	36.60	42.14	47.76	53.59		60.39	7 / 5			
reaction time interval		4.70	4.80	4.81	4.82		5.12	5.24	5.54	5.62	5.83	6.80			14.31	15.18	16.99
velocity	6.33	7.45	7.29	7.28	7.26		6.84	6.68	6.32	6.23	6.00	5.88	6.62		7.34	6.92	6.18
H1 lead leg strides																	

Whyte, Rhonda (JAM) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Prefontaine Classic (Eugene, OR) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 21-Aug-21 time	6.44	10.72	15.08	19.60	24.36	26.4	29.32	34.36	39.36	44.52			55.57	7 / 7			
reaction time 0.153 interval		4.28	4.36	4.52	4.76		4.96	5.04	5.00	5.16					13.16	14.76	
velocity	6.99	8.18	8.03	7.74	7.35	7.58	7.06	6.94	7.00	6.78			7.20		7.98	7.11	
H1 lead leg L strides	23	15	15	15	16			16	16	17			133				
FINAL - 2017 Meeting International Mohammed VI D'Athletisme (Rabat, MAR) (TV Analysis)														*Henson (2021) - Athlete First: 2017 year end hurdle report*			
date 16-Jul-17 time	6.52	10.80	15.24	19.68	24.36		29.28	34.40	39.64	44.84	50.08		56.00	3 / 8			
reaction time 0.146 interval		4.28	4.44	4.44	4.68		4.92	5.12	5.24	5.20	5.24	5.92			13.16	14.72	15.68
velocity	6.90	8.18	7.88	7.88	7.48		7.11	6.84	6.68	6.73	6.68	6.76	7.14		7.98	7.13	6.70
H1 lead leg L strides	23	15	15	15	15		16	17	17	16	17	19.7	185.7				

Williams, Schowonda (USA) (1966)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1988 Olympic Games (Seoul, KOR)														*Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988*			
date 26-Sep-88 time	6.44	10.64	14.95	19.40	24.09		28.90	33.74	38.80	44.14	49.90		56.71	8 / 7			
reaction time 0.157 interval		4.20	4.31	4.45	4.69		4.81	4.84	5.06	5.34	5.76	6.81			12.96	14.34	16.16
velocity	6.99	8.33	8.12	7.87	7.46		7.28	7.23	6.92	6.55	6.08	5.87	7.05		8.10	7.32	6.50
H1 lead leg strides	24	16	16	16	17		17	17	18	18	18	22.9	199.9				

Williams, Tiffany (USA) (1983)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Doha Diamond League (Doha, QAT) (TV Analysis)														*Henson (2021) - Athlete First: 2016 year end hurdle report*			
date 06-May-16 time	6.52	10.68	15.00	19.44	24.08		28.80	33.68	38.72	44.00	49.68		56.57	8 / 7			
reaction time 0.225 interval		4.16	4.32	4.44	4.64		4.72	4.88	5.04	5.28	5.68	6.89			12.92	14.24	16.00
velocity	6.90	8.41	8.10	7.88	7.54		7.42	7.17	6.94	6.63	6.16	5.81	7.07		8.13	7.37	6.56
H1 lead leg L strides	24	15	15	15	16		16	17	17	17	18	22	192				
FINAL - 2009 IAAF World Championships (Berlin, GER)														*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*			
date 20-Aug-09 time	6.31	10.34	14.45	18.68	22.96		27.45	32.27	37.09	42.21	47.53		53.83	2 / 5			
reaction time 0.161 interval		4.03	4.11	4.23	4.28		4.49	4.82	4.82	5.12	5.32	6.30			12.37	13.59	15.26
velocity	7.13	8.68	8.52	8.27	8.18		7.80	7.26	7.26	6.84	6.58	6.35	7.43		8.49	7.73	6.88
H1 lead leg strides		15	15	15	15		15	16	16	17	17		141				
Semi-Final 2 - 2009 IAAF World Championships (Berlin, GER)														*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*			
date 18-Aug-09 time	6.46	10.65	14.92	19.29	23.75		28.53	33.29	38.28	43.42	48.69		54.79	5 / 3			
reaction time 0.167 interval		4.19	4.27	4.37	4.46		4.78	4.76	4.99	5.14	5.27	6.10			12.83	14.00	15.40
velocity	6.97	8.35	8.20	8.01	7.85		7.32	7.35	7.01	6.81	6.64	6.56	7.30		8.18	7.50	6.82
H1 lead leg strides																	
Heat 4 - 2009 IAAF World Championships (Berlin, GER)														*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*			
date 17-Aug-09 time	6.38	10.51	14.69	18.95	23.61		28.29	33.27	38.23	43.47	48.94		55.24	7 / 2			
reaction time 0.163 interval		4.13	4.18	4.26	4.66		4.68	4.98	4.96	5.24	5.47	6.30			12.57	14.32	15.67
velocity	7.05	8.47	8.37	8.22	7.51		7.48	7.03	7.06	6.68	6.40	6.35	7.24		8.35	7.33	6.70
H1 lead leg strides																	
FINAL - 2008 IAAF World Athletic Final (Stuttgart, GER)														*Graubner (2009) - http://www.fgs.uni-halle.de*			
date 14-Sep-08 time	6.57	10.84	15.23	19.71	24.25		29.13	33.95	38.94	44.09	49.33		55.16	3 / 3			
reaction time 0.151 interval		4.27	4.39	4.48	4.54		4.88	4.82	4.99	5.15	5.24	5.83			13.14	14.24	15.38
velocity	6.85	8.20	7.97	7.81	7.71		7.17	7.26	7.01	6.80	6.68	6.86	7.25		7.99	7.37	6.83

H1 lead leg strides

FINAL - 2008 Olympic Games (Beijing, CHN) *Behm (2008)- Pekin 2008: Le quatrache masculin - féminin*

date	20-Aug-08	time	6.3	10.4	14.7	19.0	23.7	28.3	33.1	38.3	43.7	49.3		57.55	8 / 8		
reaction time	0.236	interval		4.10	4.30	4.30	4.70	4.60	4.80	5.20	5.40	5.60	8.25			12.70	14.10	16.20
		velocity	7.14	8.54	8.14	8.14	7.45	7.61	7.29	6.73	6.48	6.25	4.85	6.95		8.27	7.45	6.48
H1 lead leg	L	strides	22	15	15	15	16	16	16	17	18			150				

FINAL - 2008 USA Olympic Trials (Eugene, OR) *USATF Hurdle Development (2008)*

date	29-Jun-08	time	6.52	10.68	14.96	19.14	23.42	28.04	32.72	37.68	42.71	47.96		54.03	5 / 1		
reaction time		interval		4.16	4.28	4.18	4.28	4.62	4.68	4.96	5.03	5.25	6.07			12.62	13.58	15.24
		velocity	6.90	8.41	8.18	8.37	8.18	7.58	7.48	7.06	6.96	6.67	6.59	7.40		8.32	7.73	6.89
H1 lead leg	L	strides	24	15	15	15	15	16	16	17	17	17		167				

FINAL - 2007 IAAF World Athletic Final (Stuttgart, GER) *Graubner (2007) - http://www.fgs.uni-halle.de*

date	23-Sep-07	time	6.57	10.82	15.10	19.44	23.92	28.52	33.44	38.34	43.51	48.84		55.01	5 / 5		
reaction time	0.273	interval		4.25	4.28	4.34	4.48	4.60	4.92	4.90	5.17	5.33	6.17			12.87	14.00	15.40
		velocity	6.85	8.24	8.18	8.06	7.81	7.61	7.11	7.14	6.77	6.57	6.48	7.27		8.16	7.50	6.82
H1 lead leg		strides																

FINAL - 2007 IAAF World Championships (Osaka, JPN) *Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers*

date	30-Aug-07	time	6.32	10.31	14.38	18.52	23.06	27.55	32.32	37.22	42.33	47.90		54.63	9 / 7		
reaction time	0.171	interval		3.99	4.07	4.14	4.54	4.49	4.77	4.90	5.11	5.57	6.73			12.20	13.80	15.58
		velocity	7.12	8.77	8.60	8.45	7.71	7.80	7.34	7.14	6.85	6.28	5.94	7.32		8.61	7.61	6.74
H1 lead leg	L	strides	24	15	15	15	16	16	17	17	17	17	21.5	191				

Williams, Tonya (USA) (1974)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

FINAL - 1996 USA Olympic Trials (Atlanta, GA) *USATF Women's Sprint Development (1996)*

date	16-Jun-96	time	6.20	10.38	14.71	19.25	23.83	25.79	28.60	33.58	38.68	44.07		55.94	1 / 6		
reaction time		interval		4.18	4.33	4.54	4.58		4.77	4.98	5.10	5.39				13.05	14.33	
		velocity	7.26	8.37	8.08	7.71	7.64	7.75	7.34	7.03	6.86	6.49		7.15		8.05	7.33	
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	17	17	19.5	183.5			

Williams, Trevaia (USA) (1968)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

FINAL - 1996 USA Olympic Trials (Atlanta, GA) *USATF Women's Sprint Development (1996)*

date	16-Jun-96	time	6.47	10.51	14.85	19.28	23.78	25.21	28.48	33.31	38.28	43.37	48.55		54.87	7 / 4		
reaction time		interval		4.04	4.34	4.43	4.50		4.70	4.83	4.97	5.09	5.18	6.32	PB		12.81	14.03	15.24
		velocity	6.96	8.66	8.06	7.90	7.78	7.93	7.45	7.25	7.04	6.88	6.76	6.33	7.29		8.20	7.48	6.89
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	16	16	19.5	181.5				

Wilson, Britton (USA) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

FINAL - 2023 NCAA Championships (Austin, TX) (TV Analysis) *Henson (2023) - Athlete First: 2023 year end hurdle report*

date	10-Jun-23	time	6.87	11.14	15.58	20.09	24.69	29.33	34.27	39.34	44.51	49.75		55.92	6 / 7		
reaction time		interval		4.27	4.44	4.51	4.60	4.64	4.94	5.07	5.17	5.24	6.17			13.22	14.18	15.48
		velocity	6.55	8.20	7.88	7.76	7.61	7.54	7.09	6.90	6.77	6.68	6.48	7.15		7.94	7.40	6.78
H1 lead leg	R	strides	23	15	15	15	15	15	16	16	16	16		162				

FINAL - 2022 World Athletics Championships (Eugene, OR) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	22-Jul-22	time	6.46	10.70	15.00	19.47	23.87	25.60	33.07	37.90	42.97	48.13		54.02	1 / 5		
reaction time	0.141	interval		4.24	4.30	4.47	4.40		9.20	4.83	5.07	5.16	5.89			13.01	13.60	15.06
		velocity	6.97	8.25	8.14	7.83	7.95	7.81	7.61	7.25	6.90	6.78	6.79	7.40		8.07	7.72	6.97
H1 lead leg	R	strides	23	15	15	15	15			15	16	16		130				

Semi-Final 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	20-Jul-22	time	6.47	10.70	15.07	19.40	24.00	26.19	28.67	33.33	38.10	42.93	47.97		53.72	5 / 4		
reaction time	0.159	interval		4.23	4.37	4.33	4.60		4.67	4.66	4.77	4.83	5.04	5.75			12.93	13.93	14.64
		velocity	6.96	8.27	8.01	8.08	7.61	7.64	7.49	7.51	7.34	7.25	6.94	6.96	7.45		8.12	7.54	7.17
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	15	16	18.2	177.2				

Heat 5 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	19-Jul-22	time	6.56	10.80	15.20	19.56	24.12	25.98	28.77		38.50	43.66	48.80		54.54	4 / 1		
reaction time	0.154	interval		4.24	4.40	4.36	4.56		4.65		9.73	5.16	5.14	5.74			13.00	
		velocity	6.86	8.25	7.95	8.03	7.68	7.70	7.53		7.19	6.78	6.81	6.97	7.33		8.08	
H1 lead leg	R	strides	23	15	15	15	15		15			16	16	18	148			

FINAL - 2022 USATF National Championships (Eugene, OR) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	25-Jun-22	time	6.57	10.57	14.75	19.01	23.42	25.14	27.96	32.53	37.20	42.14	47.38		53.08	6 / 2		
reaction time		interval		4.00	4.18	4.26	4.41		4.54	4.57	4.67	4.94	5.24	5.70	PB		12.44	13.52	14.85
		velocity	6.85	8.75	8.37	8.22	7.94	7.96	7.71	7.66	7.49	7.09	6.68	7.02	7.54		8.44	7.77	7.07
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	16	16		160				

Semi-Final 2 - 2022 USATF National Championships (Eugene, OR) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	24-Jun-22	time	6.70	10.96	15.40	19.93	24.70	26.66	29.50	34.36	39.40	44.43	49.56		55.32	6 / 1		*Henson (2022)*
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)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
FINAL - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis)																			*Henson (2021) - Athlete First: major championships report*
date	15-Aug-13	time	6.34	10.54	14.77	19.19	23.88		28.69		38.84	44.31	50.11		57.34	2 / ~~8~~ 7			
reaction time	0.276	interval		4.20	4.23	4.42	4.69		4.81		10.15	5.47	5.80	7.23			12.85		
		velocity	7.10	8.33	8.27	7.92	7.46		7.28		6.90	6.40	6.03	5.53	6.98		8.17		
H1 lead leg	L	strides	23	15	15	16	16		16			17	17	21	156				
Semi-Final 3 - 2009 IAAF World Championships (Berlin, GER)																			*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*
date	18-Aug-09	time	6.37	10.40	14.54	18.92	23.53		28.25	33.07	38.04	43.28	48.78		54.89	3 / 3			
reaction time	0.247	interval		4.03	4.14	4.38	4.61		4.72	4.82	4.97	5.24	5.50	6.11			12.55	14.15	15.71
		velocity	7.06	8.68	8.45	7.99	7.59		7.42	7.26	7.04	6.68	6.36	6.55	7.29		8.37	7.42	6.68
H1 lead leg	L	strides	23	15	15	15	16		16	16	16	16	17	20	185				
Heat 2 - 2009 IAAF World Championships (Berlin, GER)																			*Graubner (2009) - biomechanical analyses at the 12th IAAF world championships*
date	17-Aug-09	time	6.31	10.29	14.43	18.75	23.28		28.07	32.92	37.92	43.30	48.93		55.37	2 / 1			
reaction time	0.173	interval		3.98	4.14	4.32	4.53		4.79	4.85	5.00	5.38	5.63	6.44			12.44	14.17	16.01
		velocity	7.13	8.79	8.45	8.10	7.73		7.31	7.22	7.00	6.51	6.22	6.21	7.22		8.44	7.41	6.56
H1 lead leg		strides																	
FINAL - 2007 IAAF World Championships (Osaka, JPN)																			*Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers*
date	30-Aug-07	time	6.36	10.43	14.67	18.97	23.41		27.96	32.73	37.65	42.72	48.04		54.10	4 / 4			
reaction time	0.193	interval		4.07	4.24	4.30	4.44		4.55	4.77	4.92	5.07	5.32	6.06			12.61	13.76	15.31
		velocity	7.08	8.60	8.25	8.14	7.88		7.69	7.34	7.11	6.90	6.58	6.60	7.39		8.33	7.63	6.86
H1 lead leg	L	strides	23	15	15	15	15		15	15	16	16	17	20	182				
Semi-Final 3 - 2007 IAAF World Championships (Osaka, JPN)																			*Shaver (2008) - hurdle training*
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)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Heat 1 - 2022 USATF National Championships (Eugene, OR)																			*USATF (2022) - Results powered by Karmarush*
date	24-Jun-22	time	7.11	11.53	16.09	20.88	25.80	28.06	31.03	36.59	42.22	48.07	53.77	*60.20*	60.20	8 / 7			
reaction time		interval		4.42	4.56	4.79	4.92		5.23	5.56	5.63	5.85	5.70	6.43			13.77	15.71	17.18
		velocity	6.33	7.92	7.68	7.31	7.11	7.13	6.69	6.29	6.22	5.98	6.14	6.22	6.64		7.63	6.68	6.11
H1 lead leg	R	strides	25	16	16	16	16		17	17					123				

Wilson, Tyra (USA) (2002)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Heat 4 - 2024 USA Olympic Trials (Eugene, OR)																			*USATF and Karmarush (2024) - USA Olympic trials results and race analysis*
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)			**H1**	**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	6.54	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)																			*USATF and Karmarush (2024) - USA Olympic trials results and race analysis*
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)																			*USATF (2022) - Results powered by Karmarush*
date	24-Jun-22	time	6.49	10.79	15.21	19.88	24.83	26.91	29.86	35.02	40.60	46.34	52.22	*59.42*	59.42	8 / 8			
reaction time		interval		4.30	4.42	4.67	4.95		5.03	5.16	5.58	5.74	5.88	7.20			13.39	15.14	17.20
		velocity	6.93	8.14	7.92	7.49	7.07	7.43	6.96	6.78	6.27	6.10	5.95	5.56	6.73		7.84	6.94	6.10
H1 lead leg	R	strides	24	16	16	16	16		16	17	17				138				

Woodruff, Gianna (PAN) (1993)			**H1**	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Repechage 2 - 2024 Olympic Games (Paris, FRA)																			*Paris 2024 Olympic Games - Results Book (2024)*
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)																			*Paris 2024 Olympic Games - Results Book (2024)*
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) *Omega Timing (2023) - diamond league race analysis*

date	17-Sep-23	time	6.39	10.53	14.84	19.27	23.82	28.51	33.42	38.45	43.52	48.79		54.95	2 / 7				
reaction time	0.192	interval		4.14	4.31	4.43	4.55	4.69	4.91	5.03	5.07	5.27	6.16			12.88	14.15	15.37	
		velocity	7.04	8.45	8.12	7.90	7.69	7.46	7.13	6.96	6.90	6.64	6.49	7.28		8.15	7.42	6.83	
H1 lead leg	L	strides	22	14			15	15	15			17		98					

FINAL - 2023 Xiamen Diamond League (Xiamen, CHN) *Omega Timing (2023) - diamond league race analysis*

date	02-Sep-23	time	6.40	10.40	14.62	18.99	23.53	28.20	33.04	38.11	43.49	48.85		55.45	9 / 9				
reaction time	0.219	interval		4.00	4.22	4.37	4.54	4.67	4.84	5.07	5.38	5.36	6.60			12.59	14.05	15.81	
		velocity	7.03	8.75	8.29	8.01	7.71	7.49	7.23	6.90	6.51	6.53	6.06	7.21		8.34	7.47	6.64	
H1 lead leg	L	strides	23	15	15	15	15	15	15	16	16			145					

Semi-Final 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis) *Henson (2023) - Athlete First: 2023 year end hurdle report*

date	22-Aug-23	time	6.44	10.57	14.68	18.86	23.29	27.92	32.70	37.73		48.41		54.71	9 / 5				
reaction time	0.208	interval		4.13	4.11	4.18	4.43	4.63	4.78	5.03		10.68	6.30			12.42	13.84	15.71	
		velocity	6.99	8.47	8.52	8.37	7.90	7.56	7.32	6.96		6.55	6.35	7.31		8.45	7.59	6.68	
H1 lead leg	L	strides	22	15	15	15	15	15	15	16				128					

Heat 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis) *Henson (2023) - Athlete First: 2023 year end hurdle report*

date	21-Aug-23	time	6.46	10.80	15.00	19.23	23.80	28.50	33.40	38.37	43.60	49.03		55.31	2 / 3				
reaction time	0.171	interval		4.34	4.20	4.23	4.57	4.70	4.90	4.97	5.23	5.43	6.28			12.77	14.17	15.63	
		velocity	6.97	8.06	8.33	8.27	7.66	7.45	7.14	7.04	6.69	6.45	6.37	7.23		8.22	7.41	6.72	
H1 lead leg	L	strides	22	15	15	15	15	15	16	16	17	17	19.7	182.7					

FINAL - 2023 London Athletics Meet (London, GBR) *Omega Timing (2023) - diamond league race analysis*

date	23-Jul-23	time	6.37	10.35	14.44	18.73	23.19	27.90	32.71	37.67	42.92	48.38		55.52	8 / 8				
reaction time	0.201	interval		3.98	4.09	4.29	4.46	4.71	4.81	4.96	5.25	5.46	7.14			12.36	13.98	15.67	
		velocity	7.06	8.79	8.56	8.16	7.85	7.43	7.28	7.06	6.67	6.41	5.60	7.20		8.50	7.51	6.70	
H1 lead leg	L	strides	23	15	15	15	15	15	15	16		17	21	167					

FINAL - 2023 Athletissima (Lausanne, SUI) *Omega Timing (2023) - diamond league race analysis*

date	30-Jun-23	time	6.42	10.48	14.75	19.13	23.61	28.11	32.91	38.70	44.01	49.67		56.68	6 / 8				
reaction time	0.227	interval		4.06	4.27	4.38	4.48	4.50	4.80	5.79	5.31	5.66	7.01			12.71	13.78	16.76	
		velocity	7.01	8.62	8.20	7.99	7.81	7.78	7.29	6.04	6.59	6.18	5.71	7.06		8.26	7.62	6.26	
H1 lead leg	L	strides	22	15	15			15	15	17	17	17		133					

FINAL - 2023 Bislett Games (Oslo, NOR) *Omega Timing (2023) - diamond league race analysis*

date	15-Jun-23	time	6.36	10.44	14.72	19.15	23.66	28.29	33.11	38.17	43.30	48.43		54.46	4 / 3				
reaction time	0.198	interval		4.08	4.28	4.43	4.51	4.63	4.82	5.06	5.13	5.13	6.03			12.79	13.96	15.32	
		velocity	7.08	8.58	8.18	7.90	7.76	7.56	7.26	6.92	6.82	6.82	6.63	7.34		8.21	7.52	6.85	
H1 lead leg	L	strides	22	15	15	15	15	15	15	16	16	17	19	180					

FINAL - 2023 Golden Gala Pietro Mennea (Firenze, ITA) *Omega Timing (2023) - diamond league race analysis*

date	02-Jun-23	time	6.32	10.39	14.66	19.04	23.51	28.04	32.82	37.81	42.96	48.30		54.59	3 / 4				
reaction time	0.184	interval		4.07	4.27	4.38	4.47	4.53	4.78	4.99	5.15	5.34	6.29			12.72	13.78	15.48	
		velocity	7.12	8.60	8.20	7.99	7.83	7.73	7.32	7.01	6.80	6.55	6.36	7.33		8.25	7.62	6.78	
H1 lead leg	L	strides	22	15	15	15	15	15	15	16	16	17	19.5	180.5					

FINAL - 2023 Meeting International Mohammed VI d'Athlétisme (Rabat, MAR) *Omega Timing (2023) - diamond league race analysis*

date	28-May-23	time	6.34	10.32	14.55	19.04	23.67	28.45	33.58	38.86	44.14	49.53		55.74	2 / 6				
reaction time	0.201	interval		3.98	4.23	4.49	4.63	4.78	5.13	5.28	5.28	5.39	6.21			12.70	14.54	15.95	
		velocity	7.10	8.79	8.27	7.80	7.56	7.32	6.82	6.63	6.63	6.49	6.44	7.18		8.27	7.22	6.58	
H1 lead leg	R	strides	22	14		15	15	15	16			16	19	132					

FINAL - 2022 Weltklasse (Zürich, SUI) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	08-Sep-22	time	6.31	10.28			23.26	25.12	27.76	32.46		42.27	47.57		53.72	3 / 2			
reaction time	0.203	interval		3.97			12.98		4.50	4.70		9.81	5.30	6.15				15.11	
		velocity	7.13	8.82			8.09	7.96	7.78	7.45		7.14	6.60	6.50	7.45			6.95	
H1 lead leg	L	strides	23	15					15	15			16	19.2	103.2				

FINAL - 2022 Athletissima (Lausanne, SUI) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	26-Aug-22	time	6.33	10.26		18.90	23.36	25.26	27.97	32.86	37.90	43.13	48.56		54.97	8 / 5			
reaction time	0.193	interval		3.93		8.64	4.46		4.61	4.89	5.04	5.23	5.43	6.41			12.57	13.96	15.70	
		velocity	7.11	8.91		8.10	7.85	7.92	7.59	7.16	6.94	6.69	6.45	6.24	7.28		8.35	7.52	6.69	
H1 lead leg	L	strides	23	15			15		15	15	16	16	17	19.5	151.5				

FINAL - 2022 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	10-Aug-22	time	6.30	10.33	14.53	18.83	23.33	25.28	27.86	32.53	37.40	42.47	47.73		54.13	4 / 3			
reaction time	0.203	interval		4.03	4.20	4.30	4.50		4.53	4.67	4.87	5.07	5.26	6.40			12.53	13.70	15.20	
		velocity	7.14	8.68	8.33	8.14	7.78	7.91	7.73	7.49	7.19	6.90	6.65	6.25	7.39		8.38	7.66	6.91	
H1 lead leg	L	strides	23	15	15	15	15		15		16	16	17	19.5	166.5				

FINAL - 2022 Gyulai István Memorial (Székesfehérvár, HUN) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	08-Aug-22	time	6.50	10.53	14.93	19.47	24.10	28.83	33.73	38.90	44.10	49.46		55.73	6 / 4				
reaction time	0.234	interval		4.03	4.40	4.54	4.63	4.73	4.90	5.17	5.20	5.36	6.27			12.97	14.26	15.73	
		velocity	6.92	8.68	7.95	7.71	7.56	7.40	7.14	6.77	6.73	6.53	6.38	7.18		8.10	7.36	6.68	
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	17		147					

FINAL - 2022 World Athletics Championships (Eugene, OR) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	22-Jul-22	time	6.43	10.63	14.83	19.30	23.88	25.81	28.46	33.30	38.07	43.20			54.75	7 / 7		
reaction time	0.177	interval		4.20	4.20	4.47	4.58		4.58	4.84	4.77	5.13					12.87	14.00
		velocity	7.00	8.33	8.33	7.83	7.64	7.75	7.64	7.23	7.34	6.82			7.31		8.16	7.50
H1 lead leg	R	strides	23	16	15	15	15		15	16	16	16			147			

Semi-Final 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	20-Jul-22	time	6.30	10.47	14.70	19.10	23.62	25.60	28.23	32.93	37.86	42.73	47.83		53.69	7 / 2			
reaction time	0.211	interval		4.17	4.23	4.40	4.52		4.61	4.70	4.93	4.87	5.10	5.86	**AR PB**		12.80	13.83	14.90
		velocity	7.14	8.39	8.27	7.95	7.74	7.81	7.59	7.45	7.10	7.19	6.86	6.83	7.45		8.20	7.59	7.05
H1 lead leg	L	strides	23	15	15	15	15		15	15	16	16	17	19.2	181.2				

Heat 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	19-Jul-22	time	6.33	10.46	14.73	19.07	23.53	25.56	28.10	32.96	37.97	43.27	48.70		55.21	6 / 3			
reaction time	0.185	interval		4.13	4.27	4.34	4.46		4.57	4.86	5.01	5.30	5.43	6.51			12.74	13.89	15.74
		velocity	7.11	8.47	8.20	8.06	7.85	7.82	7.66	7.20	6.99	6.60	6.45	6.14	7.25		8.24	7.56	6.67
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	17	17	20	184				

FINAL - 2022 Music City Track Carnival (Nashville, TN) (TV Analysis) *(H5 5m long)* *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	05-Jun-22	time	6.45	10.54	14.80	19.23	24.40		28.54	33.36	38.36	43.32		54.63	6 / 3			
reaction time		interval		4.09	4.26	4.43	5.17		4.14	4.82	5.00	4.96				12.78	14.13	
		velocity	6.98	8.56	8.22	7.90	7.74		8.45	7.26	7.00	7.06		7.32		8.22	7.43	
H1 lead leg	L	strides	23	15	15	15	17		13		16	16		130				

FINAL - 2022 Müller Birmingham Diamond League (Birmingham, GBR) (TV Analysis) *Henson (2022) - Athlete First: 2022 year end hurdle report*

date	21-May-22	time	6.50	10.50	14.80	19.17	23.80	25.62	28.57	33.50	38.70	43.87	49.25		55.43	7 / 5		
reaction time	0.218	interval		4.00	4.30	4.37	4.63		4.77	4.93	5.20	5.17	5.38	6.18			12.67	14.33	15.75
		velocity	6.92	8.75	8.14	8.01	7.56	7.81	7.34	7.10	6.73	6.77	6.51	6.47	7.22		8.29	7.33	6.67
H1 lead leg	L	strides	23	15	15	15	15		15	15	16	16	17	20	182				

FINAL - 2021 Weltklasse (Zürich, SUI) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	09-Sep-21	time	6.36	10.32		18.96	23.48	25.4	28.16	32.96	37.92	43.00	48.28		54.50	2 / 5		
reaction time	0.192	interval		3.96		8.64	4.52		4.68	4.80	4.96	5.08	5.28	6.22			12.60	14.00	15.32
		velocity	7.08	8.84		8.10	7.74	7.87	7.48	7.29	7.06	6.89	6.63	6.43	7.34		8.33	7.50	6.85
H1 lead leg	L	strides	23	15			15		15	15		16	16	19.2	134.2				

FINAL - 2021 Meeting de Paris (Paris, FRA) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	28-Aug-21	time	6.33	10.52	14.92		23.92		28.53	33.28	38.07	43.12	48.35		54.44	7 / 1		
reaction time	0.206	interval		4.19	4.40		9.00		4.61	4.75	4.79	5.05	5.23	6.09					15.07
		velocity	7.11	8.35	7.95		7.78		7.59	7.37	7.31	6.93	6.69	6.57	7.35				6.97
H1 lead leg	L	strides	23	15	15	15			15	15	15	16	16	19.5	164.5				

FINAL - 2021 Prefontaine Classic (Eugene, OR) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	21-Aug-21	time	6.40	10.44	14.64	18.96	23.38	25.4	28.00	32.84	37.68	42.72	47.88		54.20	8 / 3		
reaction time	0.249	interval		4.04	4.20	4.32	4.42		4.62	4.84	4.84	5.04	5.16	6.32	**NR PB**		12.56	13.88	15.04
		velocity	7.03	8.66	8.33	8.10	7.92	7.87	7.58	7.23	7.23	6.94	6.78	6.33	7.38		8.36	7.56	6.98
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	16	16	19.2	179.2				

FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis) *Henson (2021) - Athlete First: 2021 year end hurdle report*

date	04-Aug-21	time	6.44	10.54	14.84	19.32	23.88		28.52	33.40	38.44				55.84	9 / ~~8~~ 7		
reaction time	0.235	interval		4.10	4.30	4.48	4.56		4.64	4.88	5.04						12.88	14.08	
		velocity	6.99	8.54	8.14	7.81	7.68		7.54	7.17	6.94				7.16		8.15	7.46	
H1 lead leg	L	strides	23	15	15	15	15		15	15	15				128				

Semi-Final 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis) *Henson (2024) - Athlete First: 2021 year end hurdle report*

date	02-Aug-21	time	6.46	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) *Henson (2024) - Athlete First: 2021 year end hurdle report*

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) *Henson (2020) - Athlete First: 2019 year end hurdle report*

date	02-Oct-19	time	6.34	10.37	14.61		23.59			33.50	38.57	43.78	49.21		55.61	2 / 6		
reaction time	0.223	interval		4.03	4.24		8.98			9.91	5.07	5.21	5.43	6.40	**AR**				15.71
		velocity	7.10	8.68	8.25		7.80			7.06	6.90	6.72	6.45	6.25	7.19				6.68
H1 lead leg	L	strides	23	15	15						16	17	17	20	123				

Wright, Jessica (USA) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

Semi-Final 3 - 2024 USA Olympic Trials (Eugene, OR) *USATF and Karmarush (2024) - USA Olympic trials results and race analysis*

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) *USATF and Karmarush (2024) - USA Olympic trials results and race analysis*

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) *USATF (2022) - Results powered by Karmarush*

date	24-Jun-22	time	6.74	11.03	15.57	20.41	25.25	27.34	30.13	35.01	40.17	45.53	50.85	*57.09*	57.09	3 / 7			
reaction time		interval		4.29	4.54	4.84	4.84		4.88	4.88	5.16	5.36	5.32	6.24			13.67	14.60	15.84
		velocity	6.68	8.16	7.71	7.23	7.23	7.32	7.17	7.17	6.78	6.53	6.58	6.41	7.01		7.68	7.19	6.63
H1 lead leg	R	strides	24	16	17	17	17			17	18				126				

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	58.36		60.44	2 / 7			
reaction time		interval		4.64	4.66	4.78	4.93		5.16	5.41	5.57	5.60	10.55	2.08			14.08	15.50	21.72
		velocity	6.37	7.54	7.51	7.32	7.10		6.78	6.47	6.28	6.25	3.32	19.23	6.62		7.46	6.77	4.83
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	17	19	23	197				

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) *CAA Hurdle Development (2019)*

date	12-Apr-19	time	7.00	11.52	16.34	21.24	26.30	31.44	36.88	42.70	48.50	54.42		60.92	4 / 2			
reaction time	0.224	interval		4.52	4.82	4.90	5.06	5.14	5.44	5.82	5.80	5.92	6.50			14.24	15.64	17.54
		velocity	6.43	7.74	7.26	7.14	6.92	6.81	6.43	6.01	6.03	5.91	6.15	6.57		7.37	6.71	5.99
H1 lead leg	L	strides	23	16	16	16	16	16	17	18	18	18	21	195				

Heat 2 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN) *CAA Hurdle Development (2019)*

date	12-Apr-19	time	7.03	11.63	16.47	21.40	26.51	31.73	37.12	42.76	48.63	54.54		61.24	9 / 1			
reaction time	0.309	interval		4.60	4.84	4.93	5.11	5.22	5.39	5.64	5.87	5.91	6.70			14.37	15.72	17.42
		velocity	6.40	7.61	7.23	7.10	6.85	6.70	6.49	6.21	5.96	5.92	5.97	6.53		7.31	6.68	6.03
H1 lead leg	L	strides	23	16	16	16	16	16	17	17	18	18	21.2	194.2				

Heat 3 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN) *CAA Hurdle Development (2019)*

date	07-Apr-19	time	6.94	11.60	16.50	21.45	26.59	31.87	37.44	43.21	49.09	55.32		62.34	9 / 4			
reaction time	0.345	interval		4.66	4.90	4.95	5.14	5.28	5.57	5.77	5.88	6.23	7.02			14.51	15.99	17.88
		velocity	6.48	7.51	7.14	7.07	6.81	6.63	6.28	6.07	5.95	5.62	5.70	6.42		7.24	6.57	5.87
H1 lead leg	L	strides	22	16	16	16	16	16	17	18	18	18	21.5	194.5				

FINAL - 2018 Chinese National Championships (Taiyuan, CHN) *Henson (2018) - coaching observations*

date	16-Sep-18	time	6.86	11.27	15.75	20.37	25.23	30.28	35.47	40.82	46.31	52.00		58.65	4 / 3			
reaction time		interval		4.41	4.48	4.62	4.86	5.05	5.19	5.35	5.49	5.69	6.65			13.51	15.10	16.53
		velocity	6.56	7.94	7.81	7.58	7.20	6.93	6.74	6.54	6.38	6.15	6.02	6.82		7.77	6.95	6.35
H1 lead leg	L	strides	22	15	15	15	16	16	17	17	17	18	21.5	189.5				

Heat 2 - 2018 Chinese National Championships (Taiyuan, CHN) *Henson (2018) - coaching observations*

date	15-Sep-18	time	6.86	11.26	15.83	20.51	25.41	30.53	35.87	41.32	46.85	52.47		58.81	5 / 1			
reaction time		interval		4.40	4.57	4.68	4.90	5.12	5.34	5.45	5.53	5.62	6.34			13.65	15.36	16.60
		velocity	6.56	7.95	7.66	7.48	7.14	6.84	6.55	6.42	6.33	6.23	6.31	6.80		7.69	6.84	6.33
H1 lead leg	L	strides	22	15	15	15	16	16	17	17	17	17	21	188				

Xiao Xia (CHN) (1991)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

Heat 2 - 2021 Chinese National Championships (Chongqing, CHN) *CAA Hurdle Development (2021)*

date	26-Jun-21	time	6.76	11.38	16.25	21.30	26.41	31.76	37.17	42.71	48.35	53.97		60.42	3 / 5			
reaction time	0.296	interval		4.62	4.87	5.05	5.11	5.35	5.41	5.54	5.64	5.62	6.45			14.54	15.87	16.80
		velocity	6.66	7.58	7.19	6.93	6.85	6.54	6.47	6.32	6.21	6.23	6.20	6.62		7.22	6.62	6.25
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	17	20.5	192.5				

Heat 1 - 2019 Chinese National Grand Prix 2 (Huangshi, CHN) *CAA Hurdle Development (2019)*

date	12-Apr-19	time	7.04	11.82	16.75	21.82	26.94	32.41	37.92	43.67	49.46	55.17		61.97	9 / 1			
reaction time	0.399	interval		4.78	4.93	5.07	5.12	5.47	5.51	5.75	5.79	5.71	6.80			14.78	16.10	17.25
		velocity	6.39	7.32	7.10	6.90	6.84	6.40	6.35	6.09	6.04	6.13	5.88	6.45		7.10	6.52	6.09
H1 lead leg	L	strides	23	16	16	16	16	17	17	17	17	17	21.2	193.2				

Heat 3 - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN) *CAA Hurdle Development (2019)*

date	07-Apr-19	time	7.11	11.96	17.12	22.41	27.86	33.42	39.12	44.85	50.47	56.27		63.02	1 / 6			
reaction time	0.370	interval		4.85	5.16	5.29	5.45	5.56	5.70	5.73	5.62	5.80	6.75			15.30	16.71	17.15
		velocity	6.33	7.22	6.78	6.62	6.42	6.29	6.14	6.11	6.23	6.03	5.93	6.35		6.86	6.28	6.12
H1 lead leg	L	strides	22	16	16	17	17	17	17	17	17	17	21	194				

Xie Hanmeng (CHN) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

U20 Heat 2 - 2019 Chinese National Youth Games (Taiyuan, CHN) *CAA Hurdle Development (2019)*

date	17-Aug-19	time	7.36	12.16	17.20	22.58	28.38	34.82	41.86			66.74		76.27	2 / 6			
reaction time	0.232	interval		4.80	5.04	5.38	5.80	6.44	7.04			24.88	9.53			15.22	19.28	24.88
		velocity	6.11	7.29	6.94	6.51	6.03	5.43	4.97			4.22	4.20	5.24		6.90	5.45	4.22
H1 lead leg	L	strides	24	17	17	17	18	19	20	21				153				

Xiong Yiqi (CHN) (2002)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN) *CAA Hurdle Development (2019)*

date	17-Aug-19	time	7.20	12.02	16.92	21.92	27.14	32.64	38.26	44.00	49.90	55.78		62.41	8 / 2			
reaction time	0.223	interval		4.82	4.90	5.00	5.22	5.50	5.62	5.74	5.90	5.88	6.63			14.72	16.34	17.52
		velocity	6.25	7.26	7.14	7.00	6.70	6.36	6.23	6.10	5.93	5.95	6.03	6.41		7.13	6.43	5.99
H1 lead leg	L	strides	25	17	17	17	17	19	19	19	19	19	23.2	211.2				

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) *Shimizu (2019) - shimane high school championships 2019 - biomechanics data analysis*

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 Championsips (Fukuoka, JPN) *Takashima (2024) - national high school sports festival - biomechanics data*

date	30-Jul-24	time	6.87	11.56	16.43	21.27	26.16		31.23	36.50	41.86	47.50	53.20		59.49	2 / 3						
reaction time	0.196	interval		4.69	4.87	4.84	4.89		5.07	5.27	5.36	5.64	5.70	6.29					14.40	15.23	16.70
		velocity	6.55	7.46	7.19	7.23	7.16		6.90	6.64	6.53	6.21	6.14	6.36	6.72				7.29	6.89	6.29
H1 lead leg		strides	23	17	17	17	17		17	17	17	17	19	22	200						

FINAL - 2024 Japanese National U20 Championsips (Niigata, JPN) *Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season*

date	30-Jun-24	time	6.91	11.56	16.35	21.09	25.89		30.80	35.90	41.14	46.65	52.25		58.58	4 / 2						
reaction time	0.171	interval		4.65	4.79	4.74	4.80		4.91	5.10	5.24	5.51	5.60	6.33	PB				14.18	14.81	16.35	
		velocity	6.51	7.53	7.31	7.38	7.29		7.13	6.86	6.68	6.35	6.25	6.32	6.83				7.40	7.09	6.42	
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	18	18	23	197							

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 Championsips (Fukuoka, JPN) *Takashima (2024) - national high school sports festival - biomechanics data*

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	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 - 2024 Japanese National Championsips (Niigata, JPN) *Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season*

date	30-Jun-24	time	6.81	11.24	15.71	20.24	24.86		29.62	34.55	39.62	44.86	50.27		56.60	5 / 1						
reaction time	0.307	interval		4.43	4.47	4.53	4.62		4.76	4.93	5.07	5.24	5.41	6.33					13.43	14.31	15.72	
		velocity	6.61	7.90	7.83	7.73	7.58		7.35	7.10	6.90	6.68	6.47	6.32	7.07				7.82	7.34	6.68	
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	17	17	21	194							

A FINAL - 2024 Shizuoka International Meeting (Fukuroi, JPN) *Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season*

date	03-May-24	time	6.72	11.11	15.68	20.32	25.09		29.98	34.98	40.14	45.46	50.88		57.16	7 / 3						
reaction time	0.199	interval		4.39	4.57	4.64	4.77		4.89	5.00	5.16	5.32	5.42	6.28					13.60	14.66	15.90	
		velocity	6.70	7.97	7.66	7.54	7.34		7.16	7.00	6.78	6.58	6.46	6.37	7.00				7.72	7.16	6.60	
H1 lead leg		strides		16	16	16	16		17	17	17	17	17	21	170							

FINAL - 2023 Japanese National Championsips (Osaka, JPN) *Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season*

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) *Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season*

date	06-May-23	time	6.66	11.15	15.77	20.50	25.36		30.43	35.54	40.74	46.05	51.55		57.92	6 / 1						
reaction time	0.154	interval		4.49	4.62	4.73	4.86		5.07	5.11	5.20	5.31	5.50	6.37					13.84	15.04	16.01	
		velocity	6.76	7.80	7.58	7.40	7.20		6.90	6.85	6.73	6.59	6.36	6.28	6.91				7.59	6.98	6.56	
H1 lead leg		strides		16	16	16	17		17	17	17	17	17		150							

B 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	6.93	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 Championsips (Osaka, JPN) *Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*

date	12-Jun-22	time	6.82	11.24	15.75	20.37	25.03		29.81	34.77	39.81	44.93	50.20		56.38	6 / 1						
reaction time	0.219	interval		4.42	4.51	4.62	4.66		4.78	4.96	5.04	5.12	5.27	6.18	PB				13.55	14.40	15.43	
		velocity	6.60	7.92	7.76	7.58	7.51		7.32	7.06	6.94	6.84	6.64	6.47	7.09				7.75	7.29	6.80	
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	17	17	21	194							

FINAL - 2022 Shizuoka International Athletics Meeting (Fukuroi, JPN) *Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*

date	03-May-22	time	6.86	11.39	16.10	20.87	25.76		30.81	36.04	41.21	46.46	51.77		57.98	6 / 4						
reaction time	0.220	interval		4.53	4.71	4.77	4.89		5.05	5.23	5.17	5.25	5.31	6.21					14.01	15.17	15.73	
		velocity	6.56	7.73	7.43	7.34	7.16		6.93	6.69	6.77	6.67	6.59	6.44	6.90				7.49	6.92	6.68	
H1 lead leg	L	strides	23	16	16	16	16		17	17	17	17	17	21	193							

A Race - 2022 Michitaka Kinami Memorial (Osaka, JPN) *Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*

date	30-Apr-22	time	6.79	11.23	15.85	20.51	25.36		30.51	35.77	41.12	46.53	51.94		58.11	5 / 3						
reaction time	0.182	interval		4.44	4.62	4.66	4.85		5.15	5.26	5.35	5.41	5.41	6.17					13.72	15.26	16.17	
		velocity	6.63	7.88	7.58	7.51	7.22		6.80	6.65	6.54	6.47	6.47	6.48	6.88				7.65	6.88	6.49	
H1 lead leg	L	strides	24	16	16	16	16		17	17	17	17	17	21	194							

FINAL - 2021 Japanese National Championships (Osaka, JPN) *Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*

date	27-Jun-21	time	6.82	11.29	15.85	20.49	25.24		30.11	35.09	40.22	45.63	51.15		57.30	5 / 1						
reaction time	0.193	interval		4.47	4.56	4.64	4.75		4.87	4.98	5.13	5.41	5.52	6.15					13.67	14.60	16.06	

		velocity	6.60	7.83	7.68	7.54	7.37	7.19	7.03	6.82	6.47	6.34	6.50	6.98		7.68	7.19	6.54
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21.5	196.5				

Heat 1 - 2021 Japanese National Championships (Osaka, JPN) *Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season*

date	26-Jun-21	time	6.86	11.34	15.83	20.39	25.06	30.00	35.14	40.32	45.60	51.00		57.04	6 / 1			
reaction time	0.232	interval		4.48	4.49	4.56	4.67	4.94	5.14	5.18	5.28	5.40	6.04	PB		13.53	14.75	15.86
		velocity	6.56	7.81	7.80	7.68	7.49	7.09	6.81	6.76	6.63	6.48	6.62	7.01		7.76	7.12	6.62
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	17	17	20.7	193.7				

FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN) *Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*

date	01-Jun-21	time	6.84	11.34	15.89	20.59	25.43	30.45	35.64	40.89	46.45	52.12		58.48	2 / 3			
reaction time	0.257	interval		4.50	4.55	4.70	4.84	5.02	5.19	5.25	5.56	5.67	6.36			13.75	15.05	16.48
		velocity	6.58	7.78	7.69	7.45	7.23	6.97	6.74	6.67	6.29	6.17	6.29	6.84		7.64	6.98	6.37
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	21.5	196.5				

FINAL - 2020 Japanese High School National Championships (Hiroshima, JPN) *Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*

date	25-Oct-20	time	6.69	11.11	15.72	20.34	25.06	30.05	35.25	40.44	45.83	51.32		57.51	3 / 1			
reaction time	0.208	interval		4.42	4.61	4.62	4.72	4.99	5.20	5.19	5.39	5.49	6.19			13.65	14.91	16.07
		velocity	6.73	7.92	7.59	7.58	7.42	7.01	6.73	6.74	6.49	6.38	6.46	6.96		7.69	7.04	6.53
H1 lead leg		strides		16	16	16	16	17	17	17	18	18		151				

FINAL - 2020 Japanese National Championships (Niigata, JPN) *Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*

date	03-Oct-20	time	6.57	11.01	15.53	20.14	24.91	29.90	34.97	40.21	45.63	51.12		57.43	5 / 4			
reaction time	0.156	interval		4.44	4.52	4.61	4.77	4.99	5.07	5.24	5.42	5.49	6.31	PB		13.57	14.83	16.15
		velocity	6.85	7.88	7.74	7.59	7.34	7.01	6.90	6.68	6.46	6.38	6.34	6.97		7.74	7.08	6.50
H1 lead leg	L	strides	24	16	16	16	16	17	17	17	18	18	22	197				

Youth FINAL - 2019 National Sports Festival (Hitachinaka, JPN) *Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*

date	05-Oct-19	time	6.71	11.19	15.82	20.54	25.38	30.35	35.44	40.61	46.03	51.53		57.77	4 / 1			
reaction time	0.211	interval		4.48	4.63	4.72	4.84	4.97	5.09	5.17	5.42	5.50	6.24	PB		13.83	14.90	16.09
		velocity	6.71	7.81	7.56	7.42	7.23	7.04	6.88	6.77	6.46	6.36	6.41	6.92		7.59	7.05	6.53
H1 lead leg		strides		17	17	17	17	17	17	17	18	18		155				

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
B FINAL - 2024 Michitaka Kinami Memorial (Osaka, JPN)															*Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season*			
date	12-May-24	time	6.72	11.23	15.87	20.64	25.56	30.66	35.77	41.02	46.53	52.42		59.22	5 / 2			
reaction time	0.227	interval		4.51	4.64	4.77	4.92	5.10	5.11	5.25	5.51	5.89	6.80			13.92	15.13	16.65
		velocity	6.70	7.76	7.54	7.34	7.11	6.86	6.85	6.67	6.35	5.94	5.88	6.75		7.54	6.94	6.31
H1 lead leg		strides		16	16	16	16	17	17	17	17	18		150				

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) *Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season*

date	03-May-21	time	6.84	11.51	16.27	21.17	26.18		31.18	36.34	41.59	47.20	53.09		59.83	7 / 2						
reaction time	0.185	interval		4.67	4.76	4.90	5.01		5.00	5.16	5.25	5.61	5.89	6.74					14.33	15.17	16.75	
		velocity	6.58	7.49	7.35	7.14	6.99		7.00	6.78	6.67	6.24	5.94	5.93	6.69				7.33	6.92	6.27	
H1 lead leg	L	strides	23	16	16	17	17		17	17	17	17	17	22.2	196.2							

B FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN) *Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season*

date	24-Oct-20	time	6.79	11.36	16.05	20.94	25.96		31.20	36.49	41.89	47.65	53.69		60.50	3 / 6						
reaction time		interval		4.57	4.69	4.89	5.02		5.24	5.29	5.40	5.76	6.04	6.81					14.15	15.55	17.20	
		velocity	6.63	7.66	7.46	7.16	6.97		6.68	6.62	6.48	6.08	5.79	5.87	6.61				7.42	6.75	6.10	
H1 lead leg		strides		16	16	17	17		17	17	17	17	19		153							

Yoneda, Tomomi (JPN) (1990)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

FINAL - 2012 Japanese National Championships (Osaka, JPN) *Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions*

date	10-Jun-12	time	6.91	11.31	15.80	20.30	24.92		29.64	34.54	39.60	44.84	50.25		56.62	6 / 2						
reaction time		interval		4.40	4.49	4.50	4.62		4.72	4.90	5.06	5.24	5.41	6.37					13.39	14.24	15.71	
		velocity	6.51	7.95	7.80	7.78	7.58		7.42	7.14	6.92	6.68	6.47	6.28	7.06				7.84	7.37	6.68	
H1 lead leg	R	strides	23	15	15	15	15		16	16	16	16	17	21	185							

A FINAL - 2012 Shizuoka International Athletics Meeting (Fukuroi, JPN) *Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions*

date	03-May-12	time	6.92	11.39	15.98	20.58	25.22		30.02	34.99	40.10	45.36	50.68		56.80	/ 4						
reaction time		interval		4.47	4.59	4.60	4.64		4.80	4.97	5.11	5.26	5.32	6.12	PB				13.66	14.41	15.69	
		velocity	6.50	7.83	7.63	7.61	7.54		7.29	7.04	6.85	6.65	6.58	6.54	7.04				7.69	7.29	6.69	
H1 lead leg		strides		15	15	15	15		16	16	16	16	17		141							

FINAL - 2008 Japanese National High School Championships (Kumagaya, JPN) *Abe (2008) - 61st high school championships: JAF scientific committee- biomechanics data*

date	31-Jul-08	time	7.06	11.75	16.58	21.45	26.48		31.58	36.94	42.39	47.95	53.59		59.95	/ 3						
reaction time		interval		4.69	4.83	4.87	5.03		5.10	5.36	5.45	5.56	5.64	6.36					14.39	15.49	16.65	
		velocity	6.37	7.46	7.25	7.19	6.96		6.86	6.53	6.42	6.29	6.21	6.29	6.67				7.30	6.78	6.31	
H1 lead leg		strides		17	17	17	17		17	17	17	18	18		155							

Yoshida, Kasumi (JPN) (1999)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

A FINAL - 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN) *Kobayashi (2019) - research on athlete performance and technique- 2019 data book*

date	03-May-19	time	6.77	11.28	15.82	20.54	25.44		30.50	35.74	41.21	47.03	53.07		59.90	/ 4						
reaction time		interval		4.51	4.54	4.72	4.90		5.06	5.24	5.47	5.82	6.04	6.83					13.77	15.20	17.33	
		velocity	6.65	7.76	7.71	7.42	7.14		6.92	6.68	6.40	6.01	5.79	5.86	6.68				7.63	6.91	6.06	
H1 lead leg		strides		16	16	16	16		17	17	17	19	19		153							

Yoshida, Makiko (JPN) (1976)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

FiNAL - 2005 Osaka Grand Prix (Osaka, JPN) *Yasunori (2006) - race pattern analysis of top Japanese 400m hurdlers*

date	07-May-05	time	6.76	11.18	15.77	20.51	25.43	30.44	35.46	40.53	45.74	51.18		57.29	/ 3			
reaction time		interval		4.42	4.59	4.74	4.92	5.01	5.02	5.07	5.21	5.44	6.11			13.75	14.95	15.72
		velocity	6.66	7.92	7.63	7.38	7.11	6.99	6.97	6.90	6.72	6.43	6.55	6.98		7.64	7.02	6.68
H1 lead leg		strides		16	16	16	16	17	17	17	17	18		150				

FiNAL - 2004 Seiko Super Grand Prix (Yokohama, JPN) *Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers*

date	23-Sep-04	time	6.76	11.13	15.72	20.39	25.18	30.12	35.13	40.32	45.58	51.05		57.32	/ 5			
reaction time		interval		4.37	4.59	4.67	4.79	4.94	5.01	5.19	5.26	5.47	6.27			13.63	14.74	15.92
		velocity	6.66	8.01	7.63	7.49	7.31	7.09	6.99	6.74	6.65	6.40	6.38	6.98		7.70	7.12	6.60
H1 lead leg		strides		16	16	16	16	17	17	17	17	18		150				

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)																*USATF and Karmarush (2024) - USA Olympic trials results and race analysis*			
date	29-Jun-24	time	6.39	10.51	14.85	19.28	23.90	26.07	28.79	33.89	39.35	45.33	51.72		59.43	3 / 8			
reaction time		interval		4.12	4.34	4.43	4.62		4.89	5.10	5.46	5.98	6.39	7.71			12.89	14.61	17.83
		velocity	7.04	8.50	8.06	7.90	7.58	7.67	7.16	6.86	6.41	5.85	5.48	5.19	6.73		8.15	7.19	5.89
H1 lead leg	R	strides	23	15	15	15	15		15	15	16		18	21	168				
Heat 4 - 2024 USA Olympic Trials (Eugene, OR)																*USATF and Karmarush (2024) - USA Olympic trials results and race analysis*			
date	27-Jun-24	time	6.73	11.02	15.48	20.12	24.82	26.89	29.61	34.52	39.73	45.18	50.70		57.29	6 / 4			
reaction time		interval		4.29	4.46	4.64	4.70		4.79	4.91	5.21	5.45	5.52	6.59			13.39	14.40	16.18
		velocity	6.69	8.16	7.85	7.54	7.45	7.44	7.31	7.13	6.72	6.42	6.34	6.07	6.98		7.84	7.29	6.49
H1 lead leg	R	strides	22	15	15	15	15		15	15	16	16	17	20	181				
Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)																*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date	26-Jun-21	time	6.40	10.57	14.95	19.45	24.19		29.06	34.26	39.60	45.38			59.39	4 / 8			
reaction time	0.187	interval		4.17	4.38	4.50	4.74		4.87	5.20	5.34	5.78					13.05	14.81	
		velocity	7.03	8.39	7.99	7.78	7.38		7.19	6.73	6.55	6.06			6.74		8.05	7.09	
H1 lead leg	R	strides	22	15	15	15	15			16	16	17			131				
FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)																*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date	12-Jun-21	time	6.47		15.13	19.73	24.50				38.90	43.83	49.13		56.23	9 / 5			
reaction time	0.218	interval			8.66	4.60	4.77				14.40	4.93	5.30	7.10	PB		13.26		
		velocity	6.96		8.08	7.61	7.34				7.29	7.10	6.60	5.63	7.11		7.92		
H1 lead leg	R	strides	23			15	15					15	16	21.5	105.5				

Young, Natalie (USA)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)																*USATF Women's Sprint Development (2003)*			
date	22-Jun-03	time	6.76	11.19	15.88	20.45	25.23		30.36	35.94	41.89	47.85			60.99	2 / 5			
reaction time		interval		4.43	4.69	4.57	4.78		5.13	5.58	5.95	5.96					13.69	15.49	
		velocity	6.66	7.90	7.46	7.66	7.32		6.82	6.27	5.88	5.87			6.56		7.67	6.78	
H1 lead leg		strides																	

Yu Qian (CHN)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 FINAL - 2022 Shandong Provincial Games (Rizhao, CHN)																*Shandong Athletics Sport Science (2022)*			
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)

			H1	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 Olympic Games - Results Book (2024)*			
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		144				
Repechage 1 - 2024 Olympic Games (Paris, FRA)																*Paris 2024 Olympic Games - Results Book (2024)*			
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)																*Paris 2024 Olympic Games - Results Book (2024)*			
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)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)																*Henson (2021) - Athlete First: 2018 year end hurdle report*			
date	09-Sep-18	time	6.20	10.32	14.52	18.72	23.04		27.64	32.64	37.80	43.16	48.84		55.65	3 / 5			
reaction time	0.194	interval		4.12	4.20	4.20	4.32		4.60	5.00	5.16	5.36	5.68	6.81			12.52	13.92	16.20
		velocity	7.26	8.50	8.33	8.33	8.10		7.61	7.00	6.78	6.53	6.16	5.87	7.19		8.39	7.54	6.48
H1 lead leg	R	strides	23	15	15	15	15		15	16	17	17	18	21.5	187.5				

Zapletalová, Emma (SVK) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2022 European Athletics Championships (Munich, GER)														*European Athletics (2022) - european athletics championships race analysis*			
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)														*Henson (2022) - Athlete First: 2022 year end hurdle report*			
date 08-Aug-22 time	6.57	11.03	15.57	20.27			29.93		40.50	46.17			59.00	2 / 8			
reaction time 0.160 interval		4.46	4.54	4.70			29.93		10.57	5.67					13.70		
velocity	6.85	7.85	7.71	7.45			1.17		6.62	6.17			6.78		7.66		
H1 lead leg R strides	23	16	16	16	16					17			104				
FINAL - 2021 Meeting de Paris (Paris, FRA) (TV Analysis)														*Henson (2021) - Athlete First: 2021 year end hurdle report*			
date 28-Aug-21 time	6.42	10.70	15.12		23.95		28.50	33.23	38.20	43.46	49.00		55.61	8 / 6			
reaction time 0.138 interval		4.28	4.42		8.83		4.55	4.73	4.97	5.26	5.54	6.61					15.77
velocity	7.01	8.18	7.92		7.93		7.69	7.40	7.04	6.65	6.32	6.05	7.19				6.66
H1 lead leg R strides	23	15	15	15			15	15		16	16	20.2	150.2				
Semi-Final 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)														*Henson (2024) - Athlete First: 2021 year end hurdle report*			
date 02-Aug-21 time	6.50	10.75	14.96	19.36	23.83		28.50	33.36	38.58	44.06	49.60		55.79	2 / 6			
reaction time 0.136 interval		4.25	4.21	4.40	4.47		4.67	4.86	5.22	5.48	5.54	6.19			12.86	14.00	16.24
velocity	6.92	8.24	8.31	7.95	7.83		7.49	7.20	6.70	6.39	6.32	6.46	7.17		8.16	7.50	6.47
H1 lead leg R strides	23	15	15	15	15		15	15	16	17	17	19	182				
Heat 5 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)														*Henson (2024) - Athlete First: 2021 year end hurdle report*			
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)														*Henson (2020) - Athlete First: 2020 year end hurdle report*			
date 17-Sep-20 time	6.48	10.72	15.00	19.40	23.96	26.0	28.60	33.52	38.68	44.16	49.72		56.02	7 / 7			
reaction time 0.135 interval		4.24	4.28	4.40	4.56		4.64	4.92	5.16	5.48	5.56	6.30			12.92	14.12	16.20
velocity	6.94	8.25	8.18	7.95	7.68	7.69	7.54	7.11	6.78	6.39	6.29	6.35	7.14		8.13	7.44	6.48
H1 lead leg R strides	23	15	15	15	15		15	16	16	17	17	19.7	183.7				
FINAL - 2020 István Gyulai Memorial (Székesfehérvár, HUN) (TV Analysis)														*Henson (2020) - Athlete First: 2020 year end hurdle report*			
date 19-Aug-20 time	6.60			19.76	24.32		29.04	33.92	39.36	44.96	50.44		56.68	1 / 5			
reaction time 0.129 interval				13.16	4.56		4.72	4.88	5.44	5.60	5.48	6.24	NR NUR		13.16	14.16	16.52
velocity	6.82			7.98	7.68		7.42	7.17	6.43	6.25	6.39	6.41	7.06		7.98	7.42	6.36
H1 lead leg R strides	23				15		15	15	16	17	16	20	137				

Zelentsova, Tatyana (URS) (1948)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1978 European Championships (Prague, TCH)														*Breiser (1990) - tendencies in the development of women for 400m races with hurdles*			
date 02-Sep-78 time	6.8	11.3	15.7	20.3	24.9	26.9	29.4	34.1	38.9	43.8	48.9		54.89	4 / 1			
reaction time interval		4.50	4.40	4.60	4.60		4.50	4.70	4.80	4.90	5.10	5.99	WR		13.50	13.80	14.80
velocity	6.62	7.78	7.95	7.61	7.61	7.43	7.78	7.45	7.29	7.14	6.86	6.68	7.29		7.78	7.61	7.09
H1 lead leg L strides	24	17	17	17	17		17	17	17	17	17	21	198				

Zhang Jiaxuan (CHN)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U18 FINAL - 2022 Shandong Provincial Games (Rizhao, CHN)														*Shandong Athletics Sport Science (2022)*			
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)

	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	7.95	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)

	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	7.08	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)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1993 Chinese National Games (Beijing, CHN)														*Xu (1993) - training about Zhen Liyuan in 400m hurdles*			
date 09-Sep-93 time	6.56	10.90	15.39	19.80	24.51		29.29	34.25	39.19	44.26	49.69		55.72	/ 5			
reaction time interval		4.34	4.49	4.41	4.71		4.78	4.96	4.94	5.07	5.43	6.03			13.24	14.45	15.44
velocity	6.86	8.06	7.80	7.94	7.43		7.32	7.06	7.09	6.90	6.45	6.63	7.18		7.93	7.27	6.80
H1 lead leg strides	23	15	15	15	15		16	16	17	17	17		166				

WR=World Rec. AR=Area Rec. OR=Olympic Rec. CR=Championship Rec. NR=National Rec. PB=Personal Best DQ=Disqualified DV=Drug Violation

Zhou Lin (CHN) (1998)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2021 Chinese National Championships (Chongqing, CHN)																			*CAA Hurdle Development (2021)*
date	26-Jun-21	time	6.89	11.48	16.17	20.94	25.85		30.91	36.34	41.74	47.32	53.14		60.26	8 / 4			
reaction time	0.224	interval		4.59	4.69	4.77	4.91		5.06	5.43	5.40	5.58	5.82	7.12			14.05	15.40	16.80
		velocity	6.53	7.63	7.46	7.34	7.13		6.92	6.45	6.48	6.27	6.01	5.62	6.64		7.47	6.82	6.25
H1 lead leg	L	strides	23	16	16	16	16		16	17	17	17	18	22	194				

Zhou Xiaohan (CHN) (2002)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)																			*CAA Hurdle Development (2019)*
date	17-Aug-19	time	6.82	11.36	16.16	20.98	25.92		31.00	36.20	41.72	47.22	52.82		59.37	5 / 1			
reaction time	0.236	interval		4.54	4.80	4.82	4.94		5.08	5.20	5.52	5.50	5.60	6.55			14.16	15.22	16.62
		velocity	6.60	7.71	7.29	7.26	7.09		6.89	6.73	6.34	6.36	6.25	6.11	6.74		7.42	6.90	6.32
H1 lead leg	R	strides	24	16	16	17	17		17	18	18	18	19	23	203				

Zhou Yu (CHN) (1999)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)																			*CAA Hurdle Development (2019)*
date	23-Aug-19	time	6.91	11.41	fell										dnf	6 / --			
reaction time	0.238	interval		4.50															
		velocity	6.51	7.78															
H1 lead leg	L	strides	24	16											40				
Heat 2 - 2019 Chinese National Grand Prix Final (Daqing, CHN)																			*CAA Hurdle Development (2019)*
date	22-Aug-19	time	7.00	11.53	16.28	21.09	26.01		31.08	36.44	41.89	47.56	53.29		59.70	4 / 1			
reaction time	0.233	interval		4.53	4.75	4.81	4.92		5.07	5.36	5.45	5.67	5.73	6.41			14.09	15.35	16.85
		velocity	6.43	7.73	7.37	7.28	7.11		6.90	6.53	6.42	6.17	6.11	6.24	6.70		7.45	6.84	6.23
H1 lead leg	L	strides	24	16	16	16	16		16	17	17	18	18	21.8	195.8				
Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN)																			*CAA Hurdle Development (2019)*
date	03-Aug-19	time	7.09	11.86	16.75	21.71	26.78		32.23	37.76	43.57	49.56	55.67		62.55	5 / 7			
reaction time	0.236	interval		4.77	4.89	4.96	5.07		5.45	5.53	5.81	5.99	6.11	6.88			14.62	16.05	17.91
		velocity	6.35	7.34	7.16	7.06	6.90		6.42	6.33	6.02	5.84	5.73	5.81	6.39		7.18	6.54	5.86
H1 lead leg	R	strides	25	16	16	16	16		17	17	18	19	19	22	201				
FINAL - 2019 Chinese National Championships (Shenyang, CHN)																			*CAA Hurdle Development (2019)*
date	10-Jul-19	time	6.72	11.14	15.80	20.53	25.39		30.30	35.35	40.52	46.00	51.60		58.04	5 / 2			
reaction time	0.210	interval		4.42	4.66	4.73	4.86		4.91	5.05	5.17	5.48	5.60	6.44	PB		13.81	14.82	16.25
		velocity	6.70	7.92	7.51	7.40	7.20		7.13	6.93	6.77	6.39	6.25	6.21	6.89		7.60	7.09	6.46
H1 lead leg	L	strides	24	16	16	16	16		16	17	17	18	18	22.2	196.2				
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)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2021 East China District Meeting (Zhaoqing, CHN)																			*CAA Hurdle Development (2021)*
date	25-Apr-21	time	6.82	11.41	16.17	21.10	26.28		31.78	37.70	43.66	49.90	56.12		62.82	5 / 5			
reaction time	0.216	interval		4.59	4.76	4.93	5.18		5.50	5.92	5.96	6.24	6.22	6.70			14.28	16.60	18.42
		velocity	6.60	7.63	7.35	7.10	6.76		6.36	5.91	5.87	5.61	5.63	5.97	6.37		7.35	6.33	5.70
H1 lead leg	L	strides	24	17	17	17	17		19	19	19	19	19	21	208				
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)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

Heat 1 - 2021 Chinese National Championships (Chongqing, CHN) *CAA Hurdle Development (2021)*

date	26-Jun-21	time	6.83	11.40	16.21	21.04	26.14	31.43	36.99	42.90	49.16	55.66		63.20	8 / 7			
reaction time	0.293	interval		4.57	4.81	4.83	5.10	5.29	5.56	5.91	6.26	6.50	7.54			14.21	15.95	18.67
		velocity	6.59	7.66	7.28	7.25	6.86	6.62	6.29	5.92	5.59	5.38	5.31	6.33		7.39	6.58	5.62
H1 lead leg	L	strides	24	17	17	17	17	17	17	19	19	19	23	206				

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)

	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	0.310	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)

	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10

FINAL - 2021 Chinese National Championships (Chongqing, CHN) *CAA Hurdle Development (2021)*

date	26-Jun-21	time	6.74	11.23	15.81	20.50	25.32	30.30	35.42	40.69	46.04	51.68		57.97	4 / 2			
reaction time	0.257	interval		4.49	4.58	4.69	4.82	4.98	5.12	5.27	5.35	5.64	6.29			13.76	14.92	16.26
		velocity	6.68	7.80	7.64	7.46	7.26	7.03	6.84	6.64	6.54	6.21	6.36	6.90		7.63	7.04	6.46
H1 lead leg	L	strides	24	17	17	17	17	17	17	17	17	18	21	199				

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) *CAA Hurdle Development (2021)*

date	13-Jun-21	time	6.76	11.34	16.00	20.72	25.56	30.48	35.57	40.86	46.43	52.08		58.18	5 / 1			
reaction time	0.208	interval		4.58	4.66	4.72	4.84	4.92	5.09	5.29	5.57	5.65	6.10			13.96	14.85	16.51
		velocity	6.66	7.64	7.51	7.42	7.23	7.11	6.88	6.62	6.28	6.19	6.56	6.88		7.52	7.07	6.36
H1 lead leg	L	strides	24	17	17	17	17	17	17	17	18	18	20.7	199.7				

FINAL - 2021 Philippe Cup Athletics Invitational (Wuhan, CHN) *CAA Hurdle Development (2021)*

date	20-May-21	time	6.81	11.21	15.76	20.37	25.17	30.06	35.15	40.39	45.73	51.32		57.62	3 / 1			
reaction time	0.242	interval		4.40	4.55	4.61	4.80	4.89	5.09	5.24	5.34	5.59	6.30	PB		13.56	14.78	16.17
		velocity	6.61	7.95	7.69	7.59	7.29	7.16	6.88	6.68	6.55	6.26	6.35	6.94		7.74	7.10	6.49
H1 lead leg	L	strides	24	17	17	17	17	17	17	17	17	17	21	198				

FINAL - 2021 East China District Meeting (Zhaoqing, CHN) *CAA Hurdle Development (2021)*

date	25-Apr-21	time	6.74	11.26	15.85	20.57	25.47	30.56	35.79	41.02	46.33	51.77		57.78	6 / 2			
reaction time	0.243	interval		4.52	4.59	4.72	4.90	5.09	5.23	5.23	5.31	5.44	6.01			13.83	15.22	15.98
		velocity	6.68	7.74	7.63	7.42	7.14	6.88	6.69	6.69	6.59	6.43	6.66	6.92		7.59	6.90	6.57
H1 lead leg	L	strides	24	17	17	17	17	17	17	17	17	17	20	197				

Heat 1 - 2021 East China District Meeting (Zhaoqing, CHN) *CAA Hurdle Development (2021)*

date	25-Apr-21	time	6.76	11.21	15.72	20.32	25.09	30.01	35.08	40.26	45.81	51.43		57.63	4 / 1			
reaction time	0.247	interval		4.45	4.51	4.60	4.77	4.92	5.07	5.18	5.55	5.62	6.20	PB		13.56	14.76	16.35
		velocity	6.66	7.87	7.76	7.61	7.34	7.11	6.90	6.76	6.31	6.23	6.45	6.94		7.74	7.11	6.42
H1 lead leg	L	strides	24	17	17	17	17	17	17	17	18	18	21	200				

U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN) *CAA Hurdle Development (2019)*

date	17-Aug-19	time	7.14	11.66	16.18	20.82	25.66	30.74	36.08	41.68	47.38	53.22		59.56	4 / 3			
reaction time	0.314	interval		4.52	4.52	4.64	4.84	5.08	5.34	5.60	5.70	5.84	6.34	PB		13.68	15.26	17.14
		velocity	6.30	7.74	7.74	7.54	7.23	6.89	6.55	6.25	6.14	5.99	6.31	6.72		7.68	6.88	6.13
H1 lead leg	R	strides	24	16	17	17	17	17	18	18	18	18	21	201				

U20 Heat 2 - 2019 Chinese National Youth Games (Taiyuan, CHN) *CAA Hurdle Development (2019)*

date	17-Aug-19	time	7.24	11.86	16.54	21.32	26.26	31.38	36.78	42.30	48.20	54.36		61.15	4 / 1			
reaction time	0.269	interval		4.62	4.68	4.78	4.94	5.12	5.40	5.52	5.90	6.16	6.79			14.08	15.46	17.58
		velocity	6.22	7.58	7.48	7.32	7.09	6.84	6.48	6.34	5.93	5.68	5.89	6.54		7.46	6.79	5.97
H1 lead leg	L	strides	24	17	17	17	17	17	17	17	19	19	21.2	202.2				

Heat 1 - 2018 Chinese National Championships (Taiyuan, CHN) *Henson (2018) - coaching observations*

date	15-Sep-18	time	7.06	11.68	16.42	21.17	26.03	31.11	36.40	42.00	47.88	53.94		60.48	4 / 5			

reaction time		interval		4.62	4.74	4.75	4.86		5.08	5.29	5.60	5.88	6.06	6.54			14.11	15.23	17.54
		velocity	6.37	7.58	7.38	7.37	7.20		6.89	6.62	6.25	5.95	5.78	6.12	6.61		7.44	6.89	5.99
H1 lead leg	L	strides	24	17	17	17	17		17	17	18	20			164				

Zupin, Agata (SLO) (1998)

			H1	**H2**	**H3**	**H4**	**H5**	**200m**	**H6**	**H7**	**H8**	**H9**	**H10**	**Run-In**	**Official Time**	**Lane / Place**	**H1-H4**	**H4-H7**	**H7-H10**
Heat 1 - 2024 European Athletics Championships (Roma, ITA)																	*European Athletics (2024) - 2024 european athletics championships - results book*		
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)																	*Omega Timing (2023) - diamond league race analysis*		
date	02-Jul-23	time	6.31	10.60	14.99	19.53	24.24		29.08	34.14	39.49	45.24	51.26		58.18	7 / 3			
reaction time	0.164	interval		4.29	4.39	4.54	4.71		4.84	5.06	5.35	5.75	6.02	6.92			13.22	14.61	17.12
		velocity	7.13	8.16	7.97	7.71	7.43		7.23	6.92	6.54	6.09	5.81	5.78	6.88		7.94	7.19	6.13
H1 lead leg		strides																	
Heat 2 - 2022 European Athletics Championships (Munich, GER)																	*European Athletics (2022) - european athletics championships race analysis*		
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				

ATHLETE FIRST ATHLETEFIRST.ORG