

Men's 400m Hurdles Touchdown Times - by time

LAST UPDATE: 19-May-25

Warholm, Karsten (NOR) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)		Henson (2021) - Athlete First: 2021 year end hurdle report																
date	03-Aug-21	time	5.60	9.08	12.62	16.28	19.96	23.86	27.92	32.04	36.32	40.76		45.94	6 / 1			
reaction time	0.145	interval		3.48	3.54	3.66	3.68	3.90	4.06	4.12	4.28	4.44	5.18	WR		10.68	11.64	12.84
		velocity	8.04	10.06	9.89	9.56	9.51	8.97	8.62	8.50	8.18	7.88	7.72	8.71		9.83	9.02	8.18
H1 lead leg	L	strides	20	13	13	13	13	13	13	13	13	15	18	157				
Benjamin, Rai (USA) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)		Henson (2021) - Athlete First: 2021 year end hurdle report																
date	03-Aug-21	time	5.64	9.20	12.84	16.52	20.28	24.16	28.16	32.24	36.44	40.80		46.17	5 / 2			
reaction time	0.168	interval		3.56	3.64	3.68	3.76	3.88	4.00	4.08	4.20	4.36	5.37	AR		10.88	11.64	12.64
		velocity	7.98	9.83	9.62	9.51	9.31	9.02	8.75	8.58	8.33	8.03	7.45	8.66		9.65	9.02	8.31
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	13	13	17	154				
dos Santos, Alison Brendon (BRA) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 World Athletics Championships (Eugene, OR)		Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season																
date	19-Jul-22	time	5.71	9.26	12.81	16.38	20.12	21.67	24.01	28.11	32.33	36.69	41.07	46.29	6 / 1			
reaction time	0.141	interval		3.55	3.55	3.57	3.74	3.89	4.10	4.22	4.36	4.38	5.22	CR NR		10.67	11.73	12.96
		velocity	7.88	9.86	9.86	9.80	9.36	9.00	8.54	8.29	8.03	7.99	7.66	8.64		9.84	8.95	8.10
H1 lead leg	L	strides	20	13	12	12	12	12	13	13	13	13	16.2	149.2				
Benjamin, Rai (USA) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Prefontaine Classic (Eugene, OR)		Omega Timing (2023) - diamond league race analysis																
date	16-Sep-23	time	5.74	9.40	13.10	16.86	20.68	24.61	28.60	32.70	36.97	41.36		46.39	5 / 1			
reaction time	0.154	interval		3.66	3.70	3.76	3.82	3.93	3.99	4.10	4.27	4.39	5.03			11.12	11.74	12.76
		velocity	7.84	9.56	9.46	9.31	9.16	8.91	8.77	8.54	8.20	7.97	7.95	8.62		9.44	8.94	8.23
H1 lead leg	R	strides	20	13	13	12	12	13	13	13	13	13	17	152				
Benjamin, Rai (USA) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 USA Olympic Trials (Eugene, OR)		USATF and Karmarush (2024) - USA Olympic trials results and race analysis																
date	30-Jun-24	time	5.62	9.21	12.96	16.94	20.81	22.46	24.59	28.43	32.49	36.81	41.28	46.46	7 / 1			
reaction time		interval		3.59	3.75	3.98	3.87	3.78	3.84	4.06	4.32	4.47	5.18			11.32	11.49	12.85
		velocity	8.01	9.75	9.33	8.79	9.04	8.90	9.26	9.11	8.62	8.10	7.83	7.72	8.61	9.28	9.14	8.17
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	13	13	16.5	153.5				
Benjamin, Rai (USA) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Olympic Games (Paris, FRA)		Paris 2024 Olympic Games - Results Book (2024)																
date	09-Aug-24	time	5.62	9.21	12.82	16.50	20.32	24.15	28.02	32.02	36.39	40.96		46.46	8 / 1			
reaction time	0.171	interval		3.59	3.61	3.68	3.82	3.83	3.87	4.00	4.37	4.57	5.50			10.88	11.52	12.94
		velocity	8.01	9.75	9.70	9.51	9.16	9.14	9.04	8.75	8.01	7.66	7.27	8.61		9.65	9.11	8.11
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	13	14	17	155				
Warholm, Karsten (NOR) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Herculis Meeting International d'Athlétisme (Monaco, MON)		Omega Timing (2023) - diamond league race analysis																
date	21-Jul-23	time	5.55	9.05	12.62	16.26	20.02	23.95	28.03	32.24	36.65	41.21		46.51	7 / 1			
reaction time	0.146	interval		3.50	3.57	3.64	3.76	3.93	4.08	4.21	4.41	4.56	5.30			10.71	11.77	13.18
		velocity	8.11	10.00	9.80	9.62	9.31	8.91	8.58	8.31	7.94	7.68	7.55	8.60		9.80	8.92	7.97
H1 lead leg	L	strides	20	13	13	13	13	13	13	13	13	15	17.7	156.7				
Warholm, Karsten (NOR) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Bislett Games (Oslo, NOR)		Omega Timing (2023) - diamond league race analysis																
date	15-Jun-23	time	5.59	9.16	12.76	16.41	20.17	24.05	28.07	32.27	36.63	41.20		46.52	7 / 1			
reaction time	0.162	interval		3.57	3.60	3.65	3.76	3.88	4.02	4.20	4.36	4.57	5.32			10.82	11.66	13.13
		velocity	8.05	9.80	9.72	9.59	9.31	9.02	8.71	8.33	8.03	7.66	7.52	8.60		9.70	9.01	8.00
H1 lead leg	L	strides	20	13	13	13	13	13	13	13	13	15	17.7	156.7				
Warholm, Karsten (NOR) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Prefontaine Classic (Eugene, OR)		Omega Timing (2023) - diamond league race analysis																
date	16-Sep-23	time	5.59	9.17	12.80	16.46	20.22	24.10	28.12	32.37	36.62	41.18		46.53	7 / 2			
reaction time	0.135	interval		3.58	3.63	3.66	3.76	3.88	4.02	4.25	4.25	4.56	5.35			10.87	11.66	13.06
		velocity	8.05	9.78	9.64	9.56	9.31	9.02	8.71	8.24	8.24	7.68	7.48	8.60		9.66	9.01	8.04
H1 lead leg	L	strides	20	13	13	13	13	13	13	13	13	15	18	157				
Benjamin, Rai (USA) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 USATF National Championships (Eugene, OR) (TV Analysis)		Henson (2023) - Athlete First: 2023 year end hurdle report																
date	09-Jul-23	time	5.81	9.44	13.14	16.92	20.75	24.70	28.69	32.76	37.00	41.47		46.62	5 / 1			
reaction time		interval		3.63	3.70	3.78	3.83	3.95	3.99	4.07	4.24	4.47	5.15			11.11	11.77	12.78
		velocity	7.75	9.64	9.46	9.26	9.14	8.86	8.77	8.60	8.25	7.83	7.77	8.58		9.45	8.92	8.22
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	13	13	17	154				
dos Santos, Alison Brendon (BRA) (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 Bislett Games (Oslo, NOR) (TV Analysis)		Henson (2024) - Athlete First: 2024 year end hurdle report																
date	30-May-24	time	5.77	9.37	12.98	16.58	20.38	24.39	28.42	32.63	36.90	41.37		46.63	5 / 1			
reaction time	0.182	interval		3.60	3.61	3.60	3.80	4.01	4.03	4.21	4.27	4.47	5.26			10.81	11.84	12.95
		velocity	7.80	9.72	9.70	9.72	9.21	8.73	8.68	8.31	8.20	7.83	7.60	8.58		9.71	8.87	8.11

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

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

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

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

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	20	13	13	13	13	13	13	13	13	13	13	16.2	153.2					
Benjamin, Rai (USA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2022 USATF National Championships (Eugene, OR) (TV Analysis)			Henson (2022) - Athlete First: 2022 year end hurdle report																	
date	26-Jun-22	time	5.84	9.51	13.34	17.34	21.35	22.97	25.36	29.43	33.60	37.80	42.14		47.04	7 / 1				
reaction time		interval		3.67	3.83	4.00	4.01		4.01	4.07	4.17	4.20	4.34	4.90			11.50	12.09	12.71	
		velocity	7.71	9.54	9.14	8.75	8.73	8.71	8.73	8.60	8.39	8.33	8.06	8.16	8.50		9.13	8.68	8.26	
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16	153					
Warholm, Karsten (NOR) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2024 Olympic Games (Paris, FRA)			Paris 2024 Olympic Games - Results Book (2024)																	
date	09-Aug-24	time	5.51	9.09	12.73	16.41	20.18		24.03	27.99	32.15	36.58	41.44		47.06	7 / 2				
reaction time	0.152	interval		3.58	3.64	3.68	3.77		3.85	3.96	4.16	4.43	4.86	5.62			10.90	11.58	13.45	
		velocity	8.17	9.78	9.62	9.51	9.28		9.09	8.84	8.41	7.90	7.20	7.12	8.50		9.63	9.07	7.81	
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	15	18	157					
Warholm, Karsten (NOR) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)			Henson (2020) - Athlete First: 2020 year end hurdle report																	
date	17-Sep-20	time	5.64	9.24	12.95	16.75	20.65	22.3	24.66	28.80	33.07	37.47	41.91		47.07	7 / 1				
reaction time	0.158	interval		3.60	3.71	3.80	3.90		4.01	4.14	4.27	4.40	4.44	5.16			11.11	12.05	13.11	
		velocity	7.98	9.72	9.43	9.21	8.97	8.97	8.73	8.45	8.20	7.95	7.88	7.75	8.50		9.45	8.71	8.01	
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	15	18	157					
Warholm, Karsten (NOR) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 ISTAF (Berlin, GER) (TV Analysis)			Henson (2020) - Athlete First: 2020 year end hurdle report																	
date	13-Sep-20	time	5.64	9.24	12.88	16.64	20.56		24.56	28.68	32.92	37.24	41.88		47.08	7 / 1				
reaction time	0.190	interval		3.60	3.64	3.76	3.92		4.00	4.12	4.24	4.32	4.64	5.20			11.00	12.04	13.20	
		velocity	7.98	9.72	9.62	9.31	8.93		8.75	8.50	8.25	8.10	7.54	7.69	8.50		9.55	8.72	7.95	
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	15	18	157					
Warholm, Karsten (NOR) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)			Henson (2021) - Athlete First: 2021 year end hurdle report																	
date	09-Jul-21	time	5.62	9.12	12.74	16.51	20.38	22.0	24.36	28.49	32.74	37.17	41.87		47.08	7 / 1				
reaction time	0.150	interval		3.50	3.62	3.77	3.87		3.98	4.13	4.25	4.43	4.70	5.21			10.89	11.98	13.38	
		velocity	8.01	10.00	9.67	9.28	9.04	9.09	8.79	8.47	8.24	7.90	7.45	7.68	8.50		9.64	8.76	7.85	
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	15	18	157					
McMaster, Kyron (IVB) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)			Henson (2021) - Athlete First: 2021 year end hurdle report																	
date	03-Aug-21	time	5.68	9.24	12.96	16.72	20.60		24.60	28.86	33.20	37.60	41.96		47.08	4 / 4				
reaction time	0.157	interval		3.56	3.72	3.76	3.88		4.00	4.26	4.34	4.40	4.36	5.12	NR PB		11.04	12.14	13.10	
		velocity	7.92	9.83	9.41	9.31	9.02		8.75	8.22	8.06	7.95	8.03	7.81	8.50		9.51	8.65	8.02	
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	14	14	17	158					
Warholm, Karsten (NOR) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)			Henson (2023) - Athlete First: 2023 year end hurdle report																	
date	21-Aug-23	time	5.77	9.44	13.08	16.61	20.42		24.36	28.42	32.63	37.25	41.97		47.09	5 / 1				
reaction time	0.162	interval		3.67	3.64	3.53	3.81		3.94	4.06	4.21	4.62	4.72	5.12			10.84	11.81	13.55	
		velocity	7.80	9.54	9.62	9.92	9.19		8.88	8.62	8.31	7.58	7.42	7.81	8.49		9.69	8.89	7.75	
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	17	158					
Warholm, Karsten (NOR) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)			Henson (2020) - Athlete First: 2020 year end hurdle report																	
date	14-Aug-20	time	5.60	9.27	13.11	16.98	20.92		25.02	29.23	33.47	37.80	42.17		47.10	7 / 1				
reaction time	0.132	interval		3.67	3.84	3.87	3.94		4.10	4.21	4.24	4.33	4.37	4.93			11.38	12.25	12.94	
		velocity	8.04	9.54	9.11	9.04	8.88		8.54	8.31	8.25	8.08	8.01	8.11	8.49		9.23	8.57	8.11	
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	13	17	154					
Warholm, Karsten (NOR) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Müller Anniversary Games (London, GBR) (TV Analysis)			Henson (2020) - Athlete First: 2019 year end hurdle report																	
date	20-Jul-19	time	5.72	9.24	12.84	16.56	20.40	22.0	24.44	28.56	32.88	37.28	41.92		47.12	7 / 1				
reaction time	0.160	interval		3.52	3.60	3.72	3.84		4.04	4.12	4.32	4.40	4.64	5.20	AR PB		10.84	12.00	13.36	
		velocity	7.87	9.94	9.72	9.41	9.11	9.09	8.66	8.50	8.10	7.95	7.54	7.69	8.49		9.69	8.75	7.86	
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	14	18	156					
Samba, Abderrahmane (QAT) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)			Henson (2021) - Athlete First: 2021 year end hurdle report																	
date	03-Aug-21	time	5.84	9.48	13.12	16.88	20.72		24.80	28.92	33.16	37.48	41.90		47.12	8 / 5				
reaction time	0.186	interval		3.64	3.64	3.76	3.84		4.08	4.12	4.24	4.32	4.42	5.22			11.04	12.04	12.98	
		velocity	7.71	9.62	9.62	9.31	9.11		8.58	8.50	8.25	8.10	7.92	7.66	8.49		9.51	8.72	8.09	
H1 lead leg	R	strides	21	13	13	13	13		13	13	13	14	14	17	157					
Warholm, Karsten (NOR) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2022 European Athletics Championships (Munich, GER)			European Athletics (2022) - european athletics championships race analysis																	
date	19-Aug-22	time	5.61	9.12	12.81	16.57	20.41	22.14	24.38	28.41	32.79	37.12	41.82		47.12	4 / 1				
reaction time	0.215	interval		3.51	3.69	3.76	3.84		3.97	4.03	4.38	4.33	4.70	5.30	CR		10.96	11.84	13.41	
		velocity	8.02	9.97	9.49	9.31	9.11	9.03	8.82	8.68	7.99	8.08	7.45	7.55	8.49		9.58	8.87	7.83	

H1 lead leg	L	strides	20	13	13	13	13	13	13	13	13	13	15	17.2	156.2				
Moses, Edwin (USA) (1955)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1980 Mario Lanzi Memorial (Milan, ITA)			Behm (1995) - la tactique du 400 haies																
date	03-Jul-80	time	5.7	9.4	13.2	17.0	20.9		24.7	28.6	32.8	37.2	41.7		47.13	6 / 1			
reaction time		interval		3.70	3.80	3.80	3.90		3.80	3.90	4.20	4.40	4.50	5.43	WR		11.30	11.60	13.10
		velocity	7.89	9.46	9.21	9.21	8.97		9.21	8.97	8.33	7.95	7.78	7.37	8.49		9.29	9.05	8.02
H1 lead leg	L	strides		13	13	13	13		13	13	13	13	13	15.7	132.7				
Benjamin, Rai (USA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 USATF Golden Games (Walnut, CA) (TV Analysis)			Henson (2021) - Athlete First: 2021 year end hurdle report																
date	09-May-21	time	5.84	9.44	13.21	17.08	21.02		24.99	29.09	33.37	37.67	42.11		47.13	5 / 1			
reaction time		interval		3.60	3.77	3.87	3.94		3.97	4.10	4.28	4.30	4.44	5.02			11.24	12.01	13.02
		velocity	7.71	9.72	9.28	9.04	8.88		8.82	8.54	8.18	8.14	7.88	7.97	8.49		9.34	8.74	8.06
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16	153				
Benjamin, Rai (USA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Prefontaine Classic (Stanford, CA) (TV Analysis)			Henson (2020) - Athlete First: 2019 year end hurdle report																
date	30-Jun-19	time	5.83	9.53	13.33	17.30	21.33		25.33	29.43	33.63	37.85	42.10		47.16	5 / 1			
reaction time	0.216	interval		3.70	3.80	3.97	4.03		4.00	4.10	4.20	4.22	4.25	5.06			11.47	12.13	12.67
		velocity	7.72	9.46	9.21	8.82	8.68		8.75	8.54	8.33	8.29	8.24	7.91	8.48		9.15	8.66	8.29
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16.2	153.2				
Young, Kevin (USA) (1966)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1993 IAAF World Championships (Stuttgart, GER)			Graubner (2008) - http://www.fgs.uni-halle.de																
date	19-Aug-93	time	6.05	9.68	13.43	17.12	20.92		24.86	28.89	33.00	37.34	41.46		47.18	6 / 1			
reaction time	0.267	interval		3.63	3.75	3.69	3.80		3.94	4.03	4.11	4.34	4.12	5.72			11.07	11.77	12.57
		velocity	7.44	9.64	9.33	9.49	9.21		8.88	8.68	8.52	8.06	8.50	6.99	8.48		9.49	8.92	8.35
H1 lead leg	L	strides	20	13	13	12	12		13	13	13	13	13	17	152				
dos Santos, Alison Brendon (BRA) (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 - 2024 Herculis Meeting International d'Athlétisme (Monaco, MON)			Omega Timing (2024) - diamond league race analysis																
date	12-Jul-24	time	5.72	9.23	12.78	16.44	20.22		24.25	28.41	32.69	37.08	41.63		47.18	6 / 3			
reaction time	0.161	interval		3.51	3.55	3.66	3.78		4.03	4.16	4.28	4.39	4.55	5.55			10.72	11.97	13.22
		velocity	7.87	9.97	9.86	9.56	9.26		8.68	8.41	8.18	7.97	7.69	7.21	8.48		9.79	8.77	7.94
H1 lead leg	L	strides	20	13	12	12	12		13	13	13	13	13	17	151				
dos Santos, Alison Brendon (BRA) (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 - 2024 London Athletics Meet (London, GBR)			Omega Timing (2024) - diamond league race analysis																
date	20-Jul-24	time	5.82	9.42	13.04	16.69	20.50		24.51	28.68	32.92	37.30	41.80		47.18	6 / 1			
reaction time	0.178	interval		3.60	3.62	3.65	3.81		4.01	4.17	4.24	4.38	4.50	5.38			10.87	11.99	13.12
		velocity	7.73	9.72	9.67	9.59	9.19		8.73	8.39	8.25	7.99	7.78	7.43	8.48		9.66	8.76	8.00
H1 lead leg	L	strides	20	13	12	12	12				13	13	13	16.2	124.2				
Phillips, Andre (USA) (1959)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1988 Olympic Games (Seoul, KOR)			Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988																
date	25-Sep-88	time	5.80	9.36	13.13	16.97	20.93		24.98	29.14	33.18	37.45	41.99		47.19	6 / 1			
reaction time	0.150	interval		3.56	3.77	3.84	3.96		4.05	4.16	4.04	4.27	4.54	5.20	OR / PB		11.17	12.17	12.85
		velocity	7.76	9.83	9.28	9.11	8.84		8.64	8.41	8.66	8.20	7.71	7.69	8.48		9.40	8.63	8.17
H1 lead leg	L	strides	19	13	13	13	13		13	13	13	13	13	17.9	153.9				
Dia Bâ, Amadou (SEN) (1958)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1988 Olympic Games (Seoul, KOR)			Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988																
date	25-Sep-88	time	5.96	9.60	13.33	17.13	21.01		25.06	29.26	33.44	37.83	42.27		47.23	5 / 2			
reaction time	0.220	interval		3.64	3.73	3.80	3.88		4.05	4.20	4.18	4.39	4.44	4.96	NR		11.17	12.13	13.01
		velocity	7.55	9.62	9.38	9.21	9.02		8.64	8.33	8.37	7.97	7.88	8.06	8.47		9.40	8.66	8.07
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	14	18	159				
dos Santos, Alison Brendon (BRA) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Prefontaine Classic (Eugene, OR) (TV Analysis)			Henson (2022) - Athlete First: 2022 year end hurdle report																
date	28-May-22	time	5.75	9.36	13.00	16.73	20.56	22.33	24.54	28.70	32.93	37.53	42.00		47.23	7 / 1			
reaction time	0.194	interval		3.61	3.64	3.73	3.83		3.98	4.16	4.23	4.60	4.47	5.23			10.98	11.97	13.30
		velocity	7.83	9.70	9.62	9.38	9.14	8.96	8.79	8.41	8.27	7.61	7.83	7.65	8.47		9.56	8.77	7.89
H1 lead leg	L	strides	20	13	12	12	12		12	13	13	14	13	16	150				
Dean, Caleb (USA) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 NCAA Championships (Eugene, OR) (TV Analysis)			Henson (2024) - Athlete First: 2024 year end hurdle report																
date	07-Jun-24	time	5.79	9.42	13.13	16.84	20.67		24.66	28.85	33.13	37.60	42.11		47.23	6 / 1			
reaction time		interval		3.63	3.71	3.71	3.83		3.99	4.19	4.28	4.47	4.51	5.12	PB		11.05	12.01	13.26
		velocity	7.77	9.64	9.43	9.43	9.14		8.77	8.35	8.18	7.83	7.76	7.81	8.47		9.50	8.74	7.92
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	14	14	18	159				
dos Santos, Alison Brendon (BRA) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Doha Diamond League (Doha, QAT) (TV Analysis)			Henson (2022) - Athlete First: 2022 year end hurdle report																
date	13-May-22	time	5.70	9.37	13.11	17.12	21.20	22.9	25.36	29.44	33.63	37.83	42.14		47.24	7 / 1			
reaction time	0.172	interval		3.67	3.74	4.01	4.08		4.16	4.08	4.19	4.20	4.31	5.10			11.42	12.32	12.70
		velocity	7.89	9.54	9.36	8.73	8.58	8.73	8.41	8.58	8.35	8.33	8.12	7.84	8.47		9.19	8.52	8.27

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

H1 lead leg	L	strides	20	13	12	13	13		13	13	13	13	13	136					
Warholm, Karsten (NOR) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 ISTAF (Berlin, GER) (TV Analysis)			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	04-Sep-22	time	5.76	9.28	12.88	16.60	20.36		24.32	28.48	32.76	37.24	41.96		47.24	7 / 1			
reaction time	0.139	interval		3.52	3.60	3.72	3.76		3.96	4.16	4.28	4.48	4.72	5.28			10.84	11.88	13.48
		velocity	7.81	9.94	9.72	9.41	9.31		8.84	8.41	8.18	7.81	7.42	7.58	8.47		9.69	8.84	7.79
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	15	18	157				
Benjamin, Rai (USA) (1997)			H1	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)			<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																
date	21-Aug-23	time	5.77	9.54	13.08	16.92	20.82		24.82	28.93	33.21	37.61	42.14		47.24	7 / 1			
reaction time	0.169	interval		3.77	3.54	3.84	3.90		4.00	4.11	4.28	4.40	4.53	5.10			11.15	12.01	13.21
		velocity	7.80	9.28	9.89	9.11	8.97		8.75	8.52	8.18	7.95	7.73	7.84	8.47		9.42	8.74	7.95
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16.5	153.5				
Sánchez, Félix (DOM) (1977)			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)			<i>Behm (2003) - Paris 2003:Le quatrache masculin - féminin</i>																
date	29-Aug-03	time	5.8	9.3	13.0	16.9	20.7		24.8	29.1	33.4	37.7	42.1		47.25	5 / 1			
reaction time	0.176	interval		3.5	3.7	3.9	3.8		4.1	4.3	4.3	4.3	4.4	5.15	AR / PB		11.10	12.20	13.00
		velocity	7.76	10.00	9.46	8.97	9.21		8.54	8.14	8.14	8.14	7.95	7.77	8.47		9.46	8.61	8.08
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	18	162				
Taylor, Angelo (USA) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 Olympic Games (Beijing, CHN)			<i>Behm (2008)- Pekin 2008: Le quatrache masculin - féminin</i>																
date	18-Aug-08	time	5.7	9.4	13.1	16.7	20.6		24.6	28.8	33.1	37.5	42.0		47.25	6 / 1			
reaction time	0.164	interval		3.7	3.7	3.6	3.9		4.0	4.2	4.3	4.4	4.5	5.25	PB		11.00	12.10	13.20
		velocity	7.89	9.46	9.46	9.72	8.97		8.75	8.33	8.14	7.95	7.78	7.62	8.47		9.55	8.68	7.95
H1 lead leg	R	strides	21	13	13	13	13		14	14	14	14	14	17.5	160.5				
Warholm, Karsten (NOR) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Meeting de Paris (Paris, FRA) (TV Analysis)			<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																
date	24-Aug-19	time	5.64	9.24	12.86	16.59	20.42	22.1	24.48	28.66	32.92	37.35	41.96		47.26	7 / 1			
reaction time	0.157	interval		3.60	3.62	3.73	3.83		4.06	4.18	4.26	4.43	4.61	5.30			10.95	12.07	13.30
		velocity	7.98	9.72	9.67	9.38	9.14	9.05	8.62	8.37	8.22	7.90	7.59	7.55	8.46		9.59	8.70	7.89
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	13	18	155				
dos Santos, Alison Brendon (BRA) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Bislett Games (Oslo, NOR) (TV Analysis)			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	16-Jun-22	time	5.74	9.42	13.16	16.92	20.82	22.56	24.96	29.20	33.42	37.76	42.16		47.26	7 / 1			
reaction time	0.184	interval		3.68	3.74	3.76	3.90		4.14	4.24	4.22	4.34	4.40	5.10			11.18	12.28	12.96
		velocity	7.84	9.51	9.36	9.31	8.97	8.87	8.45	8.25	8.29	8.06	7.95	7.84	8.46		9.39	8.55	8.10
H1 lead leg	L	strides	20	13	12	12	12		12	13	13	13	13	16	149				
McMaster, Kyron (IVB) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 P-T-S Meeting (Banská Bystrica, SVK) (TV Analysis)			<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																
date	20-Jul-23	time	5.78	9.32	13.00	16.78	20.66		24.66	28.80	33.10	37.58	42.12		47.26	6 / 1			
reaction time	0.210	interval		3.54	3.68	3.78	3.88		4.00	4.14	4.30	4.48	4.54	5.14			11.00	12.02	13.32
		velocity	7.79	9.89	9.51	9.26	9.02		8.75	8.45	8.14	7.81	7.71	7.78	8.46		9.55	8.74	7.88
H1 lead leg	L	strides		13	13	13	13		13	14	14	14	14	17.2	138.2				
dos Santos, Alison Brendon (BRA) (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 Olympic Games (Paris, FRA)			<i>Paris 2024 Olympic Games - Results Book (2024)</i>																
date	09-Aug-24	time	5.72	9.30	12.96	16.66	20.44		24.35	28.42	32.65	37.09	41.68		47.26	3 / 3			
reaction time	0.167	interval		3.58	3.66	3.70	3.78		3.91	4.07	4.23	4.44	4.59	5.58			10.94	11.76	13.26
		velocity	7.87	9.78	9.56	9.46	9.26		8.95	8.60	8.27	7.88	7.63	7.17	8.46		9.60	8.93	7.92
H1 lead leg	L	strides	20	13		12	12		12	13	13	13	13	16.5	137.5				
Moses, Edwin (USA) (1955)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1981 ISTAF (West Berlin, FRG)			<i>Behm (1988) - 45-39</i>																
date	21-Aug-81	time	5.7	9.4	13.3	17.1	20.9		24.9	29.0	33.3	37.7	42.1		47.27	/ 1			
reaction time		interval		3.7	3.9	3.8	3.8		4.0	4.1	4.3	4.4	4.4	5.17			11.40	11.90	13.10
		velocity	7.89	9.46	8.97	9.21	9.21		8.75	8.54	8.14	7.95	7.95	7.74	8.46		9.21	8.82	8.02
H1 lead leg		strides		13	12	12	13		13	13	13	13	13		115				
Samba, Abderrahmane (QAT) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Shanghai Diamond League (Shanghai, CHN)			<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																
date	18-May-19	time	5.80	9.60	13.36	17.20	21.13	23.0	25.26	29.40	33.58	37.83	42.13		47.27	4 / 1			
reaction time	0.201	interval		3.80	3.76	3.84	3.93		4.13	4.14	4.18	4.25	4.30	5.14			11.40	12.20	12.73
		velocity	7.76	9.21	9.31	9.11	8.91	8.70	8.47	8.45	8.37	8.24	8.14	7.78	8.46		9.21	8.61	8.25
H1 lead leg	R	strides	21	13	13	13	13		13	13	13	13	13	17	155				
McMaster, Kyron (IVB) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Weltklasse (Zürich, SUI)			<i>Omega Timing (2023) - diamond league race analysis</i>																
date	31-Aug-23	time	5.56	9.05	12.66	16.39	20.25		24.26	28.39	32.72	37.25	41.90		47.27	6 / 1			
reaction time	0.149	interval		3.49	3.61	3.73	3.86		4.01	4.13	4.33	4.53	4.65	5.37			10.83	12.00	13.51
		velocity	8.09	10.03	9.70	9.38	9.07		8.73	8.47	8.08	7.73	7.53	7.45	8.46		9.70	8.75	7.77

H1 lead leg	L	strides	21	13	13	13	13	13	13	14	14	14	17.2	158.2					
Warholm, Karsten (NOR) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2025 Yangtze River Delta Athletics Diamond Gala (Keqiao, CHN)			<i>Omega Timing (2025) - diamond league race analysis</i>																
date	03-May-25	time	5.61	9.20	12.86	16.58	20.37		24.32	28.33	32.51	36.98	41.81		47.28	7 / 1			
reaction time	0.151	interval		3.59	3.66	3.72	3.79		3.95	4.01	4.18	4.47	4.83	5.47			10.97	11.75	13.48
		velocity	8.02	9.75	9.56	9.41	9.23		8.86	8.73	8.37	7.83	7.25	7.31	8.46		9.57	8.94	7.79
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	14	16	18	159				
Jackson, Bershawn (USA) (1983)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2005 IAAF World Championships (Helsinki, FIN)			<i>Yasunori (2006) - race pattern analysis of top Japanese 400m hurdlers</i>																
date	09-Aug-05	time	5.73	9.50	13.30	17.34	21.41		25.38	29.42	33.59	37.86	42.25		47.30	6 / 1			
reaction time	0.153	interval		3.77	3.80	4.04	4.07		3.97	4.04	4.17	4.27	4.39	5.05	PB		11.61	12.08	12.83
		velocity	7.85	9.28	9.21	8.66	8.60		8.82	8.66	8.39	8.20	7.97	7.92	8.46		9.04	8.69	8.18
H1 lead leg		strides		13	13	15	15		15	15	15	15	15	19	150				
Warholm, Karsten (NOR) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)			<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>																
date	01-Aug-21	time	5.73	9.30	12.93	16.63	20.56		24.56	28.73	33.02	37.40	42.20		47.30	7 / 1			
reaction time	0.156	interval		3.57	3.63	3.70	3.93		4.00	4.17	4.29	4.38	4.80	5.10			10.90	12.10	13.47
		velocity	7.85	9.80	9.64	9.46	8.91		8.75	8.39	8.16	7.99	7.29	7.84	8.46		9.63	8.68	7.80
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	15	17.5	156.5				
Warholm, Karsten (NOR) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Weltklasse (Zürich, SUI)			<i>Omega Timing (2023) - diamond league race analysis</i>																
date	31-Aug-23	time	5.63	9.23	12.94	16.69	20.55		24.50	28.55	32.78	37.30	41.91		47.30	7 / 2			
reaction time	0.169	interval		3.60	3.71	3.75	3.86		3.95	4.05	4.23	4.52	4.61	5.39			11.06	11.86	13.36
		velocity	7.99	9.72	9.43	9.33	9.07		8.86	8.64	8.27	7.74	7.59	7.42	8.46		9.49	8.85	7.86
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	18	159				
dos Santos, Alison Brendon (BRA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)			<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>																
date	01-Aug-21	time	5.80	9.43	13.13	16.93	20.76		24.90	29.00	33.28	37.70	42.20		47.31	7 / 1			
reaction time	0.171	interval		3.63	3.70	3.80	3.83		4.14	4.10	4.28	4.42	4.50	5.11	AR PB		11.13	12.07	13.20
		velocity	7.76	9.64	9.46	9.21	9.14		8.45	8.54	8.18	7.92	7.78	7.83	8.45		9.43	8.70	7.95
H1 lead leg	L	strides	20	13	13	12	12		13	13	13	13	13	16	151				
McMaster, Kyron (IVB) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Prefontaine Classic (Eugene, OR)			<i>Omega Timing (2023) - diamond league race analysis</i>																
date	16-Sep-23	time	5.58	9.11	12.71	16.42	20.29		24.26	28.35	32.59	37.11	41.75		47.31	6 / 3			
reaction time	0.133	interval		3.53	3.60	3.71	3.87		3.97	4.09	4.24	4.52	4.64	5.56			10.84	11.93	13.40
		velocity	8.06	9.92	9.72	9.43	9.04		8.82	8.56	8.25	7.74	7.54	7.19	8.45		9.69	8.80	7.84
H1 lead leg	L	strides	21	13	13	12	13		13	13	13	14	14	17	156				
Warholm, Karsten (NOR) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Bislett Games (Oslo, NOR) (TV Analysis)			<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																
date	13-Jun-19	time	5.58	9.14	12.84	16.64	20.61	22.3	24.64	28.88	33.12	37.52	42.03		47.33	7 / 1			
reaction time	0.148	interval		3.56	3.70	3.80	3.97		4.03	4.24	4.24	4.40	4.51	5.30	AR PB		11.06	12.24	13.15
		velocity	8.06	9.83	9.46	9.21	8.82	8.97	8.68	8.25	8.25	7.95	7.76	7.55	8.45		9.49	8.58	7.98
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	15	18	157				
dos Santos, Alison Brendon (BRA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis)			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	04-Jul-21	time	5.74	9.40	13.16	16.86	20.70	22.5	24.76	28.80	32.94	37.30	41.92		47.34	7 / 1			
reaction time	0.160	interval		3.66	3.76	3.70	3.84		4.06	4.04	4.14	4.36	4.62	5.42	AR PB		11.12	11.94	13.12
		velocity	7.84	9.56	9.31	9.46	9.11	8.89	8.62	8.66	8.45	8.03	7.58	7.38	8.45		9.44	8.79	8.00
H1 lead leg	L	strides		13	13	12	12		13	13	13	13	13	17	132				
McMaster, Kyron (IVB) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 NACAC Championships (Freeport, BAH) (TV Analysis)			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	21-Aug-22	time	5.60	9.23	13.03	16.87	20.77		24.80	28.86	33.06	37.43		47.34	6 / 1				
reaction time		interval		3.63	3.80	3.84	3.90		4.03	4.06	4.20	4.37			CR		11.27	11.99	
		velocity	8.04	9.64	9.21	9.11	8.97		8.68	8.62	8.33	8.01			8.45		9.32	8.76	
H1 lead leg	L	strides		13	13	13	13		13	13	13	14			105				
Clarke, Roshawn (JAM) (2004)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)			<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																
date	21-Aug-23	time	5.77	9.48	13.08	16.61	20.42		24.49	28.66	33.01	37.54	42.14		47.34	7 / 2			
reaction time	0.198	interval		3.71	3.60	3.53	3.81		4.07	4.17	4.35	4.53	4.60	5.20	WJR		10.84	12.05	13.48
		velocity	7.80	9.43	9.72	9.92	9.19		8.60	8.39	8.05	7.73	7.61	7.69	8.45		9.69	8.71	7.79
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	18.5	164.5				
McMaster, Kyron (IVB) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)			<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																
date	23-Aug-23	time	5.67	9.33	12.80	16.45	20.26		24.28	28.39	32.78	37.33	41.98		47.34	8 / 2			
reaction time	0.151	interval		3.66	3.47	3.65	3.81		4.02	4.11	4.39	4.55	4.65	5.36			10.78	11.94	13.59
		velocity	7.94	9.56	10.09	9.59	9.19		8.71	8.52	7.97	7.69	7.53	7.46	8.45		9.74	8.79	7.73

H1 lead leg	L	strides	21	13	13	13	13	13	13	14	14	14	17.7	158.7					
Warholm, Karsten (NOR) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Weltklasse (Zürich, SUI) (TV Analysis)			Henson (2021) - Athlete First: 2021 year end hurdle report																
date	09-Sep-21	time	5.72	9.28	12.96	16.72	20.56	22.1	24.56	28.68	32.88	37.44	42.08		47.35	7 / 1			
reaction time	0.150	interval		3.56	3.68	3.76	3.84		4.00	4.12	4.20	4.56	4.64	5.27			11.00	11.96	13.40
		velocity	7.87	9.83	9.51	9.31	9.11	9.05	8.75	8.50	8.33	7.68	7.54	7.59	8.45		9.55	8.78	7.84
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	18	159				
Diagana, Stéphane (FRA) (1969)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1995 Athletissima (Luusanne, SUI)			Behm (1999) - Les deux recordmen de France: Stéphane Diagana (Vazel)																
date	05-Jul-95	time	5.86	9.54	13.30	17.10	20.97		24.94	29.09	33.25	37.67	42.16		47.37	/ 1			
reaction time		interval		3.68	3.76	3.80	3.87		3.97	4.15	4.16	4.42	4.49	5.21	AR		11.24	11.99	13.07
		velocity	7.68	9.51	9.31	9.21	9.04		8.82	8.43	8.41	7.92	7.80	7.68	8.44		9.34	8.76	8.03
H1 lead leg		strides		13	13	13	13		13	14	14	15	15		123				
Samba, Abderrahmane (QAT) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)			Henson (2021) - Athlete First: 2018 year end hurdle report																
date	08-Sep-18	time	5.84	9.52	13.28	17.04	20.96		24.96	29.16	33.48	37.96	42.32		47.37	3 / 1			
reaction time	0.219	interval		3.68	3.76	3.76	3.92		4.00	4.20	4.32	4.48	4.36	5.05			11.20	12.12	13.16
		velocity	7.71	9.51	9.31	9.31	8.93		8.75	8.33	8.10	7.81	8.03	7.92	8.44		9.38	8.66	7.98
H1 lead leg	R	strides	21	13	13	13	13		13	13	14	14	14	17.5	158.5				
Benjamin, Rai (USA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)			Henson (2024) - Athlete First: 2021 year end hurdle report																
date	01-Aug-21	time	5.70	9.26	12.93	16.63	20.62		24.56	28.66	32.95	37.36	42.02		47.37	5 / 2			
reaction time	0.184	interval		3.56	3.67	3.70	3.99		3.94	4.10	4.29	4.41	4.66	5.35			10.93	12.03	13.36
		velocity	7.89	9.83	9.54	9.46	8.77		8.88	8.54	8.16	7.94	7.51	7.48	8.44		9.61	8.73	7.86
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16.7	153.7				
Benjamin, Rai (USA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Doha Diamond League (Doha, QAT) (TV Analysis)			Henson (2021) - Athlete First: 2021 year end hurdle report																
date	28-May-21	time	5.80	9.54	13.38	17.38	21.39	23.0	25.44	29.53	33.73	37.97	42.24		47.38	5 / 1			
reaction time	0.203	interval		3.74	3.84	4.00	4.01		4.05	4.09	4.20	4.24	4.27	5.14			11.58	12.15	12.71
		velocity	7.76	9.36	9.11	8.75	8.73	8.70	8.64	8.56	8.33	8.25	8.20	7.78	8.44		9.07	8.64	8.26
H1 lead leg	R	strides	20	13	13	13			13	13	13	13	13	16.2	140.2				
dos Santos, Alison Brendon (BRA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Bislett Games (Oslo, NOR) (TV Analysis)			Henson (2021) - Athlete First: 2021 year end hurdle report																
date	01-Jul-21	time	5.74	9.36	13.12	16.92	20.78		24.86	28.98	33.20	37.56	42.06		47.38	6 / 2			
reaction time	0.179	interval		3.62	3.76	3.80	3.86		4.08	4.12	4.22	4.36	4.50	5.32	AR PB		11.18	12.06	13.08
		velocity	7.84	9.67	9.31	9.21	9.07		8.58	8.50	8.29	8.03	7.78	7.52	8.44		9.39	8.71	8.03
H1 lead leg	L	strides	20	13	13	12	12		13	13		13	13	16.5	138.5				
dos Santos, Alison Brendon (BRA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)			Henson (2023) - Athlete First: 2023 year end hurdle report																
date	21-Aug-23	time	5.87	9.61	13.24	16.78	20.65		24.76	29.00	33.28	37.65	42.17		47.38	8 / 2			
reaction time	0.182	interval		3.74	3.63	3.54	3.87		4.11	4.24	4.28	4.37	4.52	5.21			10.91	12.22	13.17
		velocity	7.67	9.36	9.64	9.89	9.04		8.52	8.25	8.18	8.01	7.74	7.68	8.44		9.62	8.59	7.97
H1 lead leg	L	strides	20	13	12	12	12		13	13	13	13	13	16.2	150.2				
Bassitt, Trevor (USA) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)			Henson (2023) - Athlete First: 2023 year end hurdle report																
date	21-Aug-23	time	5.87	9.71	13.41	17.08	20.92		24.87	29.00	33.28		42.37		47.38	9 / 3			
reaction time	0.187	interval		3.84	3.70	3.67	3.84		3.95	4.13	4.28		9.09	5.01	PB		11.21	11.92	13.37
		velocity	7.67	9.11	9.46	9.54	9.11		8.86	8.47	8.18		7.70	7.98	8.44		9.37	8.81	7.85
H1 lead leg	R	strides	20	13	13	13	13		13	13	13			17	128				
Clement, Kerron (USA) (1985)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2006 USATF National Championships (Indianapolis, IN)			USATF Men's Hurdle Development (2006)																
date	24-Jun-06	time	5.97	9.65	13.38	17.15	21.05		25.06	29.19	33.40	37.80	42.41		47.39	4 / 1			
reaction time		interval		3.68	3.73	3.77	3.90		4.01	4.13	4.21	4.40	4.61	4.98			11.18	12.04	13.22
		velocity	7.54	9.51	9.38	9.28	8.97		8.73	8.47	8.31	7.95	7.59	8.03	8.44		9.39	8.72	7.94
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	15	17	156				
Bassitt, Trevor (USA) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 World Athletics Championships (Eugene, OR)			Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season																
date	19-Jul-22	time	5.86	9.54	13.21	16.90	20.69	22.28	24.72	28.98	33.30	37.77	42.33		47.39	8 / 3			
reaction time	0.147	interval		3.68	3.67	3.69	3.79		4.03	4.26	4.32	4.47	4.56	5.06	PB		11.04	12.08	13.35
		velocity	7.68	9.51	9.54	9.49	9.23	8.98	8.68	8.22	8.10	7.83	7.68	7.91	8.44		9.51	8.69	7.87
H1 lead leg	R	strides	20	13	13	12	12		13	13	13	13	13	16.2	151.2				
Samba, Abderrahmane (QAT) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)			Henson (2020) - Athlete First: 2018 year end hurdle report																
date	10-Jun-18	time	5.88	9.60	13.40	17.24	21.20		25.28	29.40	33.76	37.96	42.28		47.41	5 / 1			
reaction time	0.194	interval		3.72	3.80	3.84	3.96		4.08	4.12	4.36	4.20	4.32	5.13	AR PB		11.36	12.16	12.88
		velocity	7.65	9.41	9.21	9.11	8.84		8.58	8.50	8.03	8.33	8.10	7.80	8.44		9.24	8.63	8.15

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	21	13	13	13	13	13	13	14	14	14	17.5	158.5					
Happio, Wilfried (FRA) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 World Athletics Championships (Eugene, OR)			Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season																
date	19-Jul-22	time	5.79	9.33	12.95	16.58	20.34	21.86	24.26	28.50	32.83	37.49	42.18		47.41	5 / 4			
reaction time	0.134	interval		3.54	3.62	3.63	3.76		3.92	4.24	4.33	4.66	4.69	5.23	PB		10.79	11.92	13.68
		velocity	7.77	9.89	9.67	9.64	9.31	9.15	8.93	8.25	8.08	7.51	7.46	7.65	8.44		9.73	8.81	7.68
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	18	159				
Samba, Abderrahmane (QAT) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Athletissima (Lausanne, SUI) (TV Analysis)			Henson (2020) - Athlete First: 2018 year end hurdle report																
date	05-Jul-18	time	5.76	9.40	13.12	16.84	20.72		24.80	28.92	33.24	37.72	42.24		47.42	5 / 1			
reaction time	0.183	interval		3.64	3.72	3.72	3.88		4.08	4.12	4.32	4.48	4.52	5.18			11.08	12.08	13.32
		velocity	7.81	9.62	9.41	9.41	9.02		8.58	8.50	8.10	7.81	7.74	7.72	8.44		9.48	8.69	7.88
H1 lead leg	R	strides	21	13	13	13	13		13	13	13	14	14	17.2	157.2				
Warholm, Karsten (NOR) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 IAAF World Championships (Doha, QAT)			Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships																
date	30-Sep-19	time	5.75	9.29	12.93	16.68	20.56		24.56	28.68	32.91	37.40	42.01		47.42	4 / 1			
reaction time	0.164	interval		3.54	3.64	3.75	3.88		4.00	4.12	4.23	4.49	4.61	5.41			10.93	12.00	13.33
		velocity	7.83	9.89	9.62	9.33	9.02		8.75	8.50	8.27	7.80	7.59	7.39	8.44		9.61	8.75	7.88
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	15	18.2	157.2				
Ducos, Clement (FRA) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL)			Omega Timing (2024) - diamond league race analysis																
date	25-Aug-24	time	5.78	9.37	13.01	16.76	20.60		24.54	28.71	33.03	37.40	41.95		47.42	5 / 2			
reaction time	0.179	interval		3.59	3.64	3.75	3.84		3.94	4.17	4.32	4.37	4.55	5.47	PB		10.98	11.95	13.24
		velocity	7.79	9.75	9.62	9.33	9.11		8.88	8.39	8.10	8.01	7.69	7.31	8.44		9.56	8.79	7.93
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	15	15	18	161				
Warholm, Karsten (NOR) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Norwegian National Championships (Hamar, NOR) (TV Analysis)			Henson (2020) - Athlete First: 2019 year end hurdle report																
date	02-Aug-19	time	5.76	9.40	13.16	17.02	21.00		25.08	29.28	33.56	37.96	42.36		47.43	7 / 1			
reaction time		interval		3.64	3.76	3.86	3.98		4.08	4.20	4.28	4.40	4.40	5.07			11.26	12.26	13.08
		velocity	7.81	9.62	9.31	9.07	8.79		8.58	8.33	8.18	7.95	7.95	7.89	8.43		9.33	8.56	8.03
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	13	17.2	154.2				
dos Santos, Alison Brendon (BRA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Prefontaine Classic (Eugene, OR)			Omega Timing (2023) - diamond league race analysis																
date	16-Sep-23	time	5.79	9.49	13.20	16.94	20.84		24.85	28.98	33.26	37.65	42.12		47.44	4 / 4			
reaction time	0.172	interval		3.70	3.71	3.74	3.90		4.01	4.13	4.28	4.39	4.47	5.32			11.15	12.04	13.14
		velocity	7.77	9.46	9.43	9.36	8.97		8.73	8.47	8.18	7.97	7.83	7.52	8.43		9.42	8.72	7.99
H1 lead leg	L	strides	20			12	12		12	13	13	13	13	16	124				
Moses, Edwin (USA) (1955)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1987 IAAF World Championships (Rome, ITA)			Sušanka (1990) - time analysis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)																
date	01-Sep-87	time	5.82	9.49	13.21	16.97	20.73		24.58	28.58	32.89	37.42	42.15		47.46	3 / 1			
reaction time		interval		3.67	3.72	3.76	3.76		3.85	4.00	4.31	4.53	4.73	5.31	CR		11.15	11.61	13.57
		velocity	7.73	9.54	9.41	9.31	9.31		9.09	8.75	8.12	7.73	7.40	7.53	8.43		9.42	9.04	7.74
H1 lead leg	L	strides	19	13	13	13	13		13	13	13	13	13	16.7	152.7				
Samba, Abderrahmane (QAT) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)			Henson (2024) - Athlete First: 2021 year end hurdle report																
date	01-Aug-21	time	5.85	9.46	13.13	16.83	20.67		24.72	28.90	33.20	37.66	42.20		47.47	5 / 2			
reaction time	0.188	interval		3.61	3.67	3.70	3.84		4.05	4.18	4.30	4.46	4.54	5.27			10.98	12.07	13.30
		velocity	7.69	9.70	9.54	9.46	9.11		8.64	8.37	8.14	7.85	7.71	7.59	8.43		9.56	8.70	7.89
H1 lead leg	R	strides	21	13	13	13	13		13	13	13	14	14	17	157				
Bassitt, Trevor (USA) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 USATF National Championships (Eugene, OR) (TV Analysis)			Henson (2022) - Athlete First: 2022 year end hurdle report																
date	26-Jun-22	time	5.97	9.67	13.44	17.25	21.19	22.78	25.22	29.43	33.70	38.10	42.54		47.47	5 / 2			
reaction time		interval		3.70	3.77	3.81	3.94		4.03	4.21	4.27	4.40	4.44	4.93	PB		11.28	12.18	13.11
		velocity	7.54	9.46	9.28	9.19	8.88	8.78	8.68	8.31	8.20	7.95	7.88	8.11	8.43		9.31	8.62	8.01
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16	153				
Schmid, Harald (FRG) (1957)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1982 European Championships (Athens, GRE)			Sušanka (1990) - time analysis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)																
date	08-Sep-82	time	5.8	9.5	13.3	17.1	21.1		25.1	29.3	33.5	37.9	42.4		47.48	4 / 1			
reaction time		interval		3.7	3.8	3.8	4.0		4.0	4.2	4.2	4.4	4.5	5.1	AR / CR		11.30	12.20	13.10
		velocity	7.76	9.46	9.21	9.21	8.75		8.75	8.33	8.33	7.95	7.78	7.87	8.42		9.29	8.61	8.02
H1 lead leg	L	strides	21	13	13	13	13		13	13	13	14	14	17	157				
Harris, Danny (USA) (1965)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1987 IAAF World Championships (Rome, ITA)			Sušanka (1990) - time analysis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)																
date	01-Sep-87	time	6.07	9.20	13.44	17.22	21.09		24.98	29.17	33.35	37.76	42.42		47.48	4 / 2			
reaction time		interval		3.13	4.24	3.78	3.87		3.89	4.19	4.18	4.41	4.66	5.06	PB		11.15	11.95	13.25
		velocity	7.41	11.18	8.25	9.26	9.04		9.00	8.35	8.37	7.94	7.51	7.91	8.42		9.42	8.79	7.92

H1 lead leg	L	strides	21	13	13	13	13	13	14	14	14	15	17.8	161					
Schmid, Harald (FRG) (1957)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1987 IAAF World Championships (Rome, ITA)			Sušanka (1990) - time analysis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)																
date	01-Sep-87	time	6.00	9.69	13.45	17.29	21.17		25.06	29.02	33.22	37.73	42.32		47.48	5 / 3			
reaction time		interval		3.69	3.76	3.84	3.88		3.89	3.96	4.20	4.51	4.59	5.16	AR		11.29	11.73	13.30
		velocity	7.50	9.49	9.31	9.11	9.02		9.00	8.84	8.33	7.76	7.63	7.75	8.42		9.30	8.95	7.89
H1 lead leg	L	strides	21	13	13	13	13		13	13	13	14	14	17.7	158				
Jackson, Bershawn (USA) (1983)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2006 USATF National Championships (Indianapolis, IN)			USATF Men's Hurdle Development (2006)																
date	24-Jun-06	time	5.72	9.49	13.31	17.25	21.29		25.16	29.23	33.32	37.64	42.16		47.48	6 / 2			
reaction time		interval		3.77	3.82	3.94	4.04		3.87	4.07	4.09	4.32	4.52	5.32			11.53	11.98	12.93
		velocity	7.87	9.28	9.16	8.88	8.66		9.04	8.60	8.56	8.10	7.74	7.52	8.42		9.11	8.76	8.12
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	15	15	19.7	177.7				
Samba, Abderrahmane (QAT) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)			Henson (2020) - Athlete First: 2018 year end hurdle report																
date	31-May-18	time	5.76	9.44	13.20	17.04	20.92		25.04	29.24	33.56	37.96	42.36		47.48	4 / 1			
reaction time	0.158	interval		3.68	3.76	3.84	3.88		4.12	4.20	4.32	4.40	4.40	5.12	AR PB		11.28	12.20	13.12
		velocity	7.81	9.51	9.31	9.11	9.02		8.50	8.33	8.10	7.95	7.95	7.81	8.42		9.31	8.61	8.00
H1 lead leg	R	strides	21	13	13	13	13		13	13	13	14	14	17	157				
Sánchez, Félix (DOM) (1977)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2001 IAAF World Championships (Edmonton, CAN)			Behm (2001) - Edmonton: Le quatrache: les finales																
date	10-Aug-01	time	5.7	9.3	13.1	16.9	20.8		24.8	29.1	33.5	37.9	42.3		47.49	5 / 1			
reaction time	0.158	interval		3.6	3.8	3.8	3.9		4.0	4.3	4.4	4.4	4.4	5.19			11.20	12.20	13.20
		velocity	7.89	9.72	9.21	9.21	8.97		8.75	8.14	7.95	7.95	7.95	7.71	8.42		9.38	8.61	7.95
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	18	162				
Benjamin, Rai (USA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Doha Diamond League (Doha, QAT) (TV Analysis)			Henson (2022) - Athlete First: 2022 year end hurdle report																
date	13-May-22	time	5.60	9.18	13.01	16.98	21.12	22.8	25.24	29.30	33.56	37.87	42.27		47.49	6 / 2			
reaction time	0.206	interval		3.58	3.83	3.97	4.14		4.12	4.06	4.26	4.31	4.40	5.22			11.38	12.32	12.97
		velocity	8.04	9.78	9.14	8.82	8.45	8.77	8.50	8.62	8.22	8.12	7.95	7.66	8.42		9.23	8.52	8.10
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	137					
Clarke, Roshawn (JAM) (2004)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Weltklasse (Zürich, SUI)			Omega Timing (2024) - diamond league race analysis																
date	05-Sep-24	time	5.67	9.31	12.99	16.73	20.55		24.53	28.65	32.92	37.39	42.02		47.49	3 / 1			
reaction time	0.177	interval		3.64	3.68	3.74	3.82		3.98	4.12	4.27	4.47	4.63	5.47			11.06	11.92	13.37
		velocity	7.94	9.62	9.51	9.36	9.16		8.79	8.50	8.20	7.83	7.56	7.31	8.42		9.49	8.81	7.85
H1 lead leg	R	strides	21	13			14		14	14	14	15	15	19	139				
Moses, Edwin (USA) (1955)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1983 IAAF World Championships (Rome, ITA)			McFarlane (1988) - The Science of Hurdling																
date	09-Aug-83	time	5.58	9.29	13.21	16.79	20.71		24.63	28.80	32.97	37.43	41.97		47.50	2 / 1			
reaction time		interval		3.71	3.92	3.58	3.92		3.92	4.17	4.17	4.46	4.54	5.53	CR		11.21	12.01	13.17
		velocity	8.06	9.43	8.93	9.78	8.93		8.93	8.39	8.39	7.85	7.71	7.23	8.42		9.37	8.74	7.97
H1 lead leg	L	strides	19	13	13	13	13		13	13	13	13	13	15.7	151.7				
Taylor, Angelo (USA) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2000 Olympic Games (Sydney, AUS)			Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games																
date	27-Sep-00	time	5.90	9.62	13.38	17.22	21.14	22.66	25.10	29.22	33.58	38.02	42.46		47.50	1 / 1			
reaction time	0.179	interval		3.72	3.76	3.84	3.92		3.96	4.12	4.36	4.44	4.44	5.04	PB		11.32	12.00	13.24
		velocity	7.63	9.41	9.31	9.11	8.93	8.83	8.84	8.50	8.03	7.88	7.88	7.94	8.42		9.28	8.75	7.93
H1 lead leg		strides	21	13	13	13	13		13	13	14	14	14	17.1	158.1				
McMaster, Kyron (IVB) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 USATF Golden Games (Walnut, CA) (TV Analysis)			Henson (2021) - Athlete First: 2021 year end hurdle report																
date	09-May-21	time	5.80	9.41	13.18	17.02	20.92		24.96	29.19	33.53	37.97	42.47		47.50	6 / 2			
reaction time		interval		3.61	3.77	3.84	3.90		4.04	4.23	4.34	4.44	4.50	5.03	NR PB		11.22	12.17	13.28
		velocity	7.76	9.70	9.28	9.11	8.97		8.66	8.27	8.06	7.88	7.78	7.95	8.42		9.36	8.63	7.91
H1 lead leg	R	strides	20	13	13	13	13		13	13	14	14	14	16.7	156.7				
Sibilio, Alessandro (ITA) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 European Athletics Championships (Roma, ITA)			European Athletics (2024) - 2024 european athletics championships - results book																
date	11-Jun-24	time	5.78	9.49	13.20	16.96	20.86		24.78	28.91	33.23	37.78	42.21		47.50	7 / 2			
reaction time	0.174	interval		3.71	3.71	3.76	3.90		3.92	4.13	4.32	4.55	4.43	5.29	NR PB		11.18	11.95	13.30
		velocity	7.79	9.43	9.43	9.31	8.97		8.93	8.47	8.10	7.69	7.90	7.56	8.42		9.39	8.79	7.89
H1 lead leg	R	strides	21	13	13				13	14	14	15	15	18	136				
Samba, Abderrahmane (QAT) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Asian Athletics Championships (Doha, QAT)			CAA Hurdle Development (2019)																
date	22-Apr-19	time	5.82	9.40	13.04	16.80	20.68		24.84	29.09	33.48	37.97	42.40		47.51	5 / 1			
reaction time	0.179	interval		3.58	3.64	3.76	3.88		4.16	4.25	4.39	4.49	4.43	5.11	CR		10.98	12.29	13.31
		velocity	7.73	9.78	9.62	9.31	9.02		8.41	8.24	7.97	7.80	7.90	7.83	8.42		9.56	8.54	7.89

H1 lead leg	R	strides	21	13	13	13	13	13	13	13	14	14	14	17.2	158.2					
dos Santos, Alison Brendon (BRA) 																				
FINAL			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	09-Jul-21	time	5.70	9.31		16.76	20.64	22.4	24.74	28.93	33.16	37.60	42.31		47.51	6 / 2				
reaction time	0.177	interval		3.61		7.45	3.88		4.10	4.19	4.23	4.44	4.71	5.20			11.06	12.17	13.38	
		velocity	7.89	9.70		9.40	9.02	8.93	8.54	8.35	8.27	7.88	7.43	7.69	8.42		9.49	8.63	7.85	
H1 lead leg	L	strides	20	13	13		12		13	14		15	15	16.5	131.5					
Al-Somaily, Hadi Sou'an (KSA) (1976)																				
FINAL			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)																<i>Dittrilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>				
date	27-Sep-00	time	5.94	9.66	13.42	17.26	21.14	22.62	25.14	29.18	33.38	37.82	42.34		47.53	4 / 2				
reaction time	0.437	interval		3.72	3.76	3.84	3.88		4.00	4.04	4.20	4.44	4.52	5.19	AR		11.32	11.92	13.16	
		velocity	7.58	9.41	9.31	9.11	9.02	8.84	8.75	8.66	8.33	7.88	7.74	7.71	8.42		9.28	8.81	7.98	
H1 lead leg		strides	22	13	13	13	13		13	13	13	13	14	17	157					
Adkins, Derrick (USA) (1970)																				
FINAL			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)																<i>McFarlane (2000) - the science of hurdling and speed</i>				
date	01-Aug-96	time	5.83	9.59	13.40	17.16	21.12		25.12	29.21	33.44	37.74	42.25		47.54	6 / 1				
reaction time	0.294	interval		3.76	3.81	3.76	3.96		4.00	4.09	4.23	4.30	4.51	5.29	=PB		11.33	12.05	13.04	
		velocity	7.72	9.31	9.19	9.31	8.84		8.75	8.56	8.27	8.14	7.76	7.56	8.41		9.27	8.71	8.05	
H1 lead leg		strides	20	13	13	13	13		13	14	14	14	14		141					
Mori, Fabrizio (ITA) (1969)																				
FINAL			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2001 IAAF World Championships (Edmonton, CAN)																<i>Behm (2001) - Edmonton: Le quatrache: les finales</i>				
date	10-Aug-01	time	5.9	9.7	13.5	17.3	21.2		25.2	29.3	33.6	36.9	42.3		47.54	4 / 2				
reaction time	0.158	interval		3.8	3.8	3.8	3.9		4.0	4.1	4.3	3.3	5.4	5.24	NR / PB		11.40	12.00	13.00	
		velocity	7.63	9.21	9.21	9.21	8.97		8.75	8.54	8.14	10.61	6.48	7.63	8.41		9.21	8.75	8.08	
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	19	170					
McMaster, Kyron (IVB) (1997)																				
FINAL			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2018 Meeting de Paris (Paris, FRA) (TV Analysis)																<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>				
date	30-Jun-18	time	5.64	9.24	12.88	16.64	20.48	22.2	24.48	28.64	32.96	37.44	42.04		47.54	6 / 2				
reaction time	0.183	interval		3.60	3.64	3.76	3.84		4.00	4.16	4.32	4.48	4.60	5.50	NR PB		11.00	12.00	13.40	
		velocity	7.98	9.72	9.62	9.31	9.11	9.01	8.75	8.41	8.10	7.81	7.61	7.27	8.41		9.55	8.75	7.84	
H1 lead leg	R	strides	20	12	13	13	13		13	13	14	14	14	17	156					
dos Santos, Alison Brendon (BRA) 																				
FINAL			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2022 Memorial van Damme (Brussels, BEL) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	02-Sep-22	time	5.80	9.41	13.11	16.88	20.79	22.45	24.79	29.03	33.40	37.87	42.34		47.54	6 / 1				
reaction time	0.210	interval		3.61	3.70	3.77	3.91		2.34	4.24	4.37	4.47	4.47	5.20			11.08	12.15	13.31	
		velocity	7.76	9.70	9.46	9.28	8.95	8.91	14.96	8.25	8.01	7.83	7.83	7.69	8.41		9.48	8.64	7.89	
H1 lead leg	L	strides	20	13	12	12	12		12	13	13	13	13	16	149					
Moses, Edwin (USA) (1955)																				
FINAL			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1988 Olympic Games (Seoul, KOR)																<i>Gill (1990) - atletismo (I) carreras y marcha</i>				
date	25-Sep-88	time	5.89	9.56	13.32	17.16	21.00		25.01	29.08	33.26	37.60	42.19		47.56	3 / 3				
reaction time	0.209	interval		3.67	3.76	3.84	3.84		4.01	4.07	4.18	4.34	4.59	5.37			11.27	11.92	13.11	
		velocity	7.64	9.54	9.31	9.11	9.11		8.73	8.60	8.37	8.06	7.63	7.45	8.41		9.32	8.81	8.01	
H1 lead leg	L	strides	19	13	13	13	13		13	13	13	13	13	16.5	152.5					
Clement, Kerron (USA) (1985)																				
FINAL			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2005 NCAA National Championships (Sacramento, CA)																<i>gh (2005) - trackandfieldnews.com forum</i>				
date	11-Jun-05	time	5.9	9.5	13.2	17.1	21.0		25.0	29.2	33.6	38.2	42.8		47.56	6 / 1				
reaction time		interval		3.60	3.70	3.90	3.90		4.00	4.20	4.40	4.60	4.60	4.76			11.20	12.10	13.60	
		velocity	7.63	9.72	9.46	8.97	8.97		8.75	8.33	7.95	7.61	7.61	8.40	8.41		9.38	8.68	7.72	
H1 lead leg	R	strides	22	13	13	13	13		13	13	15	15	15	16.7	161.7					
Benjamin, Rai (USA) (1997)																				
FINAL			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	23-Aug-23	time	5.64	9.37	12.81	16.42	20.29		24.26	28.31	32.59	37.13	41.98		47.56	6 / 3				
reaction time	0.168	interval		3.73	3.44	3.61	3.87		3.97	4.05	4.28	4.54	4.85	5.58			10.78	11.89	13.67	
		velocity	7.98	9.38	10.17	9.70	9.04		8.82	8.64	8.18	7.71	7.22	7.17	8.41		9.74	8.83	7.68	
H1 lead leg	R	strides	20	13	12	12	12		13	13	13	13	14	17	152					
Samba, Abderrahmane (QAT) (1995)																				
FINAL			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2018 Doha Diamond League (Doha, QAT) (TV Analysis)																<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>				
date	04-May-18	time	5.80	9.44	13.16	16.96	20.92		24.96	29.16	33.48	37.88	42.36		47.57	4 / 1				
reaction time	0.192	interval		3.64	3.72	3.80	3.96		4.04	4.20	4.32	4.40	4.48	5.21	NR PB		11.16	12.20	13.20	
		velocity	7.76	9.62	9.41	9.21	8.84		8.66	8.33	8.10	7.95	7.81	7.68	8.41		9.41	8.61	7.95	
H1 lead leg	R	strides	20	13	13	13	13		13	13	13		14	17.5	142.5					
dos Santos, Alison Brendon (BRA) 																				
FINAL			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 Doha Diamond League (Doha, QAT) (TV Analysis)																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>				
date	28-May-21	time	5.70	9.37	13.18	17.05	20.95	22.7	25.12	29.33	33.60	37.94	42.34		47.57	6 / 2				
reaction time	0.187	interval		3.67	3.81	3.87	3.90		4.17	4.21	4.27	4.34	4.40	5.23	AR PB		11.35	12.28	13.01	
		velocity	7.89	9.54	9.19	9.04	8.97	8.81	8.39	8.31	8.20	8.06	7.95	7.65	8.41		9.25	8.55	8.07	

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

H1 lead leg	L	strides	20	13	13	12	12		13	13	13	13	13	16.2	151.2				
Warholm, Karsten (NOR) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Bauhaus Galan (Stockholm, SWE)															Omega Timing (2023) - diamond league race analysis				
date	02-Jul-23	time	5.61	9.17	12.77	16.43	20.24		24.22	28.33	32.70	37.28	42.02		47.57	8 / 1			
reaction time	0.156	interval		3.56	3.60	3.66	3.81		3.98	4.11	4.37	4.58	4.74	5.55			10.82	11.90	13.69
		velocity	8.02	9.83	9.72	9.56	9.19		8.79	8.52	8.01	7.64	7.38	7.21	8.41		9.70	8.82	7.67
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	15	17.7	156.7				
Warholm, Karsten (NOR) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2024 Olympic Games (Paris, FRA)															Paris 2024 Olympic Games - Results Book (2024)				
date	05-Aug-24	time	5.62	9.14	12.80	16.55	20.41		24.38	28.47	32.76	37.47	42.24		47.57	5 / 1			
reaction time	0.148	interval		3.52	3.66	3.75	3.86		3.97	4.09	4.29	4.71	4.77	5.33			10.93	11.92	13.77
		velocity	8.01	9.94	9.56	9.33	9.07		8.82	8.56	8.16	7.43	7.34	7.50	8.41		9.61	8.81	7.63
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	17	158				
Diagana, Stéphane (FRA) (1969)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2002 European Championships (Munich, GER)															Graubner (2009) - http://www.fgs.uni-halle.de				
date	09-Aug-02	time	5.95	9.65	13.35	17.13	21.03		25.11	29.41	33.62	38.01	42.50		47.58	/ 1			
reaction time	0.141	interval		3.70	3.70	3.78	3.90		4.08	4.30	4.21	4.39	4.49	5.08			11.18	12.28	13.09
		velocity	7.56	9.46	9.46	9.26	8.97		8.58	8.14	8.31	7.97	7.80	7.87	8.41		9.39	8.55	8.02
H1 lead leg		strides		13	13	13	13		13	14	14	15	15						
Benjamin, Rai (USA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)															Henson (2020) - Athlete First: 2019 year end hurdle report				
date	06-Jun-19	time	5.66	9.26	12.99	16.91	20.91		24.85	28.91	33.13	37.59	42.26		47.58	6 / 1			
reaction time	0.160	interval		3.60	3.73	3.92	4.00		3.94	4.06	4.22	4.46	4.67	5.32			11.25	12.00	13.35
		velocity	7.95	9.72	9.38	8.93	8.75		8.88	8.62	8.29	7.85	7.49	7.52	8.41		9.33	8.75	7.87
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	14	17	155				
Allen, CJ (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Bislett Games (Oslo, NOR)															Omega Timing (2023) - diamond league race analysis				
date	15-Jun-23	time	5.64	9.28	12.99	16.80	20.68		24.64	28.75	33.09	37.50	42.06		47.58	6 / 2			
reaction time	0.170	interval		3.64	3.71	3.81	3.88		3.96	4.11	4.34	4.41	4.56	5.52	PB		11.16	11.95	13.31
		velocity	7.98	9.62	9.43	9.19	9.02		8.84	8.52	8.06	7.94	7.68	7.25	8.41		9.41	8.79	7.89
H1 lead leg	L	strides	22	13	13	13	13		13	14	14	14	14	17	160				
Samba, Abderrahmane (QAT) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Weltklasse (Zürich, SUI)															Omega Timing (2024) - diamond league race analysis				
date	05-Sep-24	time	5.73	9.39	13.05	16.80	20.63		24.58	28.72	33.04	37.57	42.18		47.58	4 / 2			
reaction time	0.177	interval		3.66	3.66	3.75	3.83		3.95	4.14	4.32	4.53	4.61	5.40			11.07	11.92	13.46
		velocity	7.85	9.56	9.56	9.33	9.14		8.86	8.45	8.10	7.73	7.59	7.41	8.41		9.49	8.81	7.80
H1 lead leg	R	strides	21	13			13		13	13	13	14	14	17.2	131.2				
Rosser, Khalifah (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 NACAC Championships (Freeport, BAH) (TV Analysis)															Henson (2022) - Athlete First: 2022 year end hurdle report				
date	21-Aug-22	time	5.73	9.46	13.26	17.03	20.96		25.00	29.00	33.16	37.53	42.73		47.59	4 / 2			
reaction time		interval		3.73	3.80	3.77	3.93		4.04	4.00	4.16	4.37		PB			11.30	11.97	
		velocity	7.85	9.38	9.21	9.28	8.91		8.66	8.75	8.41	8.01		8.41			9.29	8.77	
H1 lead leg	R	strides	21	13	13	13	13		13	13	13	14		126					
Matete, Samuel (ZAM) (1968)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1993 IAAF World Championships (Stuttgart, GER)															Graubner (2008) - http://www.fgs.uni-halle.de				
date	19-Aug-93	time	5.96	9.67	13.42	17.26	21.20		25.16	29.30	33.64	38.13	42.63		47.60	3 / 2			
reaction time	0.265	interval		3.71	3.75	3.84	3.94		3.96	4.14	4.34	4.49	4.50	4.97			11.30	12.04	13.33
		velocity	7.55	9.43	9.33	9.11	8.88		8.84	8.45	8.06	7.80	7.78	8.05	8.40		9.29	8.72	7.88
H1 lead leg	L	strides	21	13	13		13		13	13			15	18	119				
Jackson, Bershawn (USA) (1983)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2006 Osaka Grand Prix (Osaka, JPN)															Yasunori (2007) - race pattern analysis of top Japanese 400m hurdlers				
date	06-May-06	time	6.04	10.06	14.15	18.29	22.36		26.28	30.22	34.22	38.43	42.73		47.60	/ 1			
reaction time		interval		4.02	4.09	4.14	4.07		3.92	3.94	4.00	4.21	4.30	4.87			12.25	11.93	12.51
		velocity	7.45	8.71	8.56	8.45	8.60		8.93	8.88	8.75	8.31	8.14	8.21	8.40		8.57	8.80	8.39
H1 lead leg		strides		15	15	15	15		15	15	15	15	15		135				
Samba, Abderrahmane (QAT) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis)															Henson (2020) - Athlete First: 2018 year end hurdle report				
date	07-Jun-18	time	5.76	9.36	13.08	16.92	20.88	22.7	25.04	29.28	33.72	38.00	42.40		47.60	5 / 1			
reaction time	0.189	interval		3.60	3.72	3.84	3.96		4.16	4.24	4.44	4.28	4.40	5.20			11.16	12.36	13.12
		velocity	7.81	9.72	9.41	9.11	8.84	8.81	8.41	8.25	7.88	8.18	7.95	7.69	8.40		9.41	8.50	8.00
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	14	14	17.2	159.2				
Clement, Kerron (USA) (1985)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 IAAF World Championships (Osaka, JPN)															Ae (2008) - IAAF biomechanics team - a booklet of biomechanics data				
date	28-Aug-07	time	5.92	9.60	13.30	16.98	20.80		24.82	28.98	33.28	37.86	42.52		47.61	4 / 1			
reaction time	0.169	interval		3.68	3.70	3.68	3.82		4.02	4.16	4.30	4.58	4.66	5.09			11.06	12.00	13.54
		velocity	7.60	9.51	9.46	9.51	9.16		8.71	8.41	8.14	7.64	7.51	7.86	8.40		9.49	8.75	7.75

H1 lead leg	R	strides	20	13	13	13	13	13	13	13	13	15	15	16.5	157.5				
dos Santos, Alison Brendon (BRA)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
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	5.86	9.52	13.00	16.72	20.60		24.62	28.82	33.08	37.60	42.16		47.61	5 / 1			
reaction time	0.190	interval		3.66	3.48	3.72	3.88		4.02	4.20	4.26	4.52	4.56	5.45			10.86	12.10	13.34
		velocity	7.68	9.56	10.06	9.41	9.02		8.71	8.33	8.22	7.74	7.68	7.34	8.40		9.67	8.68	7.87
H1 lead leg	L	strides	20	13	12	12	12		12	13	13	13	13	16.2	149.2				
Graham, Winthrop (JAM) (1965)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1993 IAAF World Championships (Stuttgart, GER)			Graubner (2008) - http://www.fgs.uni-halle.de																
date	19-Aug-93	time	5.92	9.63	13.43	17.26	21.18		25.07	29.10	33.44	37.77	42.33		47.62	5 / 3			
reaction time	0.213	interval		3.71	3.80	3.83	3.92		3.89	4.03	4.34	4.33	4.56	5.29			11.34	11.84	13.23
		velocity	7.60	9.43	9.21	9.14	8.93		9.00	8.68	8.06	8.08	7.68	7.56	8.40		9.26	8.87	7.94
H1 lead leg	L	strides	20	13	13		13		13	13	14	14	15	18	146				
Warholm, Karsten (NOR) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Golden Spike (Ostrava, CZE) (TV Analysis)			Henson (2020) - Athlete First: 2020 year end hurdle report																
date	08-Sep-20	time	5.77	9.37	13.05	16.82	20.65		24.69	28.89	33.13	37.77	42.37		47.62	8 / 1			
reaction time	0.168	interval		3.60	3.68	3.77	3.83		4.04	4.20	4.24	4.64	4.60	5.25			11.05	12.07	13.48
		velocity	7.80	9.72	9.51	9.28	9.14		8.66	8.33	8.25	7.54	7.61	7.62	8.40		9.50	8.70	7.79
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	18	159				
dos Santos, Alison Brendon (BRA)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Weltklasse (Zürich, SUI)			Omega Timing (2023) - diamond league race analysis																
date	31-Aug-23	time	5.80	9.39	13.04	16.77	20.66		24.66	28.84	33.18	37.66	42.22		47.62	5 / 3			
reaction time	0.162	interval		3.59	3.65	3.73	3.89		4.00	4.18	4.34	4.48	4.56	5.40			10.97	12.07	13.38
		velocity	7.76	9.75	9.59	9.38	9.00		8.75	8.37	8.06	7.81	7.68	7.41	8.40		9.57	8.70	7.85
H1 lead leg	L	strides	20	13			12		12	13			13	16.2	99.2				
Sánchez, Félix (DOM) (1977)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2004 Olympic Games (Athina, GRE)			Ruiz (2004) - las carreras con vallas de juegos olímpicos de atenas '04																
date	26-Aug-04	time	5.81	9.36	13.07	16.90	20.87		24.96	29.15	33.42	37.74	42.21		47.63	6 / 1			
reaction time	0.219	interval		3.55	3.71	3.83	3.97		4.09	4.19	4.27	4.32	4.47	5.42			11.09	12.25	13.06
		velocity	7.75	9.86	9.43	9.14	8.82		8.56	8.35	8.20	8.10	7.83	7.38	8.40		9.47	8.57	8.04
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	18	164				
Sánchez, Félix (DOM) (1977)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2012 Olympic Games (London, GBR)			Hillier (2012) - uka 2012 olympic games report: 400m hurdles																
date	06-Aug-12	time	5.76	9.25	12.94	16.71	20.68	22.48	24.86	29.04	33.28	37.68	42.27		47.63	7 / 1			
reaction time	0.158	interval		3.49	3.69	3.77	3.97		4.18	4.18	4.24	4.40	4.59	5.36			10.95	12.33	13.23
		velocity	7.81	10.03	9.49	9.28	8.82	8.90	8.37	8.37	8.25	7.95	7.63	7.46	8.40		9.59	8.52	7.94
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	18.5	164.5				
Clarke, Roshawn (JAM) (2004)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 London Athletics Meet (London, GBR)			Omega Timing (2024) - diamond league race analysis																
date	20-Jul-24	time	5.64	9.30	13.10	16.91	20.79		24.84	29.08	33.34	37.81	42.35		47.63	3 / 2			
reaction time	0.187	interval		3.66	3.80	3.81	3.88		4.05	4.24	4.26	4.47	4.54	5.28			11.27	12.17	13.27
		velocity	7.98	9.56	9.21	9.19	9.02		8.64	8.25	8.22	7.83	7.71	7.58	8.40		9.32	8.63	7.91
H1 lead leg	R	strides	21	13	13	13	13		14	14	14	15	15	18	163				
Moses, Edwin (USA) (1955)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1976 Olympic Games (Montreal, CAN)			McFarlane (1981) - understanding the 400m hurdles (in Jarver (ed) - the hurdles, 1981)																
date	25-Jul-76	time	6.0	9.8	13.6	17.5	21.4	23.1	25.5	29.6	33.9	38.2	42.7		47.64	4 / 1			
reaction time		interval		3.80	3.80	3.90	3.90		4.10	4.10	4.30	4.30	4.50	4.94			11.50	12.10	13.10
		velocity	7.50	9.21	9.21	8.97	8.97	8.66	8.54	8.54	8.14	8.14	7.78	8.10	8.40		9.13	8.68	8.02
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	13	16	153				
Moses, Edwin (USA) (1955)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1981 Weltklasse (Zurich, SUI)			Behm (1988) - 45-39																
date	19-Aug-81	time	5.7	9.4	13.1	16.8	20.7		24.7	28.9	33.1	37.7	42.3		47.64	/ 1			
reaction time		interval		3.7	3.7	3.7	3.9		4.0	4.2	4.2	4.6	4.6	5.34			11.10	12.10	13.40
		velocity	7.89	9.46	9.46	9.46	8.97		8.75	8.33	8.33	7.61	7.61	7.49	8.40		9.46	8.68	7.84
H1 lead leg		strides		12	12	12	12		13	13	13	13	13		113				
Matete, Samuel (ZAM) (1968)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1991 IAAF World Championships (Tokyo, JPN)			Behm (1995) - la tactique du 400 haies																
date	27-Aug-91	time	5.8	9.4	13.1	16.7	20.4		24.3	28.5	32.8	37.4	42.1		47.64	6 / 1			
reaction time		interval		3.6	3.7	3.6	3.7		3.9	4.2	4.3	4.6	4.7	5.54			10.90	11.80	13.60
		velocity	7.76	9.72	9.46	9.72	9.46		8.97	8.33	8.14	7.61	7.45	7.22	8.40		9.63	8.90	7.72
H1 lead leg	L	strides	20	13	13	13	13		13	13	15	15	15	18.5	161.5				
Diagana, Stéphane (FRA) (1969)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1993 IAAF World Championships (Stuttgart, GER)			Graubner (2008) - http://www.fgs.uni-halle.de																
date	19-Aug-93	time	5.87	9.42	13.10	16.89	20.74		24.74	28.91	33.18	37.66	42.26		47.64	7 / 4			
reaction time	0.206	interval		3.55	3.68	3.79	3.85		4.00	4.17	4.27	4.48	4.60	5.38			11.02	12.02	13.35
		velocity	7.67	9.86	9.51	9.23	9.09		8.75	8.39	8.20	7.81	7.61	7.43	8.40		9.53	8.74	7.87

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

H1 lead leg	L	strides	20	13	13	13	13	14	14	15	15	19	149							
Warholm, Karsten (NOR) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)															Henson (2020) - Athlete First: 2018 year end hurdle report					
date	21-Jul-18	time	5.72	9.36	13.12	17.00	20.92		24.92	29.04	33.28	37.68	42.32		47.65	7 / 1				
reaction time	0.149	interval		3.64	3.76	3.88	3.92		4.00	4.12	4.24	4.40	4.64	5.33	NR PB		11.28	12.04	13.28	
		velocity	7.87	9.62	9.31	9.02	8.93		8.75	8.50	8.25	7.95	7.54	7.50	8.39		9.31	8.72	7.91	
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	15	17.5	156.5					
Rosser, Khallifah (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2022 USATF National Championships (Eugene, OR) (TV Analysis)															Henson (2022) - Athlete First: 2022 year end hurdle report					
date	26-Jun-22	time	5.97	9.57	13.24	17.01	20.92	22.49	24.86	28.93	33.30	37.73	42.37		47.65	4 / 3				
reaction time		interval		3.60	3.67	3.77	3.91		3.94	4.07	4.37	4.43	4.64	5.28	PB		11.04	11.92	13.44	
		velocity	7.54	9.72	9.54	9.28	8.95	8.89	8.88	8.60	8.01	7.90	7.54	7.58	8.39		9.51	8.81	7.81	
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	14	14	17.7	159.7					
Graham, Winthrop (JAM) (1965)			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	06-Aug-92	time	5.9	9.5	13.3	17.1	20.9		24.9	29.1	33.3	37.8	42.4		47.66	3 / 2				
reaction time		interval		3.60	3.80	3.80	3.80		4.00	4.20	4.20	4.50	4.60	5.26			11.20	12.00	13.30	
		velocity	7.63	9.72	9.21	9.21	9.21		8.75	8.33	8.33	7.78	7.61	7.60	8.39		9.38	8.75	7.89	
H1 lead leg	L	strides	20	13	13	13	13		13	13	14	14	15	17.7	158.7					
Samba, Abderrahmane (QAT) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2018 Asian Games (Jakarta, INA)															Zhao (2020) - comparative analysis of the kinematic characteristics of Chinese and foreign outstanding men's 400-meter hurdlers					
date	27-Aug-18	time	5.86	9.52	13.24	17.04	21.00		25.12	29.32	33.64	38.24	42.64		47.66	6 / 1				
reaction time	0.169	interval		3.66	3.72	3.80	3.96		4.12	4.20	4.32	4.60	4.40	5.02			11.18	12.28	13.32	
		velocity	7.68	9.56	9.41	9.21	8.84		8.50	8.33	8.10	7.61	7.95	7.97	8.39		9.39	8.55	7.88	
H1 lead leg	R	strides	21	13	13	13	13		13	13	14	14	14	18	159					
Benjamin, Rai (USA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 IAAF World Championships (Doha, QAT)															Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships					
date	30-Sep-19	time	5.78	9.35	13.03	16.83	20.80		24.84	29.01	33.24	37.57	42.15		47.66	7 / 2				
reaction time	0.205	interval		3.57	3.68	3.80	3.97		4.04	4.17	4.23	4.33	4.58	5.51			11.05	12.18	13.14	
		velocity	7.79	9.80	9.51	9.21	8.82		8.66	8.39	8.27	8.08	7.64	7.26	8.39		9.50	8.62	7.99	
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	17	154					
dos Santos, Alison Brendon (BRA) (2023)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 Herculis Meeting International d'Athlétisme (Monaco, MON)															Omega Timing (2023) - diamond league race analysis					
date	21-Jul-23	time	5.71	9.26	12.88	16.52	20.34		24.30	28.43	32.71	37.15	41.99		47.66	6 / 2				
reaction time	0.169	interval		3.55	3.62	3.64	3.82		3.96	4.13	4.28	4.44	4.84	5.67			10.81	11.91	13.56	
		velocity	7.88	9.86	9.67	9.62	9.16		8.84	8.47	8.18	7.88	7.23	7.05	8.39		9.71	8.82	7.74	
H1 lead leg	L	strides	20	13	12	12	12		12	13	13	13	14	17	151					
Brazell, Bennie (USA) (1982)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2005 NCAA Championships (Sacramento, CA)															Shaver (2008) - hurdle training					
date	11-Jun-05	time	6.06	9.76	13.60	17.45	21.34		25.37	29.59	33.85	38.23	42.64		47.67	5 / 2				
reaction time		interval		3.70	3.84	3.85	3.89		4.03	4.22	4.26	4.38	4.41	5.03	PB		11.39	12.14	13.05	
		velocity	7.43	9.46	9.11	9.09	9.00		8.68	8.29	8.22	7.99	7.94	7.95	8.39		9.22	8.65	8.05	
H1 lead leg	L	strides	22	13	13	13	13		13	15	15	15	16	19	167					
Warholm, Karsten (NOR) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 1 - 2024 Olympic Games (Paris, FRA)															Paris 2024 Olympic Games - Results Book (2024)					
date	07-Aug-24	time	5.69	9.22	12.84	16.54	20.39		24.33	28.41	32.68	37.34	42.11		47.67	7 / 1				
reaction time	0.279	interval		3.53	3.62	3.70	3.85		3.94	4.08	4.27	4.66	4.77	5.56			10.85	11.87	13.70	
		velocity	7.91	9.92	9.67	9.46	9.09		8.88	8.58	8.20	7.51	7.34	7.19	8.39		9.68	8.85	7.66	
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	17.2	158.2					
dos Santos, Alison Brendon (BRA) (2021)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 USATF Golden Games (Walnut, CA) (TV Analysis)															Henson (2021) - Athlete First: 2021 year end hurdle report					
date	09-May-21	time	6.04	9.71	13.51	17.45	21.42		25.56	29.73	34.03	38.40	42.77		47.68	4 / 3				
reaction time		interval		3.67	3.80	3.94	3.97		4.14	4.17	4.30	4.37	4.37	4.91	AR PB		11.41	12.28	13.04	
		velocity	7.45	9.54	9.21	8.88	8.82		8.45	8.39	8.14	8.01	8.01	8.15	8.39		9.20	8.55	8.05	
H1 lead leg	L	strides	20	13	13	12	12		13	13	13	13	13	16.2	151.2					
Gordon, Jehue (TTO) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis)															Henson (2021) - Athlete First: major championships report					
date	15-Aug-13	time	5.73	9.40	13.20	17.07	20.97		24.97	29.07	33.27	37.63	42.17		47.69	6 / 1				
reaction time	0.174	interval		3.67	3.80	3.87	3.90		4.00	4.10	4.20	4.36	4.54	5.52			11.34	12.00	13.10	
		velocity	7.85	9.54	9.21	9.04	8.97		8.75	8.54	8.33	8.03	7.71	7.25	8.39		9.26	8.75	8.02	
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	14	14	17.7	156.7					
Ducos, Clement (FRA) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 2 - 2024 Olympic Games (Paris, FRA)															Paris 2024 Olympic Games - Results Book (2024)					
date	05-Aug-24	time	5.70	9.20	12.77	16.45	20.29		24.34	28.61	33.01	37.55	42.20		47.69	9 / 2				
reaction time	0.157	interval		3.50	3.57	3.68	3.84		4.05	4.27	4.40	4.54	4.65	5.49	PB		10.75	12.16	13.59	
		velocity	7.89	10.00	9.80	9.51	9.11		8.64	8.20	7.95	7.71	7.53	7.29	8.39		9.77	8.63	7.73	

H1 lead leg	L	strides	20	13	13	13	13		14	14	15	15	15	18	163					
Samba, Abderrahmane (QAT) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL)			Omega Timing (2024) - diamond league race analysis																	
date	25-Aug-24	time	5.75	9.43	13.14	16.97	20.89		24.96	29.28	33.51	37.91	42.43		47.69	7 / 3				
reaction time	0.203	interval		3.68	3.71	3.83	3.92		4.07	4.32	4.23	4.40	4.52	5.26			11.22	12.31	13.15	
		velocity	7.83	9.51	9.43	9.14	8.93		8.60	8.10	8.27	7.95	7.74	7.60	8.39		9.36	8.53	7.98	
H1 lead leg	R	strides	21	13	13	13	13		13	13	13	13	14	17	156					
Diagana, Stéphane (FRA) (1969)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1997 IAAF World Championships (Athens, GRE)			Hommel (1999) - biomechanical research project, athens 1997: final report																	
date	04-Aug-97	time	5.87	9.50	13.14	16.85	20.60		24.68	28.68	32.98	37.56	42.27		47.70	6 / 1				
reaction time	0.157	interval		3.63	3.64	3.71	3.75		4.08	4.00	4.30	4.58	4.71	5.43			10.98	11.83	13.59	
		velocity	7.67	9.64	9.62	9.43	9.33		8.58	8.75	8.14	7.64	7.43	7.37	8.39		9.56	8.88	7.73	
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	19	163					
Tinsley, Michael (USA) (1984)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis)			Henson (2021) - Athlete First: major championships report																	
date	15-Aug-13	time	5.63	9.13	12.80	16.57	20.43		24.50	28.67	33.03	37.57	42.20		47.70	3 / 2				
reaction time	0.133	interval		3.50	3.67	3.77	3.86		4.07	4.17	4.36	4.54	4.63	5.50	PB		10.94	12.10	13.53	
		velocity	7.99	10.00	9.54	9.28	9.07		8.60	8.39	8.03	7.71	7.56	7.27	8.39		9.60	8.68	7.76	
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	18.5	164.5					
Mori, Fabrizio (ITA) (1969)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1999 IAAF World Championships (Sevilla, ESP)			Sanchez (1999) - Sevilla '99: análisis de la carreras con villas																	
date	27-Aug-99	time	5.62	9.36	13.12	16.96	20.89		24.92	29.06	33.34	37.68	42.16		47.72	3 / 1				
reaction time	0.157	interval		3.74	3.76	3.84	3.93		4.03	4.14	4.28	4.34	4.48	5.56	NR PB		11.34	12.10	13.10	
		velocity	8.01	9.36	9.31	9.11	8.91		8.68	8.45	8.18	8.06	7.81	7.19	8.38		9.26	8.68	8.02	
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18	169					
McMaster, Kyron (IVB) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)			Henson (2023) - Athlete First: 2023 year end hurdle report																	
date	21-Aug-23	time	5.73	9.46	13.06	16.63	20.53		24.56	28.67	33.01	37.52	42.17		47.72	8 / 1				
reaction time	0.168	interval		3.73	3.60	3.57	3.90		4.03	4.11	4.34	4.51	4.65	5.55			10.90	12.04	13.50	
		velocity	7.85	9.38	9.72	9.80	8.97		8.68	8.52	8.06	7.76	7.53	7.21	8.38		9.63	8.72	7.78	
H1 lead leg	L	strides	21	13	13	13	13		13	13	13	14	14	17	157					
Abakar, Ismail Doudai (QAT) (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 - 2024 London Athletics Meet (London, GBR)			Omega Timing (2024) - diamond league race analysis																	
date	20-Jul-24	time	5.78	9.36	13.00	16.68	20.55		24.66	28.77	33.05	37.51	42.15		47.72	8 / 3				
reaction time	0.198	interval		3.58	3.64	3.68	3.87		4.11	4.11	4.28	4.46	4.64	5.57	PB		10.90	12.09	13.38	
		velocity	7.79	9.78	9.62	9.51	9.04		8.52	8.52	8.18	7.85	7.54	7.18	8.38		9.63	8.68	7.85	
H1 lead leg	L	strides	20	13	13	13	13				13	13	14	17.2	129.2					
Clement, Kerron (USA) (1985)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2016 Olympic Games (Rio de Janeiro, BRA)			Zhou (2020) - analysis of competitive performance charactersitics of outstanding men's 400m hurdlers																	
date	18-Aug-16	time	5.6	9.2	12.8	16.6	20.5		24.4	28.7	32.9	37.4	41.9		47.73	5 / 1				
reaction time	0.227	interval		3.60	3.60	3.80	3.90		3.90	4.30	4.20	4.50	4.50	5.83			11.00	12.10	13.20	
		velocity	8.04	9.72	9.72	9.21	8.97		8.97	8.14	8.33	7.78	7.78	6.86	8.38		9.55	8.68	7.95	
H1 lead leg		strides	21	13	13	13	13		14	15	15	15	15	18	165					
James-King, Malik (JAM) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2024 Herculis Meeting International d'Athlétisme (Monaco, MON)			Omega Timing (2024) - diamond league race analysis																	
date	12-Jul-24	time	6.02	9.78	13.47	17.22	21.01		25.00	29.06	33.22	37.52	42.00		47.73	3 / 4				
reaction time	0.150	interval		3.76	3.69	3.75	3.79		3.99	4.06	4.16	4.30	4.48	5.73			11.20	11.84	12.94	
		velocity	7.48	9.31	9.49	9.33	9.23		8.77	8.62	8.41	8.14	7.81	6.98	8.38		9.38	8.87	8.11	
H1 lead leg	L	strides	23	14	14	14	14		14		15	15	15	19.5	157.5					
Graham, Winthrop (JAM) (1965)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1991 IAAF World Championships (Tokyo, JPN)			Behm (1995) - la tactique du 400 haies																	
date	27-Aug-91	time	5.9	9.5	13.2	16.8	20.4		24.3	28.6	33.0	37.5	42.1		47.74	5 / 2				
reaction time		interval		3.6	3.7	3.6	3.6		3.9	4.3	4.4	4.5	4.6	5.64	NR		10.90	11.80	13.50	
		velocity	7.63	9.72	9.46	9.72	9.72		8.97	8.14	7.95	7.78	7.61	7.09	8.38		9.63	8.90	7.78	
H1 lead leg	L	strides	20	13	13	13	13		13	13	14	14	15	18.5	159.5					
Clarke, Roshawn (JAM) (2004)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL)			Omega Timing (2024) - diamond league race analysis																	
date	25-Aug-24	time	5.64	9.31	13.04	16.77	20.84				33.52	37.92	42.43		47.74	6 / 4				
reaction time	0.188	interval		3.67	3.73	3.73	4.07				12.68	4.40	4.51	5.31			11.13			
		velocity	7.98	9.54	9.38	9.38	8.60				8.28	7.95	7.76	7.53	8.38		9.43			
H1 lead leg	R	strides	21	13	13	13	13		14	14	14	14	15	18	162					
Moses, Edwin (USA) (1955)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1984 Olympic Games (Los Angeles, CA)			Behm (1995) - la tactique du 400 haies																	
date	05-Aug-84	time	5.8	9.5	13.3	17.2	21.1		25.1	29.2	33.4	37.7	42.4		47.75	6 / 1				
reaction time	0.193	interval		3.7	3.8	3.9	3.9		4.0	4.1	4.2	4.3	4.7	5.35			11.40	12.00	13.20	
		velocity	7.76	9.46	9.21	8.97	8.97		8.75	8.54	8.33	8.14	7.45	7.48	8.38		9.21	8.75	7.95	

H1 lead leg	L	strides	19	13	13	13	13	13	13	13	13	13	13	16.2	152.2					
Rosser, Khalifah (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2022 Weltklasse (Zürich, SUI) (TV Analysis)			Henson (2022) - Athlete First: 2022 year end hurdle report																	
date	08-Sep-22	time	5.74	9.27			20.69	22.22	24.66	28.73	32.93	37.47	42.17		47.76	5 / 2				
reaction time	0.169	interval		3.53			11.42		3.97	4.07	4.20	4.54	4.70	5.59					13.44	
		velocity	7.84	9.92			9.19	9.00	8.82	8.60	8.33	7.71	7.45	7.16	8.38				7.81	
H1 lead leg	R	strides	21	13					13	13	13	14	14	18	119					
Ducos, Clement (FRA) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2024 Olympic Games (Paris, FRA)			Paris 2024 Olympic Games - Results Book (2024)																	
date	09-Aug-24	time	5.69	9.25	12.91	16.62	20.47		24.49	28.68	32.99	37.60	42.29		47.76	5 / 4				
reaction time	0.162	interval		3.56	3.66	3.71	3.85		4.02	4.19	4.31	4.61	4.69	5.47			10.93	12.06	13.61	
		velocity	7.91	9.83	9.56	9.43	9.09		8.71	8.35	8.12	7.59	7.46	7.31	8.38		9.61	8.71	7.71	
H1 lead leg	L	strides	20	13		13	13		14	14	15	15	15	18	150					
Matete, Samuel (ZAM) (1968)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1996 Olympic Games (Atlanta, GA)			McFarlane (2000) - the science of hurdling and speed																	
date	01-Aug-96	time	5.84	9.61	13.43	17.29	21.24		25.22	29.30	33.44	37.74	42.25		47.78	1 / 2				
reaction time	0.184	interval		3.77	3.82	3.86	3.95		3.98	4.08	4.14	4.30	4.51	5.53			11.45	12.01	12.95	
		velocity	7.71	9.28	9.16	9.07	8.86		8.79	8.58	8.45	8.14	7.76	7.23	8.37		9.17	8.74	8.11	
H1 lead leg		strides	20	13	13	13	13		13	13	13	15	15	141						
Benjamin, Rai (USA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 Doha Diamond League (Doha, QAT)			Omega Timing (2023) - diamond league race analysis																	
date	05-May-23	time	5.63	9.27	12.97	16.86	20.80		24.81	28.99	33.29	37.80	42.42		47.78	6 / 1				
reaction time	0.169	interval		3.64	3.70	3.89	3.94		4.01	4.18	4.30	4.51	4.62	5.36			11.23	12.13	13.43	
		velocity	7.99	9.62	9.46	9.00	8.88		8.73	8.37	8.14	7.76	7.58	7.46	8.37		9.35	8.66	7.82	
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	17	154					
dos Santos, Alison Brendon (BRA) (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 Meeting de Paris (Paris, FRA)			Omega Timing (2024) - diamond league race analysis																	
date	07-Jul-24	time	5.70	9.33	12.99	16.75	20.63		24.63	28.78	33.07	37.53	42.22		47.78	6 / 1				
reaction time	0.168	interval		3.63	3.66	3.76	3.88		4.00	4.15	4.29	4.46	4.69	5.56			11.05	12.03	13.44	
		velocity	7.89	9.64	9.56	9.31	9.02		8.75	8.43	8.16	7.85	7.46	7.19	8.37		9.50	8.73	7.81	
H1 lead leg	L	strides	20	13	12	12	12		12	13	13	13	13	16.7	149.7					
Bett, Nicholas (KEN) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)			Henson (2021) - Athlete First: major championships report																	
date	25-Aug-15	time	6.04	9.76	13.48	17.24	21.24		25.28	29.40	33.60	37.96	42.56		47.79	9 / 1				
reaction time	0.162	interval		3.72	3.72	3.76	4.00		4.04	4.12	4.20	4.36	4.60	5.23	NR PB		11.20	12.16	13.16	
		velocity	7.45	9.41	9.41	9.31	8.75		8.66	8.50	8.33	8.03	7.61	7.65	8.37		9.38	8.63	7.98	
H1 lead leg	R	strides		13	13	13	13		13	13	13	13	15	17	136					
McMaster, Kyron (IVB) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2024 Olympic Games (Paris, FRA)			Paris 2024 Olympic Games - Results Book (2024)																	
date	09-Aug-24	time	5.64	9.24	12.93	16.67	20.55		24.53	28.69	33.07	37.65	42.27		47.79	6 / 5				
reaction time	0.143	interval		3.60	3.69	3.74	3.88		3.98	4.16	4.38	4.58	4.62	5.52			11.03	12.02	13.58	
		velocity	7.98	9.72	9.49	9.36	9.02		8.79	8.41	7.99	7.64	7.58	7.25	8.37		9.52	8.74	7.73	
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	17	159					
McMaster, Kyron (IVB) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2017 Jamaica International Invitational (Kingston, JAM) (TV Analysis)			Henson (2020) - Athlete First: 2017 year end hurdle report																	
date	20-May-17	time		9.51	13.28	17.08	21.02		24.99	29.13	33.43	37.90			47.80	5 / 1				
reaction time		interval			3.77	3.80	3.94		3.97	4.14	4.30	4.47			NR PB			12.05		
		velocity		8.41	9.28	9.21	8.88		8.82	8.45	8.14	7.83			8.37			8.71		
H1 lead leg	R	strides			13	13	13		13	13	14	14	14		107					
Benjamin, Rai (USA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Shanghai Diamond League (Shanghai, CHN)			Henson (2020) - Athlete First: 2019 year end hurdle report																	
date	18-May-19	time	5.73	9.36	13.16	17.03	21.16	23.0	25.26	29.40	33.50	37.73	42.33		47.80	5 / 2				
reaction time	0.155	interval		3.63	3.80	3.87	4.13		4.10	4.14	4.10	4.23	4.60	5.47			11.30	12.37	12.93	
		velocity	7.85	9.64	9.21	9.04	8.47	8.70	8.54	8.45	8.54	8.27	7.61	7.31	8.37		9.29	8.49	8.12	
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	14	17	155					
dos Santos, Alison Brendon (BRA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2022 Silesia Kamila Skolimowska Memorial (Chorzów, POL) (TV Analysis)			Henson (2022) - Athlete First: 2022 year end hurdle report																	
date	06-Aug-22	time	5.83	9.50	13.26	17.10	21.03	22.69	25.17	29.50	33.90	38.23	42.63		47.80	6 / 1				
reaction time	0.179	interval		3.67	3.76	3.84	3.93		4.14	4.33	4.40	4.33	4.40	5.17			11.27	12.40	13.13	
		velocity	7.72	9.54	9.31	9.11	8.91	8.81	8.45	8.08	7.95	8.08	7.95	7.74	8.37		9.32	8.47	8.00	
H1 lead leg	L	strides	20	13	12	12	12		12	13	13	13	13	16	149					
Herbert, Llewellyn (RSA) (1977)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2000 Olympic Games (Sydney, AUS)			Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games																	
date	27-Sep-00	time	5.98	9.78	13.62	17.50	21.46	22.98	25.50	29.54	33.70	38.06	42.54		47.81	6 / 3				
reaction time	0.169	interval		3.80	3.84	3.88	3.96		4.04	4.04	4.16	4.36	4.48	5.27	NR		11.52	12.04	13.00	
		velocity	7.53	9.21	9.11	9.02	8.84	8.70	8.66	8.66	8.41	8.03	7.81	7.59	8.37		9.11	8.72	8.08	

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	strides	22	14	14	14	14	14	14	15	15	15	18.2	169.2						
Warholm, Karsten (NOR) (1996)																			
FINAL - 2018 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	10-Jun-18	time	5.68	9.36	13.20	17.08	21.12	25.20	29.36	33.68	38.00	42.44		47.81	7 / 2				
reaction time	0.134	interval		3.68	3.84	3.88	4.04	4.08	4.16	4.32	4.32	4.44	5.37	NR PB		11.40	12.28	13.08	
		velocity	7.92	9.51	9.11	9.02	8.66	8.58	8.41	8.10	8.10	7.88	7.45	8.37		9.21	8.55	8.03	
H1 lead leg	L	strides	20	13	13	13	13	13	13	13	15	15	18	159					
Copello, Yasmani (TUR) (1987)																			
FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	03-Aug-21	time	5.72	9.36	13.04	16.80	20.68	24.72	29.08	33.44	37.96	42.48		47.81	3 / 6				
reaction time	0.166	interval		3.64	3.68	3.76	3.88	4.04	4.36	4.36	4.52	4.52	5.33	=NR =PB		11.08	12.28	13.40	
		velocity	7.87	9.62	9.51	9.31	9.02	8.66	8.03	8.03	7.74	7.74	7.50	8.37		9.48	8.55	7.84	
H1 lead leg	R	strides	20	13	13	13	13	13	14	14	14	14	17.2	158.2					
dos Santos, Alison Brendon (BRA) (1991)																			
FINAL - 2021 Weltklasse (Zürich, SUI) (TV Analysis)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	09-Sep-21	time	5.80		13.24	17.04	20.92	22.6	25.00	29.12	33.36	37.80	42.44		47.81	6 / 2			
reaction time	0.181	interval			7.44	3.80	3.88		4.08	4.12	4.24	4.44	4.64	5.37		11.24	12.08	13.32	
		velocity	7.76		9.41	9.21	9.02	8.85	8.58	8.50	8.25	7.88	7.54	7.45	8.37		9.34	8.69	7.88
H1 lead leg	L	strides	20		12	12			13	13	13	13	14	16.5	126.5				
Allen, CJ (USA) (1995)																			
FINAL - 2024 USA Olympic Trials (Eugene, OR)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	30-Jun-24	time	5.66	9.33	13.17	17.08	20.96	22.65	24.84	28.84	33.15	37.63	42.24		47.81	8 / 2			
reaction time		interval		3.67	3.84	3.91	3.88		3.88	4.00	4.31	4.48	4.61	5.57		11.42	11.76	13.40	
		velocity	7.95	9.54	9.11	8.95	9.02	8.83	8.88	8.75	8.12	7.81	7.59	7.18	8.37		9.19	8.93	7.84
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	14	18	159				
McMaster, Kyron (IVB) (1997)																			
FINAL - 2024 London Athletics Meet (London, GBR)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	20-Sep-24	time	5.73	9.40	13.19	16.98	20.90	24.94	29.09	33.38	37.90	42.43		47.81	5 / 4				
reaction time	0.150	interval		3.67	3.79	3.79	3.92	4.04	4.15	4.29	4.52	4.53	5.38			11.25	12.11	13.34	
		velocity	7.85	9.54	9.23	9.23	8.93	8.66	8.43	8.16	7.74	7.73	7.43	8.37		9.33	8.67	7.87	
H1 lead leg	L	strides	21	13	13	13	13		13	13	13	14	14	17	157				
Akii-Bua, John (UGA) (1949)																			
FINAL - 1972 Olympic Games (Munich, FRG)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	03-Sep-72	time	6.1	9.8	13.6	17.4	21.3	23.0	25.4	29.5	33.7	38.1	42.6		47.82	1 / 1			
reaction time		interval		3.70	3.80	3.80	3.90		4.10	4.10	4.20	4.40	4.50	5.22	WR		11.30	12.10	13.10
		velocity	7.38	9.46	9.21	9.21	8.97	8.70	8.54	8.54	8.33	7.95	7.78	7.66	8.36		9.29	8.68	8.02
H1 lead leg	R	strides	21	13	13	13	13		14	14	14	15	15	18	163				
Akabusi, Kriss (GBR) (1958)																			
FINAL - 1992 Olympic Games (Barcelona, ESP)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	06-Aug-92	time	6.0	9.7	13.6	17.4	21.3	23.1	25.4	29.5	33.8	38.2	42.7		47.82	5 / 3			
reaction time		interval		3.70	3.90	3.80	3.90		4.10	4.10	4.30	4.40	4.50	5.12	NR		11.40	12.10	13.20
		velocity	7.50	9.46	8.97	9.21	8.97	8.66	8.54	8.54	8.14	7.95	7.78	7.81	8.36		9.21	8.68	7.95
H1 lead leg	R	strides	20	13	13	13	13		13	13	14	14	15	18	159				
Iakovákis, Periklís (GRE) (1979)																			
FINAL - 2006 Osaka Grand Prix (Osaka, JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	06-May-06	time	6.06	9.70	13.44	17.21	21.04	25.08	29.23	33.49	37.93	42.60		47.82	/ 2				
reaction time		interval		3.64	3.74	3.77	3.83		4.04	4.15	4.26	4.44	4.67	5.22	NR		11.15	12.02	13.37
		velocity	7.43	9.62	9.36	9.28	9.14	8.66	8.43	8.22	7.88	7.49	7.66	8.36		9.42	8.74	7.85	
H1 lead leg		strides		13	13	13	13		14	14	14	14	15	123					
Warholm, Karsten (NOR) (1996)																			
FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	31-May-18	time	5.68	9.24	12.92	16.76	20.68	24.80	28.96	33.24	37.68	42.40		47.82	7 / 2				
reaction time	0.155	interval		3.56	3.68	3.84	3.92		4.12	4.16	4.28	4.44	4.72	5.42	NR PB		11.08	12.20	13.44
		velocity	7.92	9.83	9.51	9.11	8.93	8.50	8.41	8.18	7.88	7.42	7.38	8.36		9.48	8.61	7.81	
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	14	17.5	155.5				
McMaster, Kyron (IVB) (1997)																			
FINAL - 2021 Doha Diamond League (Doha, QAT) (TV Analysis)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	28-May-21	time	5.70	9.37	13.21	17.15	21.19	22.9	25.31	29.53	33.87	38.24	42.64		47.82	3 / 3			
reaction time	0.199	interval		3.67	3.84	3.94	4.04		4.12	4.22	4.34	4.37	4.40	5.18		11.45	12.38	13.11	
		velocity	7.89	9.54	9.11	8.88	8.66	8.73	8.50	8.29	8.06	8.01	7.95	7.72	8.36		9.17	8.48	8.01
H1 lead leg	R	strides	20	13	13	13			13	13	14	14	14	17	144				
Bassitt, Trevor (USA) (1998)																			
FINAL - 2024 USA Olympic Trials (Eugene, OR)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	30-Jun-24	time	5.79	9.47	13.21	17.07	21.00	22.70	24.89	29.03	33.38	37.91	42.49		47.82	6 / 3			
reaction time		interval		3.68	3.74	3.86	3.93		3.89	4.14	4.35	4.53	4.58	5.33		11.28	11.96	13.46	
		velocity	7.77	9.51	9.36	9.07	8.91	8.81	9.00	8.45	8.05	7.73	7.64	7.50	8.36		9.31	8.78	7.80

H1 lead leg	R	strides	20	13	13	13	13	13	13	13	13	14	14	17	156				
Happio, Wilfried (FRA) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Prefontaine Classic (Eugene, OR)															Omega Timing (2023) - diamond league race analysis				
date	16-Sep-23	time	5.88	9.56	13.26	17.03	20.93		24.96	29.07	33.36	37.91	42.52		47.83	3 / 5			
reaction time	0.173	interval		3.68	3.70	3.77	3.90		4.03	4.11	4.29	4.55	4.61	5.31			11.15	12.04	13.45
		velocity	7.65	9.51	9.46	9.28	8.97		8.68	8.52	8.16	7.69	7.59	7.53	8.36		9.42	8.72	7.81
H1 lead leg	L	strides	20			13	13		13	13	13	15	15	18	133				
Allen, CJ (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Herculis Meeting International d'Athlétisme (Monaco, MON)															Omega Timing (2023) - diamond league race analysis				
date	21-Jul-23	time	5.64	9.25	12.92	16.67	20.54		24.53	28.66	32.99	37.55	42.29		47.84	5 / 3			
reaction time	0.148	interval		3.61	3.67	3.75	3.87		3.99	4.13	4.33	4.56	4.74	5.55			11.03	11.99	13.63
		velocity	7.98	9.70	9.54	9.33	9.04		8.77	8.47	8.08	7.68	7.38	7.21	8.36		9.52	8.76	7.70
H1 lead leg	L	strides	20	13	13	13				13	14	14	15		115				
Warholm, Karsten (NOR) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)															Henson (2020) - Athlete First: 2019 year end hurdle report				
date	30-May-19	time	5.73	9.33	13.10	17.00	20.93	22.5	25.00	29.16	33.40	37.86	42.48		47.85	7 / 1			
reaction time	0.146	interval		3.60	3.77	3.90	3.93		4.07	4.16	4.24	4.46	4.62	5.37			11.27	12.16	13.32
		velocity	7.85	9.72	9.28	8.97	8.91	8.89	8.60	8.41	8.25	7.85	7.58	7.45	8.36		9.32	8.63	7.88
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	15	17.7	156.7				
Burrell, Sean (USA) (2002)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)															Henson (2021) - Athlete First: 2021 year end hurdle report				
date	11-Jun-21	time	5.87	9.70		17.43	21.33			29.56	33.97	38.40	42.83		47.85	8 / 1			
reaction time	0.194	interval		3.83		7.73	3.90			8.23	4.41	4.43	4.43	5.02	WJR		11.56	12.13	13.27
		velocity	7.67	9.14		9.06	8.97			8.51	7.94	7.90	7.90	7.97	8.36		9.08	8.66	7.91
H1 lead leg	L	strides	22	14			14				15	15	15	18.2	113.2				
dos Santos, Alison Brendon (BRA) (2022)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)															Henson (2022) - Athlete First: 2022 year end hurdle report				
date	17-Jul-22	time	5.73	9.43	13.14	16.86	20.76	22.49	24.86	29.16	33.53	38.03	42.56		47.85	5 / 1			
reaction time	0.166	interval		3.70	3.71	3.72	3.90		4.10	4.30	4.37	4.50	4.53	5.29			11.13	12.30	13.40
		velocity	7.85	9.46	9.43	9.41	8.97	8.89	8.54	8.14	8.01	7.78	7.73	7.56	8.36		9.43	8.54	7.84
H1 lead leg	L	strides	20	13	12	12	12		12	13	13	13	13	16	149				
Valliant, Ludvy (FRA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Herculis Meeting International d'Athlétisme (Monaco, MON)															Omega Timing (2023) - diamond league race analysis				
date	21-Jul-23	time	5.73	9.32	12.98	16.74	20.61		24.63	28.82	33.23	37.76	42.39		47.85	2 / 4			
reaction time	0.158	interval		3.59	3.66	3.76	3.87		4.02	4.19	4.41	4.53	4.63	5.46	PB		11.01	12.08	13.57
		velocity	7.85	9.75	9.56	9.31	9.04		8.71	8.35	7.94	7.73	7.56	7.33	8.36		9.54	8.69	7.74
H1 lead leg	R	strides	21	13	13	13				14	14	14	14	18	134				
Ducos, Clement (FRA) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2024 Olympic Games (Paris, FRA)															Paris 2024 Olympic Games - Results Book (2024)				
date	07-Aug-24	time	5.71	9.28	12.90	16.61	20.46		24.51	28.75	33.08	37.61	42.27		47.85	6 / 2			
reaction time	0.173	interval		3.57	3.62	3.71	3.85		4.05	4.24	4.33	4.53	4.66	5.58			10.90	12.14	13.52
		velocity	7.88	9.80	9.67	9.43	9.09		8.64	8.25	8.08	7.73	7.51	7.17	8.36		9.63	8.65	7.77
H1 lead leg	L	strides	20	13	13	13	13		14	14	15	15	15	18	163				
Benjamin, Rai (USA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2024 Olympic Games (Paris, FRA)															Paris 2024 Olympic Games - Results Book (2024)				
date	07-Aug-24	time	5.68	9.31	12.97	16.64	20.48		24.42	28.46	32.67	37.23	42.08		47.85	5 / 1			
reaction time	0.155	interval		3.63	3.66	3.67	3.84		3.94	4.04	4.21	4.56	4.85	5.77			10.96	11.82	13.62
		velocity	7.92	9.64	9.56	9.54	9.11		8.88	8.66	8.31	7.68	7.22	6.93	8.36		9.58	8.88	7.71
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	14	17	155				
Akabusi, Kriss (GBR) (1958)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1991 IAAF World Championships (Tokyo, JPN)															Behm (1995) - la tactique du 400 haies				
date	27-Aug-91	time	6.0	9.7	13.4	17.2	21.1		25.1	29.1	33.4	37.8	42.3		47.86	4 / 3			
reaction time		interval		3.7	3.7	3.8	3.9		4.0	4.0	4.3	4.4	4.5	5.56	NR		11.20	11.90	13.20
		velocity	7.50	9.46	9.46	9.21	8.97		8.75	8.75	8.14	7.95	7.78	7.19	8.36		9.38	8.82	7.95
H1 lead leg	R	strides	21	13	13	13	13		13	13	14	14	14	19	160				
Herbert, Llewellyn (RSA) (1977)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1997 IAAF World Championships (Athens, GRE)															Hommel (1999) - biomechanical research project, athens 1997: final report				
date	04-Aug-97	time	5.96	9.62	13.46	17.32	21.48		25.64	29.86	34.14	38.48	42.87		47.86	1 / 2			
reaction time	0.147	interval		3.66	3.84	3.86	4.16		4.16	4.22	4.28	4.34	4.39	4.99	NR		11.36	12.54	13.01
		velocity	7.55	9.56	9.11	9.07	8.41		8.41	8.29	8.18	8.06	7.97	8.02	8.36		9.24	8.37	8.07
H1 lead leg		strides																	
Bronson, Bryan (USA) (1972)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1997 IAAF World Championships (Athens, GRE)															Hommel (1999) - biomechanical research project, athens 1997: final report				
date	04-Aug-97	time	6.03	9.66	13.32	17.08	20.95		25.08	29.28	33.62	38.08	42.62		47.88	3 / 3			
reaction time	0.247	interval		3.63	3.66	3.76	3.87		4.13	4.20	4.34	4.46	4.54	5.26			11.05	12.20	13.34
		velocity	7.46	9.64	9.56	9.31	9.04		8.47	8.33	8.06	7.85	7.71	7.60	8.35		9.50	8.61	7.87

H1 lead leg strides

Copello, Yasmani (TUR) (1987)

H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10																
Semi-Final 1 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																
date	01-Aug-21	time	5.86	9.53	13.30	17.03	21.03									
reaction time	0.183	interval		3.67	3.77	3.73	4.00									
		velocity	7.68	9.54	9.28	9.38	8.75									
H1 lead leg	R	strides	20	13	13	13	13									

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

47.88 4 / 3

11.17 12.37 13.23

9.40 8.49 7.94

Rosser, Khalifah (USA) (1995)

H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10																
FINAL - 2022 World Athletics Championships (Eugene, OR)																
date	19-Jul-22	time	5.89	9.59	13.38	17.15	21.02	22.60	24.99	29.16	33.48	38.00	42.59			
reaction time	0.176	interval		3.70	3.79	3.77	3.87									
		velocity	7.64	9.46	9.23	9.28	9.04	8.85	8.82	8.39	8.10	7.74	7.63			
H1 lead leg		strides		13	13	13	13									

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

47.88 1 / 5

12.01 13.43

8.74 7.82

Rosser, Khalifah (USA) (1995)

H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10																
FINAL - 2022 Memorial van Damme (Brussels, BEL) (TV Analysis)																
date	02-Sep-22	time	5.87	9.51	13.21		20.89	22.60	24.96	29.09	33.43	37.97	42.57			
reaction time	0.232	interval		3.64	3.70		7.68		2.36	4.13	4.34	4.54	4.60			
		velocity	7.67	9.62	9.46		9.11	8.85	14.83	8.47	8.06	7.71	7.61			
H1 lead leg	R	strides	21	13	13				13	13	14	14	14			

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

47.88 4 / 2

13.48

7.79

Moses, Edwin (USA) (1955)

H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10																
Semi-Final 1 - 1988 Olympic Games (Seoul, KOR)																
date	24-Sep-88	time	5.95	9.72	13.68	17.64	21.60									
reaction time		interval		3.77	3.96	3.96	3.96									
		velocity	7.56	9.28	8.84	8.84	8.84									
H1 lead leg		strides	19	13	13	13	13									

Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988

47.89 3 / 1

11.69 12.14 13.01

8.98 8.65 8.07

Tamesue, Dai (JPN) (1978)

H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10																
FINAL - 2001 IAAF World Championships (Edmonton, CAN)																
date	10-Aug-01	time	5.85	9.50	13.22	17.04	20.94									
reaction time	0.222	interval		3.65	3.72	3.82	3.90									
		velocity	7.69	9.59	9.41	9.16	8.97									
H1 lead leg	L	strides	20	13	13	13	13									

Kota (2016) - 69th high school championships: JAF scientific committee - biomechanics data collection

47.89 3 / 3

11.19 12.05 13.47

9.38 8.71 7.80

Clement, Kerron (USA) (1985)

H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10																
FINAL - 2009 IAAF World Championships (Berlin, GER)																
date	18-Aug-09	time	5.92	9.60	13.32	17.15	21.09									
reaction time	0.176	interval		3.68	3.72	3.83	3.94									
		velocity	7.60	9.51	9.41	9.14	8.88									
H1 lead leg	R	strides	20	13	13	13	13									

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

47.91 3 / 1

11.23 12.34 13.41

9.35 8.51 7.83

Tinsley, Michael (USA) (1984)

H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10																
FINAL - 2012 Olympic Games (London, GBR)																
date	06-Aug-12	time	5.79	9.39	13.06	16.87	20.87	22.67	25.08	29.26	33.49	37.97	42.43			
reaction time	0.184	interval		3.60	3.67	3.81	4.00									
		velocity	7.77	9.72	9.54	9.19	8.75	8.82	8.31	8.37	8.27	7.81	7.85			
H1 lead leg	L	strides	21	13	13	13	14									

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

47.91 6 / 2

11.08 12.39 13.17

9.48 8.47 7.97

Akubusi, Kriss (GBR) (1958)

H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10																
FINAL - 1990 European Championships (Split, CRO)																
date	29-Aug-90	time	6.0	9.7	13.6	17.4	21.3	23.1	25.4	29.5	33.8	38.2	42.7			
reaction time		interval		3.70	3.90	3.80	3.90									
		velocity	7.50	9.46	8.97	9.21	8.97	8.66	8.54	8.54	8.14	7.95	7.78			
H1 lead leg	R	strides	20	13	13	13	13									

Arnold (1992) - Hurdling

47.92 5 / 1

11.40 12.10 13.20

9.21 8.68 7.95

Iakovakis, Periklis (GRE) (1979)

H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10																
FINAL - 2006 IAAF World Athletic Final (Stuttgart, GER) (TV Analysis)																
date	10-Sep-06	time	5.97	9.65	13.39	17.23	21.17									
reaction time	0.158	interval		3.68	3.74	3.84	3.94									
		velocity	7.54	9.51	9.36	9.11	8.88									
H1 lead leg		strides														

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

47.92 3 / 1

11.26 12.21 13.33

9.33 8.60 7.88

Allen, CJ (USA) (1995)

H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10																
FINAL - 2023 Meeting de Paris (Paris, FRA)																
date	09-Jun-23	time	5.72	9.43	13.27	17.20	21.14									
reaction time	0.138	interval		3.71	3.84	3.93	3.94									
		velocity	7.87	9.43	9.11	8.91	8.88									
H1 lead leg	L	strides	20	13	13	13	13									

Omega Timing (2023) - diamond league race analysis

47.92 7 / 1

11.48 11.90 13.26

9.15 8.82 7.92

Narisako, Kenji (JPN) (1984)

H1 H2 H3 H4 H5 200m H6 H7 H8 H9 H10 Run-In Official Time Lane / Place H1-H4 H4-H7 H7-H10																
FINAL - 2006 Osaka Grand Prix (Osaka, JPN)																
date	06-May-06	time	5.95	9.63	13.41	17.23	21.10									
reaction time		interval		3.68	3.78	3.82	3.87									
		velocity	7.56	9.51	9.26	9.16	9.04									
H1 lead leg																

Yasunori (2007) - race pattern analysis of top Japanese 400m hurdlers

47.93 / 3

11.28 12.21 13.28

9.31 8.60 7.91

H1 lead leg	strides	13	13	13	13	13	14	14	15	15	123								
Sibilio, Alessandro (ITA) (1999)																			
Semi-Final 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)												<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>							
date	01-Aug-21	time	6.03	9.82	13.68	17.50	21.36	25.50	29.80	38.63	43.03		47.93	4 / 3					
reaction time	0.123	interval	3.79	3.86	3.82	3.86	4.14	4.30	8.83	4.40	4.90		PB		11.47	12.30	13.23		
		velocity	7.46	9.23	9.07	9.16	9.07	8.45	8.14	7.93	7.95	8.16	8.35		9.15	8.54	7.94		
H1 lead leg	R	strides	21	13	13	13	13	14	14		15	17	133						
Allen, CJ (USA) (1995)																			
FINAL - 2023 Doha Diamond League (Doha, QAT)												<i>Omega Timing (2023) - diamond league race analysis</i>							
date	05-May-23	time	5.66	9.29	13.06	16.93	20.89	24.94	29.12	33.47	37.96	42.49	47.93	3 / 2					
reaction time	0.144	interval	3.63	3.77	3.87	3.96	4.05	4.18	4.35	4.49	4.53	5.44	PB		11.27	12.19	13.37		
		velocity	7.95	9.64	9.28	9.04	8.84	8.64	8.37	8.05	7.80	7.73	8.35		9.32	8.61	7.85		
H1 lead leg	L	strides	20	13	13	13	13	13	13	14	14	14	17	157					
Valliant, Ludvy (FRA) (1995)																			
FINAL - 2023 Prefontaine Classic (Eugene, OR)												<i>Omega Timing (2023) - diamond league race analysis</i>							
date	16-Sep-23	time	5.85	9.49	13.18	16.88	20.67	24.61	28.73	33.04	37.54	42.26	47.93	1 / 6					
reaction time	0.138	interval	3.64	3.69	3.70	3.79	3.94	4.12	4.31	4.50	4.72	5.67			11.03	11.85	13.53		
		velocity	7.69	9.62	9.49	9.46	9.23	8.88	8.50	8.12	7.78	7.42	7.05	8.35	9.52	8.86	7.76		
H1 lead leg	R	strides	21		13	13		13	14	14	14	14	18	134					
dos Santos, Alison Brendon (BRA) (1999)																			
FINAL - 2024 Memorial van damme (Brussels, BEL)												<i>Omega Timing (2024) - diamond league race analysis</i>							
date	14-Sep-24	time	5.72	9.38	13.14	16.86	20.84	24.92	29.14	33.42	37.83	42.44	47.93	6 / 1					
reaction time	0.151	interval	3.66	3.76	3.72	3.98	4.08	4.22	4.28	4.41	4.61	5.49			11.14	12.28	13.30		
		velocity	7.87	9.56	9.31	9.41	8.79	8.58	8.29	8.18	7.94	7.59	7.29	8.35	9.43	8.55	7.89		
H1 lead leg	L	strides	20	13	12	12	12	12	13	13	13	13	16	149					
Young, Kevin (USA) (1966)																			
FINAL - 1988 Olympic Games (Seoul, KOR)												<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>							
date	25-Sep-88	time	6.07	9.72	13.40	17.20	21.09	25.13	29.25	33.46	37.94	42.61	47.94	2 / 4					
reaction time	0.214	interval	3.65	3.68	3.80	3.89	4.04	4.12	4.21	4.48	4.67	5.33			11.13	12.05	13.36		
		velocity	7.41	9.59	9.51	9.21	9.00	8.66	8.50	8.31	7.81	7.49	7.50	8.34	9.43	8.71	7.86		
H1 lead leg	L	strides	20	12	12	12	12	13	13	13	13	14	17	151					
Warholm, Karsten (NOR) (1996)																			
FINAL - 2018 Athletissima (Lausanne, SUI) (TV Analysis)												<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>							
date	05-Jul-18	time	5.72	9.32	13.00	16.84	20.76	24.84	29.04	33.32	37.88	42.52	47.94	6 / 2					
reaction time	0.133	interval	3.60	3.68	3.84	3.92	4.08	4.20	4.28	4.56	4.64	5.42			11.12	12.20	13.48		
		velocity	7.87	9.72	9.51	9.11	8.93	8.58	8.33	8.18	7.68	7.54	7.38	8.34	9.44	8.61	7.79		
H1 lead leg	L	strides	20	13	13	13	13	13	13	13	15	15	18	159					
Mägi, Rasmus (EST) (1992)																			
FINAL - 2024 Meeting de Paris (Paris, FRA)												<i>Omega Timing (2024) - diamond league race analysis</i>							
date	07-Jul-24	time	5.83	9.62	13.50	17.36	21.24	25.23	29.34	33.62	38.15	42.66	47.95	3 / 2					
reaction time	0.168	interval	3.79	3.88	3.86	3.88	3.99	4.11	4.28	4.53	4.51	5.29			11.53	11.98	13.32		
		velocity	7.72	9.23	9.02	9.07	9.02	8.77	8.52	8.18	7.73	7.76	7.56	8.34	9.11	8.76	7.88		
H1 lead leg	R	strides	20	13	13	13	13			13	14	14	17	130					
dos Santos, Alison Brendon (BRA) (1999)																			
Semi-Final 1 - 2024 Olympic Games (Paris, FRA)												<i>Paris 2024 Olympic Games - Results Book (2024)</i>							
date	07-Aug-24	time	5.76	9.37	12.98	16.69	20.61	24.66	28.81	33.11	37.61	42.30	47.95	9 / 3					
reaction time	0.210	interval	3.61	3.61	3.71	3.92	4.05	4.15	4.30	4.50	4.69	5.65			10.93	12.12	13.49		
		velocity	7.81	9.70	9.70	9.43	8.93	8.64	8.43	8.14	7.78	7.46	7.08	8.34	9.61	8.66	7.78		
H1 lead leg	L	strides	20	13	12	12	12	12	13	13	13	13	17	150					
Davis, Calvin (USA) (1972)																			
FINAL - 1996 Olympic Games (Atlanta, GA)												<i>McFarlane (2000) - the science of hurdling and speed</i>							
date	01-Aug-96	time	6.02	9.85	13.62	17.38	21.34	25.48	29.70	33.90	38.35	42.82	47.96	5 / 3					
reaction time	0.267	interval	3.83	3.77	3.76	3.96	4.14	4.22	4.20	4.45	4.47	5.14			11.36	12.32	13.12		
		velocity	7.48	9.14	9.28	9.31	8.84	8.45	8.29	8.33	7.87	7.83	7.78	8.34	9.24	8.52	8.00		
H1 lead leg		strides	23	15	15	15	15	15	15	15	15	15	158						
Allen, CJ (USA) (1995)																			
FINAL - 2022 Memorial van Damme (Brussels, BEL) (TV Analysis)												<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>							
date	02-Sep-22	time	5.80	9.47	13.28	21.12	22.77	25.19	29.29	33.56	38.04	42.61	47.96	2 / 2					
reaction time	0.178	interval	3.67	3.81		7.84		2.42	4.10	4.27	4.48	4.57	5.35	DQ				13.32	
		velocity	7.76	9.54	9.19	8.93	8.78	14.46	8.54	8.20	7.81	7.66	7.48	8.34				7.88	
H1 lead leg	L	strides	20	13	13			13	13	13	14	14	17	130					
Robinson, Chris (USA) (2001)																			
FINAL - 2024 USA Olympic Trials (Eugene, OR)												<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>							
date	30-Jun-24	time	5.78	9.34	13.01	16.74	20.53	22.30	24.59	28.95	33.35	37.92	42.45	47.96	4 / 4				
reaction time		interval	3.56	3.67	3.73	3.79		4.06	4.36	4.40	4.57	4.53	5.51		10.96	12.21	13.50		
		velocity	7.79	9.83	9.54	9.38	9.23	8.97	8.62	8.03	7.95	7.66	7.73	7.26	8.34	9.58	8.60	7.78	

H1 lead leg	R	strides	13	13	13	13		14	14	15	15	15	18.5	143.5					
Benjamin, Rai (USA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2024 USA Olympic Trials (Eugene, OR)			<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																
date	28-Jun-24	time	5.74	9.26	12.90	16.79	20.74	22.56	24.76	28.86	33.15	37.62	42.24		47.97	7 / 1			
reaction time		interval		3.52	3.64	3.89	3.95		4.02	4.10	4.29	4.47	4.62	5.73			11.05	12.07	13.38
		velocity	7.84	9.94	9.62	9.00	8.86	8.87	8.71	8.54	8.16	7.83	7.58	6.98	8.34		9.50	8.70	7.85
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	17	154				
Mägi, Rasmus (EST) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL)			<i>Omega Timing (2024) - diamond league race analysis</i>																
date	25-Aug-24	time	5.89	9.57	13.25	17.04	20.92		25.00	29.29	33.73	38.17	42.66		47.97	9 / 5			
reaction time	0.178	interval		3.68	3.68	3.79	3.88		4.08	4.29	4.44	4.44	4.49	5.31			11.15	12.25	13.37
		velocity	7.64	9.51	9.51	9.23	9.02		8.58	8.16	7.88	7.88	7.80	7.53	8.34		9.42	8.57	7.85
H1 lead leg	R	strides	20	13	13	13	13		13	13			14	17	129				
dos Santos, Alison Brendon (BRA) (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 Miami (Miramar, FL)			<i>Grand Slam Track (2025) - results and splits by race</i>																
date	02-May-25	time	5.77	9.34	13.21	17.05	21.07	22.77	25.14	29.32	33.65	38.08	42.62		47.97	4 / 1			
reaction time	0.220	interval		3.57	3.87	3.84	4.02		4.07	4.18	4.33	4.43	4.54	5.35			11.28	12.27	13.30
		velocity	7.80	9.80	9.04	9.11	8.71	8.78	8.60	8.37	8.08	7.90	7.71	7.48	8.34		9.31	8.56	7.89
H1 lead leg	L	strides	20	13	13	12	12		13	13	13	13	13	16	151				
Bronson, Bryan (USA) (1972)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 USA Olympic Trials (Atlanta, GA)			<i>McNichols - Hurdle technique study through video analysis</i>																
date	16-Jun-96	time	6.01	9.69	13.37	17.03	20.97	22.78	25.23	29.39	33.67	38.11	42.67		47.98	8 / 1			
reaction time		interval		3.68	3.68	3.66	3.94		4.26	4.16	4.28	4.44	4.56	5.31	PB		11.02	12.36	13.28
		velocity	7.49	9.51	9.51	9.56	8.88	8.78	8.22	8.41	8.18	7.88	7.68	7.53	8.34		9.53	8.50	7.91
H1 lead leg	R	strides	21	13	13	13	13		15	15	15	15	15		148				
Nylander, Sven (SWE) (1962)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 Olympic Games (Atlanta, GA)			<i>Behm (1996) - 400m haies</i>																
date	01-Aug-96	time	6.0	9.7	13.5	17.3	21.3		25.3	29.4	33.8	38.3	42.9		47.98	4 / 4			
reaction time	0.225	interval		3.7	3.8	3.8	4.0		4.0	4.1	4.4	4.5	4.6	5.08	NR		11.30	12.10	13.50
		velocity	7.50	9.46	9.21	9.21	8.75		8.75	8.54	7.95	7.78	7.61	7.87	8.34		9.29	8.68	7.78
H1 lead leg		strides	20	13	13	13	13		13	13	13	14	14		139				
Adkins, Derrick (USA) (1970)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1995 IAAF World Championships (Göteborg, SWE)			<i>Behm (1999) - Les chiffres: Les podiums de tous le championnats</i>																
date	10-Aug-95	time					20.8								47.98	4 / 1			
reaction time		interval																	
		velocity					8.89								8.34				
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	14	18.7	159.7				
Clement, Kerron (USA) (1985)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 Olympic Games (Beijing, CHN)			<i>Behm (2008)- Pekin 2008: Le quatrache masculin - féminin</i>																
date	18-Aug-08	time	5.9	9.5	13.1	16.9	20.7		24.7	28.9	33.2	37.7	42.5		47.98	4 / 2			
reaction time	0.265	interval		3.6	3.6	3.8	3.8		4.0	4.2	4.3	4.5	4.8	5.48			11.00	12.00	13.60
		velocity	7.63	9.72	9.72	9.21	9.21		8.75	8.33	8.14	7.78	7.29	7.30	8.34		9.55	8.75	7.72
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	15	17	156				
Robinson, Chris (USA) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 NCAA Championships (Eugene, OR) (TV Analysis)			<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>																
date	07-Jun-24	time	5.90	9.52	13.20	16.93	20.82		24.77	29.03	33.32	37.76	42.38		47.98	8 / 2			
reaction time		interval		3.62	3.68	3.73	3.89		3.95	4.26	4.29	4.44	4.62	5.60			11.03	12.10	13.35
		velocity	7.63	9.67	9.51	9.38	9.00		8.86	8.22	8.16	7.88	7.58	7.14	8.34		9.52	8.68	7.87
H1 lead leg	R	strides		13	13	13	13		13	14	14	15	15	18.5	141.5				
Samba, Abderrahmane (QAT) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Olympic Games (Paris, FRA)			<i>Paris 2024 Olympic Games - Results Book (2024)</i>																
date	09-Aug-24	time	5.74	9.48	13.28	17.11	20.98		24.99	29.16	33.52	38.14	42.67		47.98	2 / 6			
reaction time	0.169	interval		3.74	3.80	3.83	3.87		4.01	4.17	4.36	4.62	4.53	5.31			11.37	12.05	13.51
		velocity	7.84	9.36	9.21	9.14	9.04		8.73	8.39	8.03	7.58	7.73	7.53	8.34		9.23	8.71	7.77
H1 lead leg	R	strides	21	13		13	13		13	13	13	14	14	17	144				
Young, Kevin (USA) (1966)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 1993 IAAF World Championships (Stuttgart, GER)			<i>Letzelter (1995) - schrittgestaltung im 400m-hürdenlauf der jugend</i>																
date	17-Aug-93	time	5.92	9.64	13.42	17.18	20.98		25.04	29.16	33.48	37.86	42.40		47.99	3 / 1			
reaction time		interval		3.72	3.78	3.76	3.80		4.06	4.12	4.32	4.38	4.54	5.59			11.26	11.98	13.24
		velocity	7.60	9.41	9.26	9.31	9.21		8.62	8.50	8.10	7.99	7.71	7.16	8.34		9.33	8.76	7.93
H1 lead leg	L	strides	20	13	13	12	12		13	13	13	13	13	16	151				
Al-Somaily, Hadi Sou'an (KSA) (1976)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2001 IAAF World Championships (Edmonton, CAN)			<i>Behm (2001) - Edmonton: Le quatrache: les finales</i>																
date	10-Aug-01	time	5.8	9.4	13.1	16.9	20.9		24.9	28.9	33.1	37.7	42.4		47.99	1 / 4			
reaction time	0.164	interval		3.6	3.7	3.8	4.0		4.0	4.0	4.2	4.6	4.7	5.59			11.10	12.00	13.50
		velocity	7.76	9.72	9.46	9.21	8.75		8.75	8.75	8.33	7.61	7.45	7.16	8.34		9.46	8.75	7.78

H1 lead leg	L	strides	21	13	13	13	13	13	13	13	13	13	14	17.5	156.5				
Mägi, Rasmus (EST) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Prefontaine Classic (Eugene, OR)															Omega Timing (2023) - diamond league race analysis				
date	16-Sep-23	time	5.96	9.70	13.46	17.26	21.18		25.26	29.46	33.82	38.28	42.74		47.99	9 / 7			
reaction time	0.155	interval		3.74	3.76	3.80	3.92		4.08	4.20	4.36	4.46	4.46	5.25			11.30	12.20	13.28
		velocity	7.55	9.36	9.31	9.21	8.93		8.58	8.33	8.03	7.85	7.85	7.62	8.34		9.29	8.61	7.91
H1 lead leg	R	strides	21			13	13		13	13	14				87				
Toyoda, Ken (JPN) (2002)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Japanese National Championships (Niigata, JPN)															Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season				
date	28-Jun-24	time	5.84	9.54	13.28	17.08	21.00		25.06	29.30	33.58	38.05	42.59		47.99	6 / 1			
reaction time	0.196	interval		3.70	3.74	3.80	3.92		4.06	4.24	4.28	4.47	4.54	5.40	PB		11.24	12.22	13.29
		velocity	7.71	9.46	9.36	9.21	8.93		8.62	8.25	8.18	7.83	7.71	7.41	8.34		9.34	8.59	7.90
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	15	15	18.2	159.2				
Clement, Kerron (USA) (1985)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2009 IAAF World Championships (Berlin, GER)															Graubner (2009) - biomechanical analyses at the 12th IAAF world championships				
date	16-Aug-09	time	5.97	9.72	13.44	17.22	21.12		25.24	29.48	33.82	38.28	42.89		48.00	3 / 1			
reaction time	0.158	interval		3.75	3.72	3.78	3.90		4.12	4.24	4.34	4.46	4.61	5.11			11.25	12.26	13.41
		velocity	7.54	9.33	9.41	9.26	8.97		8.50	8.25	8.06	7.85	7.59	7.83	8.33		9.33	8.56	7.83
H1 lead leg		strides							13	13	13	13	13	16	81				
Warholm, Karsten (NOR) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)															Henson (2022) - Athlete First: 2022 year end hurdle report				
date	17-Jul-22	time	5.63	9.10	12.86	16.40	20.20	21.83	24.13	28.30	32.66	37.40	42.20		48.00	5 / 1			
reaction time	0.169	interval		3.47	3.76	3.54	3.80		3.93	4.17	4.36	4.74	4.80	5.80			10.77	11.90	13.90
		velocity	7.99	10.09	9.31	9.89	9.21	9.16	8.91	8.39	8.03	7.38	7.29	6.90	8.33		9.75	8.82	7.55
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	17.7	158.7				
Sánchez, Félix (DOM) (1977)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 IAAF World Championships (Osaka, JPN)															Ae (2008) - IAAF biomechanics team - a booklet of biomechanics data				
date	28-Aug-07	time	5.95	9.65	13.38	17.18	21.10		25.25	29.52	33.83	38.23	42.72		48.01	5 / 2			
reaction time	0.164	interval		3.70	3.73	3.80	3.92		4.15	4.27	4.31	4.40	4.49	5.29			11.23	12.34	13.20
		velocity	7.56	9.46	9.38	9.21	8.93		8.43	8.20	8.12	7.95	7.80	7.56	8.33		9.35	8.51	7.95
H1 lead leg	L	strides	21	13	13	13	13		14	15	15	15	15	18.5	165.5				
Bett, Nicholas (KEN) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Meeting Paris (Saint-Denis, FRA) (TV Analysis)															Henson (2020) - Athlete First: 2016 year end hurdle report				
date	27-Aug-16	time	6.04	9.72	13.48	17.32	21.24		25.24	29.28	33.52	37.96	42.72		48.01	7 / 1			
reaction time	0.167	interval		3.68	3.76	3.84	3.92		4.00	4.04	4.24	4.44	4.76	5.29			11.28	11.96	13.44
		velocity	7.45	9.51	9.31	9.11	8.93		8.75	8.66	8.25	7.88	7.35	7.56	8.33		9.31	8.78	7.81
H1 lead leg	R	strides	21	13	13	13	13		13	13	13	13	15	17	157				
Clement, Kerron (USA) (1985)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Müller's Anniversary Games (London, GBR) (TV Analysis)															Henson (2020) - Athlete First: 2017 year end hurdle report				
date	09-Jul-17	time	6.00	9.72	13.44	17.24	21.24		25.48	29.80	34.16	38.60	43.08		48.02	7 / 1			
reaction time	0.157	interval		3.72	3.72	3.80	4.00		4.24	4.32	4.36	4.44	4.48	4.94			11.24	12.56	13.28
		velocity	7.50	9.41	9.41	9.21	8.75		8.25	8.10	8.03	7.88	7.81	8.10	8.33		9.34	8.36	7.91
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16	153				
Mägi, Rasmus (EST) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Weltklasse (Zürich, SUI)															Omega Timing (2024) - diamond league race analysis				
date	05-Sep-24	time	5.89	9.59	13.39	17.21	21.14		25.16	29.35	33.76	38.28	42.81		48.02	8 / 3			
reaction time	0.175	interval		3.70	3.80	3.82	3.93		4.02	4.19	4.41	4.52	4.53	5.21			11.23	12.23	13.56
		velocity	7.64	9.46	9.21	9.16	8.91		8.71	8.35	7.94	7.74	7.73	7.68	8.33		9.35	8.59	7.74
H1 lead leg	R	strides	20	13			13		13	13	14		14	17	117				
Ducos, Clement (FRA) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Weltklasse (Zürich, SUI)															Omega Timing (2024) - diamond league race analysis				
date	05-Sep-24	time	5.72	9.28	12.91	16.65	20.54		24.54	28.78	33.14	37.57	42.30		48.02	5 / 4			
reaction time	0.162	interval		3.56	3.63	3.74	3.89		4.00	4.24	4.36	4.43	4.73	5.72			10.93	12.13	13.52
		velocity	7.87	9.83	9.64	9.36	9.00		8.75	8.25	8.03	7.90	7.40	6.99	8.33		9.61	8.66	7.77
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	15	15	18	161				
Matete, Samuel (ZAM) (1968)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1995 IAAF World Championships (Göteborg, SWE)															Behm (1999) - Les chiffres: Les podiums de tous le championnats				
date	10-Aug-95	time					21.0								48.03	3 / 2			
reaction time		interval																	
		velocity					8.81								8.33				
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	18.5	159.5				
Samba, Abderrahmane (QAT) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 IAAF World Championships (Doha, QAT)															Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships				
date	30-Sep-19	time	5.97	9.65	13.40	17.27	21.22		25.29	29.52	33.85	38.30	42.80		48.03	9 / 3			
reaction time	0.198	interval		3.68	3.75	3.87	3.95		4.07	4.23	4.33	4.45	4.50	5.23			11.30	12.25	13.28
		velocity	7.54	9.51	9.33	9.04	8.86		8.60	8.27	8.08	7.87	7.78	7.65	8.33		9.29	8.57	7.91

H1 lead leg	R	strides	20	13	13	13	13	13	13	13	13	14	14	17.5	156.5				
Hyde, Jaheel (JAM) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 World Athletics Championships (Eugene, OR)			<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																
date	19-Jul-22	time	5.71	9.26	12.86	16.52	20.25	21.86	24.27	28.40	32.83	37.47	42.33		48.03	7 / 6			
reaction time	0.149	interval	3.55	3.60	3.66	3.73			4.02	4.13	4.43	4.64	4.86	5.70	PB		10.81	11.88	13.93
		velocity	7.88	9.86	9.72	9.56	9.38	9.15	8.71	8.47	7.90	7.54	7.20	7.02	8.33		9.71	8.84	7.54
H1 lead leg	L	strides	22	13	13	13	13		14	14	15	15	15	18.2	165.2				
Graham, Winthrop (JAM) (1965)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1988 Olympic Games (Seoul, KOR)			<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>																
date	25-Sep-88	time	6.15	9.96	13.79	17.68	21.57		25.61	29.69	34.02	38.40	42.95		48.04	4 / 5			
reaction time	0.191	interval	3.81	3.83	3.89	3.89			4.04	4.08	4.33	4.38	4.55	5.09	PB		11.53	12.01	13.26
		velocity	7.32	9.19	9.14	9.00			8.66	8.58	8.08	7.99	7.69	7.86	8.33		9.11	8.74	7.92
H1 lead leg	L	strides	21	14	13	14	13		14	14	14	14	14	17.3	162.3				
Carter, James (USA) (1978)			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)			<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																
date	27-Sep-00	time	5.78	9.50	13.26	17.10	21.06	22.58	25.14	29.26	33.62	38.02	42.62		48.04	5 / 4			
reaction time	0.421	interval	3.72	3.76	3.84	3.96			4.08	4.12	4.36	4.40	4.60	5.42	PB		11.32	12.16	13.36
		velocity	7.79	9.41	9.31	9.11	8.84	8.86	8.58	8.50	8.03	7.95	7.61	7.38	8.33		9.28	8.63	7.86
H1 lead leg		strides	21	13	13	13	13		13	14	14	14	14	17	159				
Mori, Fabrizio (ITA) (1969)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1997 IAAF World Championships (Athens, GRE)			<i>Hommel (1999) - biomechanical research project, athens 1997: final report</i>																
date	04-Aug-97	time	6.14	10.02	13.78	17.72	21.72		25.85	30.04	34.40	38.78	43.18		48.05	4 / 4			
reaction time	0.156	interval	3.88	3.76	3.94	4.00			4.13	4.19	4.36	4.38	4.40	4.87	NR		11.58	12.32	13.14
		velocity	7.33	9.02	9.31	8.88	8.75		8.47	8.35	8.03	7.99	7.95	8.21	8.32		9.07	8.52	7.99
H1 lead leg		strides																	
Bekrić, Emir (SRB) (1991)			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)			<i>Henson (2021) - Athlete First: major championships report</i>																
date	15-Aug-13	time	5.90	9.50	13.20	17.00	20.87		24.93	29.23	33.63	38.20	42.73		48.05	8 / 3			
reaction time	0.202	interval	3.60	3.70	3.80	3.87			4.06	4.30	4.40	4.57	4.53	5.32	NR PB		11.10	12.23	13.50
		velocity	7.63	9.72	9.46	9.21	9.04		8.62	8.14	7.95	7.66	7.73	7.52	8.32		9.46	8.59	7.78
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	16.7	158.7				
Kudryavtsev, Denis (RUS) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)			<i>Henson (2021) - Athlete First: major championships report</i>																
date	25-Aug-15	time	5.84	9.48	13.20	16.96	20.84		24.84	29.08	33.40	37.96	42.68		48.05	6 / 2			
reaction time	0.146	interval	3.64	3.72	3.76	3.88			4.00	4.24	4.32	4.56	4.72	5.37	NR PB		11.12	12.12	13.60
		velocity	7.71	9.62	9.41	9.31	9.02		8.75	8.25	8.10	7.68	7.42	7.45	8.32		9.44	8.66	7.72
H1 lead leg	L	strides		13	13	13	13		13	14	14	15	15	19	142				
McMaster, Kyron (IVB) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Bauhaus Galan (Stockholm, SWE) (TV Analysis)			<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>																
date	02-Jun-24	time	5.83	9.46	13.16	16.93	20.87		24.96	29.17	33.66	38.18	42.77		48.05	7 / 2			
reaction time	0.157	interval	3.63	3.70	3.77	3.94			4.09	4.21	4.49	4.52	4.59	5.28			11.10	12.24	13.60
		velocity	7.72	9.64	9.46	9.28	8.88		8.56	8.31	7.80	7.74	7.63	7.58	8.32		9.46	8.58	7.72
H1 lead leg	L	strides	21	13	13	13	13		13	13	14	14	14	17.2	158.2				
Tverdokhle, Oleg (UKR) (1969)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1994 European Championships (Helsinki, FIN)			<i>Behm (1995) - la tactique du 400 haies</i>																
date	10-Aug-94	time	5.9	9.6	13.4	17.3	21.2		25.3	29.3	33.6	38.0	42.6		48.06	1 / 1			
reaction time		interval	3.7	3.8	3.9	3.9			4.1	4.0	4.3	4.4	4.6	5.46	NR		11.40	12.00	13.30
		velocity	7.63	9.46	9.21	8.97	8.97		8.54	8.75	8.14	7.95	7.61	7.33	8.32		9.21	8.75	7.89
H1 lead leg		strides	20	13	13	13	13		13	13	15	15	15		143				
Jackson, Bershawn (USA) (1983)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 Olympic Games (Beijing, CHN)			<i>Behm (2008) - Pekin 2008: Le quatrache masculin - féminin</i>																
date	18-Aug-08	time	5.6	9.2	13.2	17.3	21.5		25.5	29.5	33.7	38.0	42.6		48.06	7 / 3			
reaction time	0.145	interval	3.6	4.0	4.1	4.2			4.0	4.0	4.2	4.3	4.6	5.46			11.70	12.20	13.10
		velocity	8.04	9.72	8.75	8.54	8.33		8.75	8.75	8.33	8.14	7.61	7.33	8.32		8.97	8.61	8.02
H1 lead leg	R	strides	23	15	15	15	15		15	15	15	15	15	19.5	177.5				
Warholm, Karsten (NOR) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Meeting de Paris (Paris, FRA) (TV Analysis)			<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																
date	30-Jun-18	time	5.72	9.32	13.04	16.84	20.72	22.5	24.76	28.84	33.08	37.44	42.44		48.06	7 / 3			
reaction time	0.158	interval	3.60	3.72	3.80	3.88			4.04	4.08	4.24	4.36	5.00	5.62			11.12	12.00	13.60
		velocity	7.87	9.72	9.41	9.21	9.02	8.89	8.66	8.58	8.25	8.03	7.00	7.12	8.32		9.44	8.75	7.72
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	15	17.7	156.7				
McMaster, Kyron (IVB) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Weltklasse (Zürich, SUI) (TV Analysis)			<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																
date	24-Aug-17	time	5.72	9.42	13.16		21.00		25.08	29.32	33.76	38.24	42.88		48.07	4 / 1			
reaction time	0.153	interval	3.70	3.74		7.84			4.08	4.24	4.44	4.48	4.64	5.19					13.56
		velocity	7.87	9.46	9.36		8.93		8.58	8.25	7.88	7.81	7.54	7.71	8.32				7.74

H1 lead leg	R	strides	20	13	13			13	13	14	14	14	17.2	131.2					
Clarke, Roshawn (JAM) (2004)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)			<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																
date	23-Aug-23	time	5.71	9.46	12.97	16.65	20.52			28.96	33.40	37.97	42.68		48.07	5 / 4			
reaction time	0.164	interval		3.75	3.51	3.68	3.87			8.44	4.44	4.57	4.71	5.39			10.94	12.31	13.72
		velocity	7.88	9.33	9.97	9.51	9.04			8.29	7.88	7.66	7.43	7.42	8.32		9.60	8.53	7.65
H1 lead leg	R	strides	21	13	13	13	13		14		15	15	15	18.2	150.2				
Sibilio, Alessandro (ITA) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2024 European Athletics Championships (Roma, ITA)			<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																
date	10-Jun-24	time	5.83	9.59	13.45	17.20	20.98		24.92	29.18	33.44	38.08	42.69		48.07	7 / 1			
reaction time	0.161	interval		3.76	3.86	3.75	3.78		3.94	4.26	4.26	4.64	4.61	5.38			11.37	11.98	13.51
		velocity	7.72	9.31	9.07	9.33	9.26		8.88	8.22	8.22	7.54	7.59	7.43	8.32		9.23	8.76	7.77
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	15	15	18	162				
McMaster, Kyron (IVB) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Weltklasse (Zürich, SUI) (TV Analysis)			<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																
date	30-Aug-18	time	5.80	9.50	13.30		21.16	22.9	25.24	29.44	33.84	38.32	42.88		48.08	3 / 1			
reaction time	0.178	interval		3.70	3.80		7.86		4.08	4.20	4.40	4.48	4.56	5.20					13.44
		velocity	7.76	9.46	9.21		8.91	8.73	8.58	8.33	7.95	7.81	7.68	7.69	8.32				7.81
H1 lead leg	L	strides	20	13	13				13	13	14	14	14	17	131				
Selmon, Kenny (USA) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	26-Jun-21	time	5.90	9.61	13.35	17.20	21.12		25.19	29.36	33.63	38.10	42.74		48.08	6 / 2			
reaction time	0.212	interval		3.71	3.74	3.85	3.92		4.07	4.17	4.27	4.47	4.64	5.34			11.30	12.16	13.38
		velocity	7.63	9.43	9.36	9.09	8.93		8.60	8.39	8.20	7.83	7.54	7.49	8.32		9.29	8.63	7.85
H1 lead leg	R	strides	21	13	13	13	13		13	13	13	14	14	17	157				
Warholm, Karsten (NOR) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 ISTAF (Berlin, GER) (TV Analysis)			<i>Henson (2021) - Athlete First: 2021 Karsten Warholm 400m Hurdles World Record Season</i>																
date	12-Sep-21	time	5.76	9.28	12.96	16.70	20.56		24.56	28.76	33.12	37.80	42.54		48.08	7 / 1			
reaction time	0.189	interval		3.52	3.68	3.74	3.86		4.00	4.20	4.36	4.68	4.74	5.54			10.94	12.06	13.78
		velocity	7.81	9.94	9.51	9.36	9.07		8.75	8.33	8.03	7.48	7.38	7.22	8.32		9.60	8.71	7.62
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	18.5	159.5				
Culson, Javier (PUR) (1984)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2009 IAAF World Championships (Berlin, GER)			<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																
date	18-Aug-09	time	5.97	9.67	13.45	17.37	21.49		25.60	29.87	34.17	38.56	43.03		48.09	8 / 2			
reaction time	0.187	interval		3.70	3.78	3.92	4.12		4.11	4.27	4.30	4.39	4.47	5.06			11.40	12.50	13.16
		velocity	7.54	9.46	9.26	8.93	8.50		8.52	8.20	8.14	7.97	7.83	7.91	8.32		9.21	8.40	7.98
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	14	14	16.7	155.7				
Tamesue, Dai (JPN) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2005 IAAF World Championships (Helsinki, FIN)			<i>Yasunori (2006) - race pattern analysis of top Japanese 400m hurdlers</i>																
date	09-Aug-05	time	5.79	9.38	13.08	16.92	20.82		24.87	29.01	33.35	37.94	42.68		48.10	7 / 3			
reaction time	0.189	interval		3.59	3.70	3.84	3.90		4.05	4.14	4.34	4.59	4.74	5.42			11.13	12.09	13.67
		velocity	7.77	9.75	9.46	9.11	8.97		8.64	8.45	8.06	7.63	7.38	7.38	8.32		9.43	8.68	7.68
H1 lead leg		strides		13	13	13	13		14	14	15	15	15	17.5	142.5				
Culson, Javier (PUR) (1984)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2012 Olympic Games (London, GBR)			<i>Hillier (2012) - uka 2012 olympic games report: 400m hurdles</i>																
date	06-Aug-12	time	5.68	9.19	12.84	16.56	20.47	22.27	24.46	28.72	33.20	37.69	42.40		48.10	5 / 3			
reaction time	0.196	interval		3.51	3.65	3.72	3.91		3.99	4.26	4.48	4.49	4.71	5.70			10.88	12.16	13.68
		velocity	7.92	9.97	9.59	9.41	8.95	8.98	8.77	8.22	7.81	7.80	7.43	7.02	8.32		9.65	8.63	7.68
H1 lead leg	L	strides	21	13	13	13	13		13	13	14	14	14	17.5	158.5				
Dutch, Johnny (USA) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Racers Grand Prix (Kingston, JAM) (TV Analysis)			<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																
date	11-Jun-16	time	5.67	9.33	13.13	17.03	21.10		25.27	29.43	33.77	38.17	42.70		48.10	5 / 1			
reaction time		interval		3.66	3.80	3.90	4.07		4.17	4.16	4.34	4.40	4.53	5.40			11.36	12.40	13.27
		velocity	7.94	9.56	9.21	8.97	8.60		8.39	8.41	8.06	7.95	7.73	7.41	8.32		9.24	8.47	7.91
H1 lead leg	R	strides	22	13	13	13	13		14	14	15	15	15	18.2	165.2				
Warholm, Karsten (NOR) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Weltklasse (Zürich, SUI) (TV Analysis)			<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																
date	30-Aug-18	time	5.64	9.28	13.00	16.84	20.84	22.6	24.92	29.16	33.52	38.12	42.80		48.10	5 / 2			
reaction time	0.135	interval		3.64	3.72	3.84	4.00		4.08	4.24	4.36	4.60	4.68	5.30			11.20	12.32	13.64
		velocity	7.98	9.62	9.41	9.11	8.75	8.85	8.58	8.25	8.03	7.61	7.48	7.55	8.32		9.38	8.52	7.70
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	18	159				
McMaster, Kyron (IVB) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 IAAF World Championships (Doha, QAT)			<i>Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships</i>																
date	30-Sep-19	time	5.75	9.33	13.02	16.78	20.64		24.67	28.85	33.25	37.72	42.49		48.10	2 / 4			
reaction time	0.171	interval		3.58	3.69	3.76	3.86		4.03	4.18	4.40	4.47	4.77	5.61			11.03	12.07	13.64
		velocity	7.83	9.78	9.49	9.31	9.07		8.68	8.37	7.95	7.83	7.34	7.13	8.32		9.52	8.70	7.70

H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	18.2	160.2					
Rosser, Khalifah (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2022 Prefontaine Classic (Eugene, OR) (TV Analysis)			Henson (2022) - Athlete First: 2022 year end hurdle report																	
date	28-May-22	time	5.70	9.33	13.06	16.90	20.87	22.62	24.90	29.06	33.33	37.90	42.56		48.10	4 / 2				
reaction time	0.158	interval		3.63	3.73	3.84	3.97		4.03	4.16	4.27	4.57	4.66	5.54	PB		11.20	12.16	13.50	
		velocity	7.89	9.64	9.38	9.11	8.82	8.84	8.68	8.41	8.20	7.66	7.51	7.22	8.32		9.38	8.63	7.78	
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	15	15	18	162					
Hall, Quincy (USA) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2022 Prefontaine Classic (Eugene, OR) (TV Analysis)			Henson (2022) - Athlete First: 2022 year end hurdle report																	
date	28-May-22	time	5.80	9.53	13.30	17.16	21.10	23.83	25.20	29.46	33.73	38.37	43.00		48.10	6 / 3				
reaction time	0.213	interval		3.73	3.77	3.86	3.94		4.10	4.26	4.27	4.64	4.63	5.10	PB		11.36	12.30	13.54	
		velocity	7.76	9.38	9.28	9.07	8.88	8.39	8.54	8.22	8.20	7.54	7.56	7.84	8.32		9.24	8.54	7.75	
H1 lead leg	R	strides	21	13	13	13	13		13	13	13	14	14	16	156					
dos Santos, Alison Brendon (BRA) (2023)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)			Henson (2023) - Athlete First: 2023 year end hurdle report																	
date	23-Aug-23	time	5.81	9.56	12.96	16.62	20.49		24.48	28.60	32.90	37.55	42.21		48.10	9 / 5				
reaction time	0.164	interval		3.75	3.40	3.66	3.87		3.99	4.12	4.30	4.65	4.66	5.89			10.81	11.98	13.61	
		velocity	7.75	9.33	10.29	9.56	9.04		8.77	8.50	8.14	7.53	7.51	6.79	8.32		9.71	8.76	7.71	
H1 lead leg	L	strides	20	13	12	12	12		12	13	13	14	14	17.2	152.2					
Moses, Edwin (USA) (1955)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 1 - 1983 IAAF World Championships (Rome, ITA)			Lyle - miscellaneous coaching notes																	
date	08-Aug-83	time	5.59	9.38	13.30	17.18	21.03		25.01	29.16	33.50	37.91	42.32		48.11	1 / 1				
reaction time		interval		3.79	3.92	3.88	3.85		3.98	4.15	4.34	4.41	4.41	5.79			11.59	11.98	13.16	
		velocity	8.05	9.23	8.93	9.02	9.09		8.79	8.43	8.06	7.94	7.94	6.91	8.31		9.06	8.76	7.98	
H1 lead leg	L	strides	19	13	13	13	13		13	13	13	13	13	15.5	151.5					
Matete, Samuel (ZAM) (1968)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1997 IAAF World Championships (Athens, GRE)			Hommel (1999) - biomechanical research project, athens 1997: final report																	
date	04-Aug-97	time	5.98	9.66	13.41	17.24	21.16		25.18	29.20	33.62	38.10	42.70		48.11	8 / 5				
reaction time	0.237	interval		3.68	3.75	3.83	3.92		4.02	4.02	4.42	4.48	4.60	5.41			11.26	11.96	13.50	
		velocity	7.53	9.51	9.33	9.14	8.93		8.71	8.71	7.92	7.81	7.61	7.39	8.31		9.33	8.78	7.78	
H1 lead leg		strides																		
McFarlane, Danny (JAM) (1972)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2004 Olympic Games (Athina, GRE)			Ruiz (2004) - las carreras con vallas de juegos olimpicos de atenas '04																	
date	26-Aug-04	time	6.02	9.52	13.23	17.17	21.19		25.21	29.50	33.62	38.23	42.88		48.11	5 / 2				
reaction time	0.256	interval		3.50	3.71	3.94	4.02		4.02	4.29	4.12	4.61	4.65	5.23			11.15	12.33	13.38	
		velocity	7.48	10.00	9.43	8.88	8.71		8.71	8.16	8.50	7.59	7.53	7.65	8.31		9.42	8.52	7.85	
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	15	18	161					
Mägi, Rasmus (EST) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)			Henson (2021) - Athlete First: 2021 year end hurdle report																	
date	03-Aug-21	time	5.92	9.60	13.32	17.16	21.12		25.28	29.56	33.96	38.44	42.88		48.11	9 / 7				
reaction time	0.167	interval		3.68	3.72	3.84	3.96		4.16	4.28	4.40	4.48	4.44	5.23			11.24	12.40	13.32	
		velocity	7.60	9.51	9.41	9.11	8.84		8.41	8.18	7.95	7.81	7.88	7.65	8.31		9.34	8.47	7.88	
H1 lead leg	L	strides	20	13	13	13	13		13	13	14	14	14	140						
Clarke, Roshawn (JAM) (2004)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2024 USATF LA Grand Prix (Los Angeles, CA) (TV Analysis)			Henson (2024) - Athlete First: 2024 year end hurdle report																	
date	18-May-24	time	5.84	9.51	13.18	16.98	20.98			29.29	33.60	38.10	42.74		48.11	6 / 2				
reaction time	0.245	interval		3.67	3.67	3.80	4.00			8.31	4.31	4.50	4.64	5.37			11.14	12.31	13.45	
		velocity	7.71	9.54	9.54	9.21	8.75			8.42	8.12	7.78	7.54	7.45	8.31		9.43	8.53	7.81	
H1 lead leg	R	strides	21	13	13	13	14				14	15	15	18.2	136.2					
Diagana, Stéphane (FRA) (1969)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1999 IAAF World Championships (Sevilla, ESP)			Sanchez (1999) - Sevilla '99: análisis de la carreras con villas																	
date	27-Aug-99	time	5.44	9.09	12.77	16.54	20.39		24.41	28.77	33.08	37.59	42.19		48.12	5 / 2				
reaction time	0.139	interval		3.65	3.68	3.77	3.85		4.02	4.36	4.31	4.51	4.60	5.93			11.10	12.23	13.42	
		velocity	8.27	9.59	9.51	9.28	9.09		8.71	8.03	8.12	7.76	7.61	6.75	8.31		9.46	8.59	7.82	
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	19	163					
Plawgo, Marek (POL) (1981)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2007 IAAF World Championships (Osaka, JPN)			Ae (2008) - IAAF biomechanics team - a booklet of biomechanics data																	
date	28-Aug-07	time	5.87	9.52	13.28	17.06	20.97		25.15	29.48	33.76	38.22	42.80		48.12	7 / 3				
reaction time	0.157	interval		3.65	3.76	3.78	3.91		4.18	4.33	4.28	4.46	4.58	5.32	NR		11.19	12.42	13.32	
		velocity	7.67	9.59	9.31	9.26	8.95		8.37	8.08	8.18	7.85	7.64	7.52	8.31		9.38	8.45	7.88	
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	17	159					
Greene, David (Dai) (GBR) (1986)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2010 European Championships (Barcelona, ESP)			Arnold (2010) - 400mH planning and peaking																	
date	31-Jul-10	time	6.08	9.86	13.70	17.56	21.52		25.54	29.70	33.96	38.38	42.96		48.12	3 / 1				
reaction time	0.175	interval		3.78	3.84	3.86	3.96		4.02	4.16	4.26	4.42	4.58	5.16			11.48	12.14	13.26	
		velocity	7.40	9.26	9.11	9.07	8.84		8.71	8.41	8.22	7.92	7.64	7.75	8.31		9.15	8.65	7.92	

H1 lead leg	R	strides	21	14	14	14	14	14	15	15	15	15	19	170					
Cisneros, Omar (CUB) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis)			Henson (2021) - Athlete First: major championships report																
date	15-Aug-13	time	5.80	9.33	13.03	16.87	20.77		24.83	29.07	33.43	38.00	42.63		48.12	5 / 4			
reaction time	0.219	interval		3.53	3.70	3.84	3.90		4.06	4.24	4.36	4.57	4.63	5.49			11.07	12.20	13.56
		velocity	7.76	9.92	9.46	9.11	8.97		8.62	8.25	8.03	7.66	7.56	7.29	8.31		9.49	8.61	7.74
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	17.5	159.5				
McMaster, Kyron (IVB) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Müller's Anniversary Games (London, GBR) (TV Analysis)			Henson (2020) - Athlete First: 2017 year end hurdle report																
date	09-Jul-17	time	5.76	9.32	13.04	16.72	20.60		24.68	28.96	33.36	37.92	42.76		48.12	6 / 2			
reaction time	0.164	interval		3.56	3.72	3.68	3.88		4.08	4.28	4.40	4.56	4.84	5.36			10.96	12.24	13.80
		velocity	7.81	9.83	9.41	9.51	9.02		8.58	8.18	7.95	7.68	7.23	7.46	8.31		9.58	8.58	7.61
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	14	15	18	160				
Selmon, Kenny (USA) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 NCAA Championships (Eugene, OR) (TV Analysis)			Henson (2020) - Athlete First: 2018 year end hurdle report																
date	08-Jun-18	time	5.96		13.53	17.30	21.13		25.16		33.60	38.13	42.80		48.12	4 / 2			
reaction time		interval			7.57	3.77	3.83		4.03		8.44	4.53	4.67	5.32	PB		11.34		
		velocity	7.55		9.25	9.28	9.14		8.68		8.29	7.73	7.49	7.52	8.31		9.26		
H1 lead leg	R	strides				13	13		13			14	15	17.5	85.5				
Robinson, Chris (USA) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 NCAA Championships (Austin, TX) (TV Analysis)			Henson (2023) - Athlete First: 2023 year end hurdle report																
date	09-Jun-23	time	5.89	9.53	13.25	17.20	21.20		25.36	29.66	34.06	38.42	42.89		48.12	6 / 1			
reaction time		interval		3.64	3.72	3.95	4.00		4.16	4.30	4.40	4.36	4.47	5.23	PB		11.31	12.46	13.23
		velocity	7.64	9.62	9.41	8.86	8.75		8.41	8.14	7.95	8.03	7.83	7.65	8.31		9.28	8.43	7.94
H1 lead leg	R	strides	21	13	13	14	14		14	14	15	15	15	18.2	166.2				
dos Santos, Alison Brendon (BRA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)			Henson (2023) - Athlete First: 2023 year end hurdle report																
date	20-Aug-23	time	5.93	9.77	13.47		20.93		24.93	29.16	33.53	38.03	42.86		48.12	2 / 1			
reaction time	0.167	interval		3.84	3.70		7.46		4.00	4.23	4.37	4.50	4.83	5.26					13.70
		velocity	7.59	9.11	9.46		9.38		8.75	8.27	8.01	7.78	7.25	7.60	8.31				7.66
H1 lead leg	L	strides	20	13	12				12		13	13	14	16.2	113.2				
Allen, CJ (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Bauhaus Galan (Stockholm, SWE) (TV Analysis)			Henson (2024) - Athlete First: 2024 year end hurdle report																
date	02-Jun-24	time	5.84	9.56	13.46	17.36	21.33		25.37	29.53	33.86	38.25	42.87		48.12	4 / 3			
reaction time	0.135	interval		3.72	3.90	3.90	3.97		4.04	4.16	4.33	4.39	4.62	5.25			11.52	12.17	13.34
		velocity	7.71	9.41	8.97	8.97	8.82		8.66	8.41	8.08	7.97	7.58	7.62	8.31		9.11	8.63	7.87
H1 lead leg	L	strides	13	13	13	13	13		13	13	14	14	15	17.5	151.5				
Lima, Matheus (BRA) (2003)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL)			Omega Timing (2024) - diamond league race analysis																
date	25-Aug-24	time	5.96	9.69	13.45	17.30	21.30		25.42	29.71	34.06	38.47	42.95		48.12	4 / 6			
reaction time	0.175	interval		3.73	3.76	3.85	4.00		4.12	4.29	4.35	4.41	4.48	5.17	PB		11.34	12.41	13.24
		velocity	7.55	9.38	9.31	9.09	8.75		8.50	8.16	8.05	7.94	7.81	7.74	8.31		9.26	8.46	7.93
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	14	14	16.2	155.2				
Harris, Danny (USA) (1965)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1984 Olympic Games (Los Angeles, CA)			Behm (1995) - la tactique du 400 haies																
date	05-Aug-84	time	6.0	9.8	13.7	17.6	21.6		25.7	29.9	34.1	38.5	43.0		48.13	4 / 2			
reaction time	0.210	interval		3.8	3.9	3.9	4.0		4.1	4.2	4.2	4.4	4.5	5.13			11.60	12.30	13.10
		velocity	7.50	9.21	8.97	8.97	8.75		8.54	8.33	8.33	7.95	7.78	7.80	8.31		9.05	8.54	8.02
H1 lead leg	R	strides	21	13	13	13	13		13	13	13	14	15	17	158				
Diagana, Stéphane (FRA) (1969)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1992 Olympic Games (Barcelona, ESP)			Belloc (1992) - Diagana: 45.18 / 48.13 : 3" d'ecart; incompressibles?																
date	06-Aug-92	time	5.90	9.60	13.35	17.15	21.00		25.20	29.40	33.65	38.05	42.70		48.13	6 / 4			
reaction time		interval		3.70	3.75	3.80	3.85		4.20	4.20	4.25	4.40	4.65	5.43	PB		11.25	12.25	13.30
		velocity	7.63	9.46	9.33	9.21	9.09		8.33	8.33	8.24	7.95	7.53	7.37	8.31		9.33	8.57	7.89
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	18.3	164.3				
Schelbert, Marcel (SUI) (1976)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1999 IAAF World Championships (Sevilla, ESP)			Sanchez (1999) - Sevilla '99: análisis de la carreras con villas																
date	27-Aug-99	time	5.66	9.42	13.18	17.02	21.17		25.14	29.32	33.70	38.19	42.70		48.13	7 / 3			
reaction time	0.125	interval		3.76	3.76	3.84	4.15		3.97	4.18	4.38	4.49	4.51	5.43	NR PB		11.36	12.30	13.38
		velocity	7.95	9.31	9.31	9.11	8.43		8.82	8.37	7.99	7.80	7.76	7.37	8.31		9.24	8.54	7.85
H1 lead leg	L	strides	22	13	13	13	14		14	14	14	15	15	18.5	165.5				
de Araújo, Eronilde (BRA) (1970)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1999 IAAF World Championships (Sevilla, ESP)			Sanchez (1999) - Sevilla '99: análisis de la carreras con villas																
date	27-Aug-99	time	5.72	9.39	13.13	16.93	20.85		24.84	29.06	33.37	37.85	42.46		48.13	8 / 4			
reaction time	0.205	interval		3.67	3.74	3.80	3.92		3.99	4.22	4.31	4.48	4.61	5.67			11.21	12.13	13.40
		velocity	7.87	9.54	9.36	9.21	8.93		8.77	8.29	8.12	7.81	7.59	7.05	8.31		9.37	8.66	7.84

H1 lead leg	L	strides	21	13	13	13	13	13	14	14	14	15	17.5	160.5					
Jackson, Bershawn (USA) (1983)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 Osaka Grand Prix (Osaka, JPN)			<i>Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers</i>																
date	05-May-07	time	5.71	9.40	13.29	17.36	21.48		25.47	29.57	33.81	38.23	42.88		48.13	1			
reaction time		interval		3.69	3.89	4.07	4.12		3.99	4.10	4.24	4.42	4.65	5.25			11.65	12.21	13.31
		velocity	7.88	9.49	9.00	8.60	8.50		8.77	8.54	8.25	7.92	7.53	7.62	8.31		9.01	8.60	7.89
H1 lead leg		strides		15	15	15	15		15	15	15	15	15		135				
Happio, Wilfried (FRA) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Bislett Games (Oslo, NOR)			<i>Omega Timing (2023) - diamond league race analysis</i>																
date	15-Jun-23	time	5.82	9.47	13.16	16.95	20.88		24.93	29.11	33.48	38.00	42.70		48.13	5 / 3			
reaction time	0.159	interval		3.65	3.69	3.79	3.93		4.05	4.18	4.37	4.52	4.70	5.43			11.13	12.16	13.59
		velocity	7.73	9.59	9.49	9.23	8.91		8.64	8.37	8.01	7.74	7.45	7.37	8.31		9.43	8.63	7.73
H1 lead leg	L	strides	20			13	13		13			13	15	17	104				
Mägi, Rasmus (EST) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 European Athletics Championships (Roma, ITA)			<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																
date	11-Jun-24	time	5.83	9.54	13.38	17.19	21.12		25.15	29.25	33.65	38.22	42.73		48.13	5 / 4			
reaction time	0.138	interval		3.71	3.84	3.81	3.93		4.03	4.10	4.40	4.57	4.51	5.40			11.36	12.06	13.48
		velocity	7.72	9.43	9.11	9.19	8.91		8.68	8.54	7.95	7.66	7.76	7.41	8.31		9.24	8.71	7.79
H1 lead leg	R	strides	20	13	13		13		13	13	14	14	14	17.2	144.2				
Diagana, Stéphane (FRA) (1969)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1995 IAAF World Championships (Göteborg, SWE)			<i>Behm (1999) - Les chiffres: Les podiums de tous le championnats</i>																
date	10-Aug-95	time					21.1								48.14	6 / 3			
reaction time		interval																	
		velocity					8.77								8.31				
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	15	15	19.2	162.2				
Al-Somaily, Hadi Sou'an (KSA) (1976)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2000 Olympic Games (Sydney, AUS)			<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																
date	25-Sep-00	time	5.94	9.74	13.58	17.46	21.42	22.94	25.50	29.62	33.94	39.30	42.82		48.14	6 / 1			
reaction time	0.316	interval		3.80	3.84	3.88	3.96		4.08	4.12	4.32	5.36	3.52	5.32	AR		11.52	12.16	13.20
		velocity	7.58	9.21	9.11	9.02	8.84	8.72	8.58	8.50	8.10	6.53	9.94	7.52	8.31		9.11	8.63	7.95
H1 lead leg		strides	21	13	13	13	13		13	13	13	13	14	17	156				
Happio, Wilfried (FRA) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	17-Jul-22	time	5.76	9.40	13.20	16.90	20.76	22.44	24.80	29.06	33.46	38.07	42.73		48.14	6 / 2			
reaction time	0.136	interval		3.64	3.80	3.70	3.86		4.04	4.26	4.40	4.61	4.66	5.41	PB		11.14	12.16	13.67
		velocity	7.81	9.62	9.21	9.46	9.07	8.91	8.66	8.22	7.95	7.59	7.51	7.39	8.31		9.43	8.63	7.68
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	18	159				
Akçam, Berke (TUR) (2002)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2024 European Athletics Championships (Roma, ITA)			<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																
date	10-Jun-24	time	5.87	9.66	13.50	17.36	21.28		25.36	29.60	33.89	38.40	42.93		48.14	4 / 2			
reaction time	0.160	interval		3.79	3.84	3.86	3.92		4.08	4.24	4.29	4.51	4.53	5.21			11.49	12.24	13.33
		velocity	7.67	9.23	9.11	9.07	8.93		8.58	8.25	8.16	7.76	7.73	7.68	8.31		9.14	8.58	7.88
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	18.2	162.2				
McMaster, Kyron (IVB) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2024 Olympic Games (Paris, FRA)			<i>Paris 2024 Olympic Games - Results Book (2024)</i>																
date	07-Aug-24	time	5.70	9.33	13.07	16.86	20.74		24.77	28.95	33.40	37.92	42.49		48.15	4 / 1			
reaction time	0.160	interval		3.63	3.74	3.79	3.88		4.03	4.18	4.45	4.52	4.57	5.66			11.16	12.09	13.54
		velocity	7.89	9.64	9.36	9.23	9.02		8.68	8.37	7.87	7.74	7.66	7.07	8.31		9.41	8.68	7.75
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	18	160				
Allen, CJ (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2024 USA Olympic Trials (Eugene, OR)			<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																
date	28-Jun-24	time	5.86	9.46	13.10	16.92	20.83	22.61	24.77	28.92	33.34	37.89	42.52		48.16	5 / 2			
reaction time		interval		3.60	3.64	3.82	3.91		3.94	4.15	4.42	4.55	4.63	5.64			11.06	12.00	13.60
		velocity	7.68	9.72	9.62	9.16	8.95	8.85	8.88	8.43	7.92	7.69	7.56	7.09	8.31		9.49	8.75	7.72
H1 lead leg	L	strides	20	13	13	13	13		13	13	14	14	15	17.2	158.2				
Mägi, Rasmus (EST) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2024 Olympic Games (Paris, FRA)			<i>Paris 2024 Olympic Games - Results Book (2024)</i>																
date	07-Aug-24	time	5.94	9.69	13.49	17.36	21.33		25.37	29.57	33.97	38.42	42.89		48.16	7 / 2			
reaction time	0.156	interval		3.75	3.80	3.87	3.97		4.04	4.20	4.40	4.45	4.47	5.27			11.42	12.21	13.32
		velocity	7.58	9.33	9.21	9.04	8.82		8.66	8.33	7.95	7.87	7.83	7.59	8.31		9.19	8.60	7.88
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	14	14	17	158				
Januszewski, Paweł (POL) (1972)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1998 European Championships (Budapest, HUN)			<i>Behm (1998) - analyse et commentaires: le 400m haies: Pavel la surprise!</i>																
date	20-Aug-98	time	5.9	9.8	13.6	17.4	21.2		25.2	29.3	33.6	38.1	42.7		48.17	3 / 1			
reaction time		interval		3.9	3.8	3.8	3.8		4.0	4.1	4.3	4.5	4.6	5.47	NR / PB		11.50	11.90	13.40
		velocity	7.63	8.97	9.21	9.21	9.21		8.75	8.54	8.14	7.78	7.61	7.31	8.30		9.13	8.82	7.84

H1 lead leg	L	strides	21	14	14	14	14	13	14	14	15	15	18.5	166.5					
Jackson, Bershawn (USA) (1983)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 USA Olympic Trials (Eugene, OR)																	<i>USATF Hurdle Development (2008)</i>		
date	29-Jun-08	time	5.79	9.54	13.61	17.87	22.19		26.18	30.25	34.45	38.71	43.13		48.17	4 / 1			
reaction time		interval		3.75	4.07	4.26	4.32		3.99	4.07	4.20	4.26	4.42	5.04			12.08	12.38	12.88
		velocity	7.77	9.33	8.60	8.22	8.10		8.77	8.60	8.33	8.22	7.92	7.94	8.30		8.69	8.48	8.15
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	15	15		158				
Gibson, Jeffery (BAH) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)																	<i>Henson (2021) - Athlete First: major championships report</i>		
date	25-Aug-15	time	5.88	9.64	13.36	17.16	21.12		25.08	29.28	33.60	38.08	42.72		48.17	7 / 3			
reaction time	0.184	interval		3.76	3.72	3.80	3.96		3.96	4.20	4.32	4.48	4.64	5.45	NR PB		11.28	12.12	13.44
		velocity	7.65	9.31	9.41	9.21	8.84		8.84	8.33	8.10	7.81	7.54	7.34	8.30		9.31	8.66	7.81
H1 lead leg	R	strides		13	13	12	13		13	13	14	14	14	17.5	136.5				
Allen, CJ (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 USATF National Championships (Eugene, OR) (TV Analysis)																	<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>		
date	26-Jun-22	time	6.04	9.77	13.61	17.51	21.52	23.15	25.55	29.76	34.03	38.44	42.94		48.17	8 / 4			
reaction time		interval		3.73	3.84	3.90	4.01		4.03	4.21	4.27	4.41	4.50	5.23	PB		11.47	12.25	13.18
		velocity	7.45	9.38	9.11	8.97	8.73	8.64	8.68	8.31	8.20	7.94	7.78	7.65	8.30		9.15	8.57	7.97
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	14	17.5	158.5				
Bassitt, Trevor (USA) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																	<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>		
date	17-Jul-22	time	5.83	9.63	13.37	17.13	21.10	22.80	25.17	29.43	33.83	38.30	42.83		48.17	7 / 2			
reaction time	0.144	interval		3.80	3.74	3.76	3.97		4.07	4.26	4.40	4.47	4.53	5.34			11.30	12.30	13.40
		velocity	7.72	9.21	9.36	9.31	8.82	8.77	8.60	8.22	7.95	7.83	7.73	7.49	8.30		9.29	8.54	7.84
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16	153				
Akçam, Berke (TUR) (2002)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 European Athletics Championships (Roma, ITA)																	<i>European Athletics (2024) - 2024 european athletics championships - results book</i>		
date	11-Jun-24	time	5.84	9.56	13.43	17.25	21.21		25.26	29.38	33.72	38.23	42.82		48.17	6 / 5			
reaction time	0.172	interval		3.72	3.87	3.82	3.96		4.05	4.12	4.34	4.51	4.59	5.35			11.41	12.13	13.44
		velocity	7.71	9.41	9.04	9.16	8.84		8.64	8.50	8.06	7.76	7.63	7.48	8.30		9.20	8.66	7.81
H1 lead leg	L	strides	21	13	13		13		13	14	14	15	15	19	150				
Clarke, Roshawn (JAM) (2004)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2024 Olympic Games (Paris, FRA)																	<i>Paris 2024 Olympic Games - Results Book (2024)</i>		
date	05-Aug-24	time	5.66	9.30	13.04	16.87	20.79		24.95	29.12	33.53	38.18	42.81		48.17	8 / 1			
reaction time	0.191	interval		3.64	3.74	3.83	3.92		4.16	4.17	4.41	4.65	4.63	5.36			11.21	12.25	13.69
		velocity	7.95	9.62	9.36	9.14	8.93		8.41	8.39	7.94	7.53	7.56	7.46	8.30		9.37	8.57	7.67
H1 lead leg	R	strides	21	13	14	13	13		14	14	15	15	15	18	165				
Matete, Samuel (ZAM) (1968)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1993 IAAF World Championships (Stuttgart, GER)																	<i>Letzelter (1995) - schrittgestaltung im 400m-hürdenlauf der jugend</i>		
date	17-Aug-93	time	5.74	9.44	13.18	16.96	20.82		24.78	28.96	33.46	38.12	42.74		48.18	3 / 1			
reaction time		interval		3.70	3.74	3.78	3.86		3.96	4.18	4.50	4.66	4.62	5.44			11.22	12.00	13.78
		velocity	7.84	9.46	9.36	9.26	9.07		8.84	8.37	7.78	7.51	7.58	7.35	8.30		9.36	8.75	7.62
H1 lead leg	L	strides	21	13	13	13	13		13	13	15	15	15	17.5	161.5				
Adkins, Derrick (USA) (1970)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 USA Olympic Trials (Atlanta, GA)																	<i>McNichols - Hurdle technique study through video analysis</i>		
date	16-Jun-96	time	5.77	9.45	13.17	16.88	20.76	21.43	24.82	29.07	33.47	37.98	42.65		48.18	5 / 2			
reaction time		interval		3.68	3.72	3.71	3.88		4.06	4.25	4.40	4.51	4.67	5.53			11.11	12.19	13.58
		velocity	7.80	9.51	9.41	9.43	9.02	9.33	8.62	8.24	7.95	7.76	7.49	7.23	8.30		9.45	8.61	7.73
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	14		141				
Diagana, Stéphane (FRA) (1969)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1999 IAAF World Championships (Sevilla, ESP)																	<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>		
date	25-Aug-99	time	5.57	9.24	13.03	16.81	20.72		24.73	28.98	33.39	37.91	42.46		48.18	4 / 1			
reaction time	0.161	interval		3.67	3.79	3.78	3.91		4.01	4.25	4.41	4.52	4.55	5.72			11.24	12.17	13.48
		velocity	8.08	9.54	9.23	9.26	8.95		8.73	8.24	7.94	7.74	7.69	6.99	8.30		9.34	8.63	7.79
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	18	162				
Woody, Joey (USA) (1973)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 IAAF World Championships (Paris, FRA)																	<i>Behm (2003) - Paris 2003:Le quatrache masculin - féminin</i>		
date	29-Aug-03	time	5.9	9.5	13.4	17.2	21.0		25.3	29.5	33.7	38.2	42.8		48.18	6 / 2			
reaction time	0.167	interval		3.6	3.9	3.8	3.8		4.3	4.2	4.2	4.5	4.6	5.38			11.30	12.30	13.30
		velocity	7.63	9.72	8.97	9.21	9.21		8.14	8.33	8.33	7.78	7.61	7.43	8.30		9.29	8.54	7.89
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	15	15	18	162				
Clement, Kerron (USA) (1985)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)																	<i>Henson (2021) - Athlete First: major championships report</i>		
date	25-Aug-15	time	5.96	9.68	13.40	17.16	21.12		25.20	29.32	33.60	38.16	42.96		48.18	8 / 4			
reaction time	0.174	interval		3.72	3.72	3.76	3.96		4.08	4.12	4.28	4.56	4.80	5.22			11.20	12.16	13.64
		velocity	7.55	9.41	9.41	9.31	8.84		8.58	8.50	8.18	7.68	7.29	7.66	8.30		9.38	8.63	7.70

H1 lead leg	L	strides	20	13		13	13	13	13	14	15	17.7	118.7						
Samba, Abderrahmane (QAT) (1995)																			
FINAL - 2024 Memorial van damme (Brussels, BEL)														Omega Timing (2024) - diamond league race analysis					
date	14-Sep-24	time	5.73	9.47	13.25	16.96	20.88		25.00	29.19	33.57	38.09	42.75	48.20	4 / 2				
reaction time	0.170	interval	3.74	3.78	3.71	3.92		4.12	4.19	4.38	4.52	4.66	5.45			11.23	12.23	13.56	
		velocity	7.85	9.36	9.26	9.43	8.93		8.50	8.35	7.99	7.74	7.51	7.34	8.30	9.35	8.59	7.74	
H1 lead leg	R	strides	21	13	13	13	13		13	13	14	14	14	17.2	158.2				
Clarke, Roshawn (JAM) (2004)																			
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	5.76	9.40	12.88	16.62	20.52		24.64	28.96	33.46	38.08	42.72	48.20	4 / 2				
reaction time	0.220	interval	3.64	3.48	3.74	3.90		4.12	4.32	4.50	4.62	4.64	5.48			10.86	12.34	13.76	
		velocity	7.81	9.62	10.06	9.36	8.97		8.50	8.10	7.78	7.58	7.54	7.30	8.30	9.67	8.51	7.63	
H1 lead leg	R	strides	21	13	13	13	113		14	15	15	15	15	18	265				
Allen, CJ (USA) (1995)																			
FINAL - 2022 Weltklasse (Zürich, SUI) (TV Analysis)														Henson (2022) - Athlete First: 2022 year end hurdle report					
date	08-Sep-22	time	5.74	9.41		17.05	20.92	22.43	24.89	28.96	33.30	37.80	42.64	48.21	3 / 3				
reaction time	0.159	interval	3.67		7.64	3.87		3.97	4.07	4.34	4.50	4.84	5.57			11.31	11.91	13.68	
		velocity	7.84	9.54		9.16	9.04	8.92	8.82	8.60	8.06	7.78	7.23	7.18	8.30	9.28	8.82	7.68	
H1 lead leg	L	strides	20	13		13		13	13	14	14	15	17.5	132.5					
James-King, Malik (JAM) (1999)																			
Heat 5 - 2024 Olympic Games (Paris, FRA)														Paris 2024 Olympic Games - Results Book (2024)					
date	05-Aug-24	time	5.94	9.64	13.38	17.08	20.93		25.04	29.31	33.71	38.32	42.90	48.21	2 / 1				
reaction time	0.150	interval	3.70	3.74	3.70	3.85		4.11	4.27	4.40	4.61	4.58	5.31			11.14	12.23	13.59	
		velocity	7.58	9.46	9.36	9.46	9.09		8.52	8.20	7.95	7.59	7.64	7.53	8.30	9.43	8.59	7.73	
H1 lead leg	R	strides	22	14	14	14	14		14	15	15	16	15	18	171				
Nylander, Sven (SWE) (1962)																			
FINAL - 1994 European Championships (Helsinki, FIN)														Behm (1995) - la tactique du 400 haies					
date	10-Aug-94	time	5.9	9.5	13.3	17.2	21.1		25.3	29.3	33.6	38.2	42.8	48.22	/ 2				
reaction time		interval	3.6	3.8	3.9	3.9		4.2	4.0	4.3	4.6	4.6	5.42			11.30	12.10	13.50	
		velocity	7.63	9.72	9.21	8.97	8.97		8.33	8.75	8.14	7.61	7.61	7.38	8.30	9.29	8.68	7.78	
H1 lead leg		strides	20	13	13	13	13		14	14	14	14	14	142					
Carter, James (USA) (1978)																			
FINAL - 2007 Osaka Grand Prix (Osaka, JPN)														Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers					
date	05-May-07	time	5.79	9.49	13.24	17.21	21.28		25.40	29.62	33.94	38.36	42.95	48.22	/ 2				
reaction time		interval	3.70	3.75	3.97	4.07		4.12	4.22	4.32	4.42	4.59	5.27			11.42	12.41	13.33	
		velocity	7.77	9.46	9.33	8.82	8.60		8.50	8.29	8.10	7.92	7.63	7.59	8.30	9.19	8.46	7.88	
H1 lead leg		strides		13	13	13	13		13	14	14	14	14	121					
Sánchez, Félix (DOM) (1977)																			
FINAL - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis)														Henson (2021) - Athlete First: major championships report					
date	15-Aug-13	time	5.80	9.40	13.26	17.17	21.23		25.37	29.60	33.90	38.33	42.90	48.22	4 / 5				
reaction time	0.175	interval	3.60	3.86	3.91	4.06		4.14	4.23	4.30	4.43	4.57	5.32			11.37	12.43	13.30	
		velocity	7.76	9.72	9.07	8.95	8.62		8.45	8.27	8.14	7.90	7.66	7.52	8.30	9.23	8.45	7.89	
H1 lead leg	L	strides	22	13	14	13	14		14	14		15	15	18	152				
Warholm, Karsten (NOR) (1996)																			
FINAL - 2017 Weltklasse (Zürich, SUI) (TV Analysis)														Henson (2020) - Athlete First: 2017 year end hurdle report					
date	24-Aug-17	time	5.76	9.32	13.00	16.80	20.76		24.84	29.08	33.52	38.28	43.00	48.22	6 / 2				
reaction time	0.164	interval	3.56	3.68	3.80	3.96		4.08	4.24	4.44	4.76	4.72	5.22	NR PB		11.04	12.28	13.92	
		velocity	7.81	9.83	9.51	9.21	8.84		8.58	8.25	7.88	7.35	7.42	7.66	8.30	9.51	8.55	7.54	
H1 lead leg	L	strides	20	13	13	13	13		13	13	15		15	17.7	145.7				
Warholm, Karsten (NOR) (1996)																			
FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis)														Henson (2020) - Athlete First: 2018 year end hurdle report					
date	07-Jun-18	time	5.68	9.24	12.96	16.80	20.80	22.6	24.88	29.16	33.48	37.92	42.64	48.22	7 / 2				
reaction time	0.165	interval	3.56	3.72	3.84	4.00		4.08	4.28	4.32	4.44	4.72	5.58			11.12	12.36	13.48	
		velocity	7.92	9.83	9.41	9.11	8.75	8.85	8.58	8.18	8.10	7.88	7.42	7.17	8.30	9.44	8.50	7.79	
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	14	17.5	155.5				
Bassitt, Trevor (USA) (1998)																			
FINAL - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														Henson (2023) - Athlete First: 2023 year end hurdle report					
date	23-Aug-23	time	5.93	9.78	13.33	17.05	20.92		29.16	33.56	38.20	42.98		48.22	3 / 6				
reaction time	0.164	interval	3.85	3.55	3.72	3.87		8.24	4.40	4.64	4.78	5.24				11.12	12.11	13.82	
		velocity	7.59	9.09	9.86	9.41	9.04		8.50	7.95	7.54	7.32	7.63	8.30		9.44	8.67	7.60	
H1 lead leg	R	strides	20	13	13	13	13			13	13	14	17	129					
Schmid, Harald (FRG) (1957)																			
Semi-Final 1 - 1987 IAAF World Championships (Rome, ITA)														Sušanka (1990) - time analysis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)					
date	31-Aug-87	time	6.09	9.73	13.53	17.44	21.48		25.50	29.66	33.99	38.51	43.07	48.23	6 / 1				
reaction time		interval	3.64	3.80	3.91	4.04		4.02	4.16	4.33	4.52	4.56	5.16			11.35	12.22	13.41	
		velocity	7.39	9.62	9.21	8.95	8.66		8.71	8.41	8.08	7.74	7.68	7.75	8.29	9.25	8.59	7.83	

H1 lead leg	L	strides	21	13	13	13	13	13	13	13	13	14	14	17	157				
Diagana, Stéphane (FRA) (1969)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1994 European Championships (Helsinki, FIN)																			
date	10-Aug-94	time	5.9	9.5	13.2	16.9	20.8		24.7	29.0	33.3	37.9	42.6		48.23		Behm (1995) - la tactique du 400 haies		
reaction time		interval		3.6	3.7	3.7	3.9		3.9	4.3	4.3	4.6	4.7	5.63			11.00	12.10	13.60
		velocity	7.63	9.72	9.46	9.46	8.97		8.97	8.14	8.14	7.61	7.45	7.10	8.29		9.55	8.68	7.72
H1 lead leg		strides	20	13	13	13	13		13	14	14	15	15		143				
Jackson, Bershawn (USA) (1983)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2009 IAAF World Championships (Berlin, GER)																			
date	16-Aug-09	time	5.74	9.58	13.50	17.61	21.70		25.87	30.04	34.28	38.64	43.09		48.23	5 / 1			
reaction time	0.146	interval		3.84	3.92	4.11	4.09		4.17	4.17	4.24	4.36	4.45	5.14			11.87	12.43	13.05
		velocity	7.84	9.11	8.93	8.52	8.56		8.39	8.39	8.25	8.03	7.87	7.78	8.29		8.85	8.45	8.05
H1 lead leg	L	strides	22	14	14				15	15	15	15	15	18.7	143.7				
Jackson, Bershawn (USA) (1983)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2009 IAAF World Championships (Berlin, GER)																			
date	18-Aug-09	time	5.76	9.63	13.59	17.71	21.87		26.01	30.17	34.43	38.79	43.22		48.23	5 / 3			
reaction time	0.141	interval		3.87	3.96	4.12	4.16		4.14	4.16	4.26	4.36	4.43	5.01			11.95	12.46	13.05
		velocity	7.81	9.04	8.84	8.50	8.41		8.45	8.41	8.22	8.03	7.90	7.98	8.29		8.79	8.43	8.05
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	15	15	19	172				
Warholm, Karsten (NOR) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Norveigen National Championships (Bergen, NOR) (TV Analysis)																			
date	20-Sep-20	time	5.73	9.33	13.07	16.87	20.80		24.83	29.03	33.30	37.93	42.67		48.23	7 / 1			
reaction time		interval		3.60	3.74	3.80	3.93		4.03	4.20	4.27	4.63	4.74	5.56			11.14	12.16	13.64
		velocity	7.85	9.72	9.36	9.21	8.91		8.68	8.33	8.20	7.56	7.38	7.19	8.29		9.43	8.63	7.70
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	17.5	158.5				
dos Santos, Alison Brendon (BRA) (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 - 2021 Memorial van Damme (Brussels, BEL) (TV Analysis)																			
date	03-Sep-21	time	5.84	9.52	13.32	17.16	21.24	23.0	25.44	29.60	33.80	38.28	42.92		48.23	6 / 1			
reaction time	0.181	interval		3.68	3.80	3.84	4.08		4.20	4.16	4.20	4.48	4.64	5.31			11.32	12.44	13.32
		velocity	7.71	9.51	9.21	9.11	8.58	8.70	8.33	8.41	8.33	7.81	7.54	7.53	8.29		9.28	8.44	7.88
H1 lead leg	L	strides	20	13	13	12	12		13	13	13	13	13	16.5	151.5				
Allen, CJ (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 NACAC Championships (Freeport, BAH) (TV Analysis)																			
date	21-Aug-22	time	5.73	9.50	13.36	17.20	21.16		25.23	29.33	33.60	38.00			48.23	3 / 3			
reaction time		interval		3.77	3.86	3.84	3.96		4.07	4.10	4.27	4.40					11.47	12.13	
		velocity	7.85	9.28	9.07	9.11	8.84		8.60	8.54	8.20	7.95		8.29			9.15	8.66	
H1 lead leg	L	strides		13	13	13	13		13		14	14		93					
Hemery, David (GBR) (1944)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1968 Olympic Games (Mexico City, MEX) (Altitude)																			
date	15-Oct-68	time	6.0	9.8	13.6	17.5	21.5	23.3	25.4	29.6	33.9	38.3	42.8		48.1	6 / 1			
reaction time		interval		3.8	3.8	3.9	4.0		3.9	4.2	4.3	4.4	4.5	5.3	WR		11.50	12.10	13.20
		velocity	7.50	9.21	9.21	8.97	8.75	8.58	8.97	8.33	8.14	7.95	7.78	7.55	8.32	(48.12)	9.13	8.68	7.95
H1 lead leg	L	strides	21	13	13	13	13		13	15	15	15	15	18	164				
Harris, Danny (USA) (1965)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 1987 IAAF World Championships (Rome, ITA)																			
date	31-Aug-87	time	6.01	9.69	13.41	17.17	21.02		24.96	29.21	33.58	38.15	43.01		48.24	3 / 2			
reaction time		interval		3.68	3.72	3.76	3.85		3.94	4.25	4.37	4.57	4.86	5.23			11.16	12.04	13.80
		velocity	7.49	9.51	9.41	9.31	9.09		8.88	8.24	8.01	7.66	7.20	7.65	8.29		9.41	8.72	7.61
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	15	18.1	161.1				
Iakovákis, Periklís (GRE) (1979)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 IAAF World Championships (Paris, FRA)																			
date	29-Aug-03	time	5.9	9.5	13.2	17.1	21.0		25.0	29.4	33.8	38.3	42.9		48.24	4 / 3			
reaction time	0.174	interval		3.6	3.7	3.9	3.9		4.0	4.4	4.4	4.5	4.6	5.34			11.20	12.30	13.50
		velocity	7.63	9.72	9.46	8.97	8.97		8.75	7.95	7.95	7.78	7.61	7.49	8.29		9.38	8.54	7.78
H1 lead leg	R	strides	21	13	13	13	13		13	13	14	14	15	18	160				
Jackson, Bershawn (USA) (1983)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2005 Seiko Super Grand Prix (Yokohama, JPN)																			
date	19-Sep-05	time	5.92	9.89	14.08	18.27	22.36		26.30	30.30	34.49	38.76	43.15		48.24	1 / 1			
reaction time		interval		3.97	4.19	4.19	4.09		3.94	4.00	4.19	4.27	4.39	5.09			12.35	12.03	12.85
		velocity	7.60	8.82	8.35	8.35	8.56		8.88	8.75	8.35	8.20	7.97	7.86	8.29		8.50	8.73	8.17
H1 lead leg		strides		15	15	15	15		15	15	15	15	15		135				
Greene, David (Dai) (GBR) (1986)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2012 Olympic Games (London, GBR)																			
date	06-Aug-12	time	5.82	9.44	13.18	16.98	20.96	22.76	25.12	29.32	33.64	38.10	42.84		48.24	3 / 4			
reaction time	0.150	interval		3.62	3.74	3.80	3.98		4.16	4.20	4.32	4.46	4.74	5.40			11.16	12.34	13.52
		velocity	7.73	9.67	9.36	9.21	8.79	8.79	8.41	8.33	8.10	7.85	7.38	7.41	8.29		9.41	8.51	7.77

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

H1 lead leg	R	strides	22	14	14	14	14	14	15	15	15	16	19.2	172.2					
Copello, Yasmani (TUR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Meeting Paris (Saint-Denis, FRA) (TV Analysis)																			
date	27-Aug-16	time	5.88	9.52	17.24	21.24		25.28			33.92	38.40	43.00		48.24	4 / 3			
reaction time	0.186	interval		3.64	7.72	4.00		4.04			8.64	4.48	4.60	5.24			11.36		
		velocity	7.65	9.62	9.07	8.75		8.66			8.10	7.81	7.61	7.63	8.29		9.24		
H1 lead leg	R	strides	20	13		13		13				14	14	17.5	104.5				
Copello, Yasmani (TUR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Müller's Anniversary Games (London, GBR) (TV Analysis)																			
date	09-Jul-17	time	6.00	9.68	13.52	17.40	21.40		25.52	29.88	34.32	38.76	43.16		48.24	8 / 3			
reaction time	0.187	interval		3.68	3.84	3.88	4.00		4.12	4.36	4.44	4.44	4.40	5.08			11.40	12.48	13.28
		velocity	7.50	9.51	9.11	9.02	8.75		8.50	8.03	7.88	7.88	7.95	7.87	8.29		9.21	8.41	7.91
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	14	14	17.2	158.2				
McMaster, Kyron (IVB) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Weltklasse (Zürich, SUI) (TV Analysis)																			
date	09-Sep-21	time	5.72		13.08	16.88	20.76	22.4	24.80	29.00	33.36	37.88	42.65		48.24	5 / 3			
reaction time	0.160	interval			7.36	3.80	3.88		4.04	4.20	4.36	4.52	4.77	5.59			11.16	12.12	13.65
		velocity	7.87		9.51	9.21	9.02	8.93	8.66	8.33	8.03	7.74	7.34	7.16	8.29		9.41	8.66	7.69
H1 lead leg	L	strides	21			13	13		13	14	14	14	14	17.5	133.5				
Allen, CJ (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 FBK Games (Hengelo, NED)																			
date	04-Jun-23	time	5.75	9.46	13.29	17.17	21.12		25.14	29.27	33.59	38.10	42.73		48.24	6 / 1			
reaction time	0.166	interval		3.71	3.83	3.88	3.95		4.02	4.13	4.32	4.51	4.63	5.51			11.42	12.10	13.46
		velocity	7.83	9.43	9.14	9.02	8.86		8.71	8.47	8.10	7.76	7.56	7.26	8.29		9.19	8.68	7.80
H1 lead leg	L	strides	21	13	13	13	13		13	13	14	14	14	17	158				
Mashchenko, Ruslan (RUS) (1971)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1998 European Championships (Budapest, HUN)																			
date	20-Aug-98	time	5.95	9.75	13.59	17.51	21.38		25.39	29.47	33.70	38.12	42.70		48.25	5 / 2			
reaction time		interval		3.80	3.84	3.92	3.87		4.01	4.08	4.23	4.42	4.58	5.55			11.56	11.96	13.23
		velocity	7.56	9.21	9.11	8.93	9.04		8.73	8.58	8.27	7.92	7.64	7.21	8.29		9.08	8.78	7.94
H1 lead leg	L	strides	19	13	13	13	13		13	14	14	14	14	17	157				
Taylor, Angelo (USA) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2012 Olympic Games (London, GBR)																			
date	06-Aug-12	time	5.79	9.27	12.85	16.56	20.39	22.19	24.49	28.67	33.13	37.80	42.59		48.25	4 / 5			
reaction time	0.158	interval		3.48	3.58	3.71	3.83		4.10	4.18	4.46	4.67	4.79	5.66			10.77	12.11	13.92
		velocity	7.77	10.06	9.78	9.43	9.14	9.01	8.54	8.37	7.85	7.49	7.31	7.07	8.29		9.75	8.67	7.54
H1 lead leg	L	strides	21	13	13	13	13		14	14	14	15	15	18.2	163.2				
Warholm, Karsten (NOR) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Bislett Games (Oslo, NOR) (TV Analysis)																			
date	15-Jun-17	time	5.86	9.46	13.06	16.93	20.86		25.00	29.30	33.56	38.20	42.90		48.25	7 / 1			
reaction time	0.149	interval		3.60	3.60	3.87	3.93		4.14	4.30	4.26	4.64	4.70	5.35	NR PB		11.07	12.37	13.60
		velocity	7.68	9.72	9.72	9.04	8.91		8.45	8.14	8.22	7.54	7.45	7.48	8.29		9.49	8.49	7.72
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	17.5	158.5				
McMaster, Kyron (IVB) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Commonwealth Games (Gold Coast, AUS) (TV Analysis)																			
date	12-Apr-18	time	5.94	9.67	13.41	17.28	21.25		25.36	29.56	33.93	38.44	43.04		48.25	5 / 1			
reaction time	0.156	interval		3.73	3.74	3.87	3.97		4.11	4.20	4.37	4.51	4.60	5.21			11.34	12.28	13.48
		velocity	7.58	9.38	9.36	9.04	8.82		8.52	8.33	8.01	7.76	7.61	7.68	8.29		9.26	8.55	7.79
H1 lead leg	L	strides	21	13	13	13	13		13	13	14	14	14	17	158				
Copello, Yasmani (TUR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 IAAF World Championships (Doha, QAT)																			
date	30-Sep-19	time	5.87	9.50	13.17	16.94	20.82		24.84	29.08	33.50	37.98	42.75		48.25	6 / 6			
reaction time	0.177	interval		3.63	3.67	3.77	3.88		4.02	4.24	4.42	4.48	4.77	5.50			11.07	12.14	13.67
		velocity	7.67	9.64	9.54	9.28	9.02		8.71	8.25	7.92	7.81	7.34	7.27	8.29		9.49	8.65	7.68
H1 lead leg	R	strides	20	13	13	13	13		13	13	14	14	15	18	159				
Rosser, Khalifah (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - FINAL - 2022 Prefontaine Classic (Eugene, OR) (TV Analysis)																			
date	05-Jun-22	time	5.67	9.23	12.97	16.77	20.67	22.38	24.73	28.93	33.40	37.97	42.70		48.25	6 / 1			
reaction time	0.166	interval		3.56	3.74	3.80	3.90		4.06	4.20	4.47	4.57	4.73	5.55			11.10	12.16	13.77
		velocity	7.94	9.83	9.36	9.21	8.97	8.94	8.62	8.33	7.83	7.66	7.40	7.21	8.29		9.46	8.63	7.63
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	14	15		143				
Happio, Wilfried (FRA) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Herculis Meeting International d'Athlétisme (Monaco, MON)																			
date	21-Jul-23	time	5.80	9.44	13.14	16.91	20.82		24.89	29.09	33.44	38.09	42.79		48.25	4 / 5			
reaction time	0.149	interval		3.64	3.70	3.77	3.91		4.07	4.20	4.35	4.65	4.70	5.46			11.11	12.18	13.70
		velocity	7.76	9.62	9.46	9.28	8.95		8.60	8.33	8.05	7.53	7.45	7.33	8.29		9.45	8.62	7.66

H1 lead leg	L	strides	20	13	13	13			13	13	15	15		115					
Taylor, Angelo (USA) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2000 ISTAF (Berlin, GER)																			
date	01-Sep-00	time	6.03	9.84	13.67	17.53	21.55		25.72	30.06	34.34	38.72	43.27		48.26				
reaction time		interval		3.81	3.83	3.86	4.02		4.17	4.34	4.28	4.38	4.55	4.99			11.50	12.53	13.21
		velocity	7.46	9.19	9.14	9.07	8.71		8.39	8.06	8.18	7.99	7.69	8.02		8.29	9.13	8.38	7.95
H1 lead leg		strides																	
Keita, Naman (FRA) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2004 Olympic Games (Athens, GRE)																			
date	26-Aug-04	time	6.00	9.62	13.46	17.26	21.41		25.50	29.68	33.99	38.32	42.92		48.26				
reaction time	0.268	interval		3.62	3.84	3.80	4.15		4.09	4.18	4.31	4.33	4.60	5.34			11.26	12.42	13.24
		velocity	7.50	9.67	9.11	9.21	8.43		8.56	8.37	8.12	8.08	7.61	7.49		8.29	9.33	8.45	7.93
H1 lead leg	R	strides	20	12	12	12	13		13	13	13	13	13	17		151			
Gordon, Jehue (TTO) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2009 IAAF World Championships (Berlin, GER)																			
date	18-Aug-09	time	6.04	9.76	13.60	17.40	21.32		25.36	29.59	33.96	38.44	43.00		48.26				
reaction time	0.172	interval		3.72	3.84	3.80	3.92		4.04	4.23	4.37	4.48	4.56	5.26		NR	11.36	12.19	13.41
		velocity	7.45	9.41	9.11	9.21	8.93		8.66	8.27	8.01	7.81	7.68	7.60		8.29	9.24	8.61	7.83
H1 lead leg	L	strides	21	13	13	13	13		13	13	13	14	14	17		157			
Greene, David (Dai) (GBR) (1986)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 IAAF World Championships (Daegu, KOR)																			
date	01-Sep-11	time	5.9	9.6	13.3	17.2	21.1		25.2	29.4	33.8	38.3	42.9		48.26				
reaction time	0.153	interval		3.7	3.7	3.9	3.9		4.1	4.2	4.4	4.5	4.6	5.4			11.30	12.20	13.50
		velocity	7.63	9.46	9.46	8.97	8.97		8.54	8.33	7.95	7.78	7.61	7.46		8.29	9.29	8.61	7.78
H1 lead leg	R	strides	21	14	14	14	14		14	15	15	15	15	18.5		169.5			
Stigler, Michael (USA) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 USATF Championships (Sacramento, CA) (TV Analysis)																			
date	25-Jun-17	time	6.10	9.79	13.58	17.38	21.31			29.89	34.20	38.55	43.07		48.26				
reaction time		interval		3.69	3.79	3.80	3.93			8.58	4.31	4.35	4.52	5.19		PB	11.28	12.51	13.18
		velocity	7.38	9.49	9.23	9.21	8.91			8.16	8.12	8.05	7.74	7.71		8.29	9.31	8.39	7.97
H1 lead leg	R	strides	22	13	13	13	13				15	15	15	18.2		137.2			
Samba, Abderrahmane (QAT) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Doha Diamond League (Doha, QAT) (TV Analysis)																			
date	28-May-21	time	5.87	9.71	13.61	17.58	21.59	23.3	25.66	29.99	34.27	38.60	42.91		48.26				
reaction time	0.153	interval		3.84	3.90	3.97	4.01		4.07	4.33	4.28	4.33	4.31	5.35			11.71	12.41	12.92
		velocity	7.67	9.11	8.97	8.82	8.73	8.58	8.60	8.08	8.18	8.08	8.12	7.48		8.29	8.97	8.46	8.13
H1 lead leg	R	strides	21	13	13	13			13	13	13	14	14	17		144			
Barr, Thomas (IRL) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																			
date	01-Aug-21	time	5.96	9.70	13.40	17.20	21.16		25.20	29.56		38.50	43.06		48.26				
reaction time	0.151	interval		3.74	3.70	3.80	3.96		4.04	4.36		8.94	4.56	5.20			11.24	12.36	13.50
		velocity	7.55	9.36	9.46	9.21	8.84		8.66	8.03		7.83	7.68	7.69		8.29	9.34	8.50	7.78
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	14	18		159			
McMaster, Kyron (IVB) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																			
date	01-Aug-21	time	5.95	9.63	13.46	17.30	21.36		25.40	29.60	33.97	38.40	42.98		48.26				
reaction time	0.179	interval		3.68	3.83	3.84	4.06		4.04	4.20	4.37	4.43	4.58	5.28			11.35	12.30	13.38
		velocity	7.56	9.51	9.14	9.11	8.62		8.66	8.33	8.01	7.90	7.64	7.58		8.29	9.25	8.54	7.85
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	17		159			
Valliant, Ludvy (FRA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 ISTAF (Berlin, GER) (TV Analysis)																			
date	04-Sep-22	time		5.88			21.04		25.08	29.40	33.84	38.40	43.04		48.26				
reaction time	0.120	interval					15.16		4.04	4.32	4.44	4.56	4.64	5.22		PB			13.64
		velocity	7.65				9.23		8.66	8.10	7.88	7.68	7.54	7.66		8.29			7.70
H1 lead leg	R	strides	21						13	14	14	14	14	17		107			
Happio, Wilfried (FRA) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Meeting de Paris (Paris, FRA)																			
date	09-Jun-23	time	5.76	9.37	13.06	16.85	20.77		24.79	28.96	33.32	38.00	42.81		48.26				
reaction time	0.156	interval		3.61	3.69	3.79	3.92		4.02	4.17	4.36	4.68	4.81	5.45			11.09	12.11	13.85
		velocity	7.81	9.70	9.49	9.23	8.93		8.71	8.39	8.03	7.48	7.28	7.34		8.29	9.47	8.67	7.58
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	18		159			
Bassitt, Trevor (USA) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 USATF National Championships (Eugene, OR) (TV Analysis)																			
date	09-Jul-23	time	5.94	9.64	13.38	17.18	21.15		25.25	29.49	33.80	38.30	43.01		48.26				
reaction time		interval		3.70	3.74	3.80	3.97		4.10	4.24	4.31	4.50	4.71	5.25			11.24	12.31	13.52
		velocity	7.58	9.46	9.36	9.21	8.82		8.54	8.25	8.12	7.78	7.43	7.62		8.29	9.34	8.53	7.77

H1 lead leg	R	strides	20	13	13	12	12		13	13	13	14	14	17	154				
Happio, Wilfried (FRA) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 London Athletics Meet (London, GBR)															<i>Omega Timing (2024) - diamond league race analysis</i>				
date	20-Jul-24	time	5.84	9.49	13.19	16.95	20.82		24.87	29.08	33.43	38.06	42.90		48.26	4 / 5			
reaction time	0.153	interval		3.65	3.70	3.76	3.87		4.05	4.21	4.35	4.63	4.84	5.36			11.11	12.13	13.82
		velocity	7.71	9.59	9.46	9.31	9.04		8.64	8.31	8.05	7.56	7.23	7.46	8.29		9.45	8.66	7.60
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	14	14	17.2	156.2				
Mägi, Rasmus (EST) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Memorial van damme (Brussels, BEL)															<i>Omega Timing (2024) - diamond league race analysis</i>				
date	14-Sep-24	time	5.88	9.62	13.45	17.25	21.27		25.38	29.57	33.93	38.40	42.97		48.26	8 / 3			
reaction time	0.160	interval		3.74	3.83	3.80	4.02		4.11	4.19	4.36	4.47	4.57	5.29			11.37	12.32	13.40
		velocity	7.65	9.36	9.14	9.21	8.71		8.52	8.35	8.03	7.83	7.66	7.56	8.29		9.23	8.52	7.84
H1 lead leg	R	strides	20	13	13	13	13		13	13	14	14	14	17	157				
Carter, James (USA) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2002 IAAF World Cup (Madrid, ESP)															<i>Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas</i>				
date	20-Sep-02	time	5.65	9.42	13.23	17.04	21.00		25.09	29.36	33.68	38.27	42.89		48.27	6 / 1			
reaction time	0.131	interval		3.77	3.81	3.81	3.96		4.09	4.27	4.32	4.59	4.62	5.38			11.39	12.32	13.53
		velocity	7.96	9.28	9.19	9.19	8.84		8.56	8.20	8.10	7.63	7.58	7.43	8.29		9.22	8.52	7.76
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	17.5	159.5				
Greene, David (Dai) (GBR) (1986)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2009 IAAF World Championships (Berlin, GER)															<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>				
date	16-Aug-09	time	6.05	9.79	13.65	17.51	21.54		25.66	29.94	34.24	38.62	43.10		48.27	4 / 2			
reaction time	0.156	interval		3.74	3.86	3.86	4.03		4.12	4.28	4.30	4.38	4.48	5.17	PB		11.46	12.43	13.16
		velocity	7.44	9.36	9.07	9.07	8.68		8.50	8.18	8.14	7.99	7.81	7.74	8.29		9.16	8.45	7.98
H1 lead leg		strides							14	14	15	15	15	18.7	91.7				
Valliant, Ludvy (FRA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)															<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>				
date	20-Aug-23	time	5.83	9.60	13.23	16.80	20.63		24.60	28.80	33.23	37.76	42.60		48.27	3 / 2			
reaction time	0.182	interval		3.77	3.63	3.57	3.83		3.97	4.20	4.43	4.53	4.84	5.67			10.97	12.00	13.80
		velocity	7.72	9.28	9.64	9.80	9.14		8.82	8.33	7.90	7.73	7.23	7.05	8.29		9.57	8.75	7.61
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	14	14	17.7	159.7				
Samba, Abderrahmane (QAT) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Herculis Meeting International d'Athlétisme (Monaco, MON)															<i>Omega Timing (2024) - diamond league race analysis</i>				
date	12-Jul-24	time	5.83	9.54	13.28	17.14	21.18		25.33	29.55	33.92	38.47	43.08		48.27	8 / 5			
reaction time	0.179	interval		3.71	3.74	3.86	4.04		4.15	4.22	4.37	4.55	4.61	5.19			11.31	12.41	13.53
		velocity	7.72	9.43	9.36	9.07	8.66		8.43	8.29	8.01	7.69	7.59	7.71	8.29		9.28	8.46	7.76
H1 lead leg	R	strides	21	13	13	13	13		13	13	13	13	14	17	156				
Warholm, Karsten (NOR) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT)															<i>Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships</i>				
date	28-Sep-19	time	5.73	9.33	13.00	16.74	20.60		24.68	28.91	33.24	37.88	42.61		48.28	4 / 1			
reaction time	0.154	interval		3.60	3.67	3.74	3.86		4.08	4.23	4.33	4.64	4.73	5.67			11.01	12.17	13.70
		velocity	7.85	9.72	9.54	9.36	9.07		8.58	8.27	8.08	7.54	7.40	7.05	8.29		9.54	8.63	7.66
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	17.2	158.2				
dos Santos, Alison Brendon (BRA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 IAAF World Championships (Doha, QAT)															<i>Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships</i>				
date	30-Sep-19	time	6.07	9.89	13.77	17.60	21.54		25.55	29.73	33.96	38.39	42.99		48.28	5 / 7			
reaction time	0.208	interval		3.82	3.88	3.83	3.94		4.01	4.18	4.23	4.43	4.60	5.29	AJR PB		11.53	12.13	13.26
		velocity	7.41	9.16	9.02	9.14	8.88		8.73	8.37	8.27	7.90	7.61	7.56	8.29		9.11	8.66	7.92
H1 lead leg	L	strides	20	13	13	12	12		13	13	13	14	14	16	153				
Allen, CJ (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis)															<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>				
date	30-Jun-22	time	5.86	9.64	13.46	17.38	21.34	22.98	25.38	29.54	33.84	38.22	42.86		48.28	3 / 2			
reaction time	0.138	interval		3.78	3.82	3.92	3.96		4.04	4.16	4.30	4.38	4.64	5.42			11.52	12.16	13.32
		velocity	7.68	9.26	9.16	8.93	8.84	8.70	8.66	8.41	8.14	7.99	7.54	7.38	8.29		9.11	8.63	7.88
H1 lead leg	L	strides	20	13	13	13	13		13	13	14	14	15	17.5	158.5				
Bassitt, Trevor (USA) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Meeting de Paris (Paris, FRA)															<i>Omega Timing (2023) - diamond league race analysis</i>				
date	09-Jun-23	time	5.69	9.35	13.18	17.09	21.13		25.19	29.34	33.69	38.22	42.87		48.28	4 / 3			
reaction time	0.164	interval		3.66	3.83	3.91	4.04		4.06	4.15	4.35	4.53	4.65	5.41			11.40	12.25	13.53
		velocity	7.91	9.56	9.14	8.95	8.66		8.62	8.43	8.05	7.73	7.53	7.39	8.29		9.21	8.57	7.76
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	14	17	155				
Allen, CJ (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Weltklasse (Zürich, SUI)															<i>Omega Timing (2023) - diamond league race analysis</i>				
date	31-Aug-23	time	5.64	9.23	12.94	16.74	20.64		24.63	28.73	33.07	37.63	42.36		48.28	3 / 4			
reaction time	0.141	interval		3.59	3.71	3.80	3.90		3.99	4.10	4.34	4.56	4.73	5.92			11.10	11.99	13.63
		velocity	7.98	9.75	9.43	9.21	8.97		8.77	8.54	8.06	7.68	7.40	6.76	8.29		9.46	8.76	7.70

H1 lead leg	L	strides	20	13		13	13	13		14	18	104								
Allen, CJ (USA) (1995)																				
FINAL - 2024 Herculis Meeting International d'Athlétisme (Monaco, MON)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Omega Timing (2024) - diamond league race analysis																				
date	12-Jul-24	time	5.77	9.48	13.28	17.11	21.03		25.09	29.26	33.61	38.10	42.80		48.28	2 / 6				
reaction time	0.160	interval		3.71	3.80	3.83	3.92		4.06	4.17	4.35	4.49	4.70	5.48			11.34	12.15	13.54	
		velocity	7.80	9.43	9.21	9.14	8.93		8.62	8.39	8.05	7.80	7.45	7.30	8.29		9.26	8.64	7.75	
H1 lead leg	L	strides	20	13	13	13	13		13		14	15	15	17.7	146.7					
Mori, Fabrizio (ITA) (1969)																				
Semi-Final 2 - 1999 IAAF World Championships (Sevilla, ESP)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Sanchez (1999) - Sevilla '99: análisis de la carreras con villas																				
date	25-Aug-99	time	5.78	9.51	13.31	17.21	21.10		25.14	29.39	33.74	38.12	42.64		48.29	5 / 2				
reaction time	0.164	interval		3.73	3.80	3.90	3.89		4.04	4.25	4.35	4.38	4.52	5.65			11.43	12.18	13.25	
		velocity	7.79	9.38	9.21	8.97	9.00		8.66	8.24	8.05	7.99	7.74	7.08	8.28		9.19	8.62	7.92	
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18	169					
Bassitt, Trevor (USA) (1998)																				
Semi-Final 1 - 2024 Olympic Games (Paris, FRA)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Paris 2024 Olympic Games - Results Book (2024)																				
date	07-Aug-24	time	5.87	9.59	13.38	17.14	21.04		25.08	29.25	33.57	38.19	42.88		48.29	2 / 4				
reaction time	0.182	interval		3.72	3.79	3.76	3.90		4.04	4.17	4.32	4.62	4.69	5.41			11.27	12.11	13.63	
		velocity	7.67	9.41	9.23	9.31	8.97		8.66	8.39	8.10	7.58	7.46	7.39	8.28		9.32	8.67	7.70	
H1 lead leg	R	strides	20			13	13		13	13	13	14	14	16.5	129.5					
Robinson, Rohan (AUS) (1971)																				
FINAL - 1996 Olympic Games (Atlanta, GA)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Behm (1996) - 400m haies																				
date	01-Aug-96	time	6.0	9.7	13.5	17.3	21.3		25.3	29.5	33.8	38.3	43.0		48.30	8 / 5				
reaction time	0.283	interval		3.7	3.8	3.8	4.0		4.0	4.2	4.3	4.5	4.7	5.30			11.30	12.20	13.50	
		velocity	7.50	9.46	9.21	9.21	8.75		8.75	8.33	8.14	7.78	7.45	7.55	8.28		9.29	8.61	7.78	
H1 lead leg		strides	21	14	14	14	14		14	14	15	15	15		150					
McFarlane, Danny (JAM) (1972)																				
FINAL - 2003 IAAF World Championships (Paris, FRA)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Behm (2003) - Paris 2003:Le quatrache masculn - féminin																				
date	29-Aug-03	time	5.9	9.6	13.5	17.3	21.2		25.3	29.6	33.9	38.5	43.1		48.30	7 / 4				
reaction time	0.165	interval		3.7	3.9	3.8	3.9		4.1	4.3	4.3	4.6	4.6	5.20	PB		11.40	12.30	13.50	
		velocity	7.63	9.46	8.97	9.21	8.97		8.54	8.14	8.14	7.61	7.61	7.69	8.28		9.21	8.54	7.78	
H1 lead leg	L	strides	21	13	13	13	13		14	14	14	15	15	18	163					
McFarlane, Danny (JAM) (1972)																				
FINAL - 2008 Olympic Games (Beijing, CHN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Behm (2008)- Pekin 2008: Le quatrache masculin - féminin																				
date	18-Aug-08	time	5.8	9.4	13.2	17.0	20.8		24.9	29.2	33.5	38.0	42.8		48.30	5 / 4				
reaction time	0.213	interval		3.6	3.8	3.8	3.8		4.1	4.3	4.3	4.5	4.8	5.50			11.20	12.20	13.60	
		velocity	7.76	9.72	9.21	9.21	9.21		8.54	8.14	8.14	7.78	7.29	7.27	8.28		9.38	8.61	7.72	
H1 lead leg	R	strides	21	13	13	13	13		14	14	14	15	15	17	162					
Holmes, TJ (USA) (1995)																				
FINAL - 2018 Meeting de Paris (Paris, FRA) (TV Analysis)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Henson (2020) - Athlete First: 2018 year end hurdle report																				
date	30-Jun-18	time	5.96	9.60	13.32	17.12	21.04	22.8	25.16	29.48	33.92	38.56	43.12		48.30	4 / 4				
reaction time	0.230	interval		3.64	3.72	3.80	3.92		4.12	4.32	4.44	4.64	4.56	5.18	PB		11.16	12.36	13.64	
		velocity	7.55	9.62	9.41	9.21	8.93	8.77	8.50	8.10	7.88	7.54	7.68	7.72	8.28		9.41	8.50	7.70	
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	14	17	158					
Valliant, Ludvy (FRA) (1995)																				
FINAL - 2019 Meeting de Paris (Paris, FRA) (TV Analysis)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Henson (2020) - Athlete First: 2019 year end hurdle report																				
date	24-Aug-19	time	5.86	9.48	13.18	16.94	20.80	22.5	24.88	29.12	33.52	38.14	42.86		48.30	2 / 2				
reaction time	0.155	interval		3.62	3.70	3.76	3.86		4.08	4.24	4.40	4.62	4.72	5.44	PB		11.08	12.18	13.74	
		velocity	7.68	9.67	9.46	9.31	9.07	8.89	8.58	8.25	7.95	7.58	7.42	7.35	8.28		9.48	8.62	7.64	
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	14	14	18	160					
Rosser, Khalifah (USA) (1995)																				
FINAL - 2022 Silesia Kamila Skolimowska Memorial (Chorzów, POL) (TV Analysis)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Henson (2022) - Athlete First: 2022 year end hurdle report																				
date	06-Aug-22	time	5.87	9.53	13.33	17.17	21.16	22.84		29.36	33.73	38.23	42.86		48.30	4 / 2				
reaction time	0.177	interval		3.66	3.80	3.84	3.99		8.20	4.37	4.50	4.63	5.44				11.30	12.19	13.50	
		velocity	7.67	9.56	9.21	9.11	8.77	8.76		8.54	8.01	7.78	7.56	7.35	8.28		9.29	8.61	7.78	
H1 lead leg	R	strides	21	13	13		13				14	14	14	18	120					
Mägi, Rasmus (EST) (1992)																				
Semi-Final 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Henson (2023) - Athlete First: 2023 year end hurdle report																				
date	21-Aug-23	time	6.07	10.03	13.77	17.53	21.43		25.50	29.68	34.03		43.13		48.30	7 / 2				
reaction time	0.180	interval		3.96	3.74	3.76	3.90		4.07	4.18	4.35		9.10	5.17			11.46	12.15	13.45	
		velocity	7.41	8.84	9.36	9.31	8.97		8.60	8.37	8.05		7.69	7.74	8.28		9.16	8.64	7.81	
H1 lead leg	R	strides	21	13	13	13	13		13	13	14			17.5	130.5					
Samba, Abderrahmane (QAT) (1995)																				
FINAL - 2017 North-West University Pukke Invitational (Sasolburg, RSA) (TV Analysis)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Henson (2020) - Athlete First: 2017 year end hurdle report																				
date	28-Mar-17	time	5.92	9.60	13.32	17.12	21.00		25.08	29.40	33.84	38.44	43.00		48.31	5 / 1				
reaction time		interval		3.68	3.72	3.80	3.88		4.08	4.32	4.44	4.60	4.56	5.31	PB		11.20	12.28	13.60	
		velocity	7.60	9.51	9.41	9.21	9.02		8.58	8.10	7.88	7.61	7.68	7.53	8.28		9.38	8.55	7.72	

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

H1 lead leg	strides	13	13	13	13	13	13	13	13	13	13	117							
Carter, James (USA) (1978)																			
FINAL - 2007 IAAF World Athletics Final (Stuttgart, GER)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Graubner (2007) - http://www.fgs.uni-halle.de																			
date	22-Sep-07	time	6.00	9.52	13.35	17.14	21.18	25.30	29.54	33.92	38.52	43.16		48.36	5 / 3				
reaction time	0.132	interval		3.52	3.83	3.79	4.04	4.12	4.24	4.38	4.60	4.64	5.20			11.14	12.40	13.62	
		velocity	7.50	9.94	9.14	9.23	8.66	8.50	8.25	7.99	7.61	7.54	7.69	8.27		9.43	8.47	7.71	
H1 lead leg	strides																		
Clement, Kerron (USA) (1985)																			
FINAL - 2008 USA Olympic Trials (Eugene, OR)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
USATF Hurdle Development (2008)																			
date	29-Jun-08	time	6.04	9.78	13.55	17.50	21.60	25.74	30.03	34.45	38.87	43.43		48.36	5 / 2				
reaction time		interval		3.74	3.77	3.95	4.10	4.14	4.29	4.42	4.42	4.56	4.93			11.46	12.53	13.40	
		velocity	7.45	9.36	9.28	8.86	8.54	8.45	8.16	7.92	7.92	7.68	8.11	8.27		9.16	8.38	7.84	
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	13	15	139						
Mägi, Rasmus (EST) (1992)																			
Semi-Final 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Henson (2024) - Athlete First: 2021 year end hurdle report																			
date	01-Aug-21	time	5.96	9.66	13.36	17.20	21.16	25.23	29.53	33.94	38.50	43.13		48.36	6 / 2				
reaction time	0.156	interval		3.70	3.70	3.84	3.96	4.07	4.30	4.41	4.56	4.63	5.23	NR PB		11.24	12.33	13.60	
		velocity	7.55	9.46	9.46	9.11	8.84	8.60	8.14	7.94	7.68	7.56	7.65	8.27		9.34	8.52	7.72	
H1 lead leg	R	strides	20	13	13	13	13	13	13	14	14	14	17	157					
Allen, CJ (USA) (1995)																			
Heat 4 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Henson (2023) - Athlete First: 2023 year end hurdle report																			
date	20-Aug-23	time	5.90	9.73	13.50	17.36	21.13	25.17		33.70	38.23	42.90		48.36	9 / 2				
reaction time	0.167	interval		3.83	3.77	3.86	3.77	4.04		8.53	4.53	4.67	5.46			11.46			
		velocity	7.63	9.14	9.28	9.07	9.28	8.66		8.21	7.73	7.49	7.33	8.27		9.16			
H1 lead leg	L	strides	20	13	13	13	13	13			14	14	17	130					
Toyoda, Ken (JPN) (2002)																			
FINAL - 2024 Seiko Golden Grand Prix (Tokyo, JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season																			
date	19-May-24	time	5.94	9.74	13.61	17.58	21.64	25.73	29.90	34.20	38.59	43.16		48.36	8 / 1				
reaction time	0.177	interval		3.80	3.87	3.97	4.06	4.09	4.17	4.30	4.39	4.57	5.20	PB		11.64	12.32	13.26	
		velocity	7.58	9.21	9.04	8.82	8.62	8.56	8.39	8.14	7.97	7.66	7.69	8.27		9.02	8.52	7.92	
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	15	15	18	159					
Agyekum, Emil (GER) (1999)																			
Semi-Final 3 - 2024 European Athletics Championships (Roma, ITA)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
European Athletics (2024) - 2024 european athletics championships - results book																			
date	10-Jun-24	time	5.97	9.68	13.53	17.35	21.24	25.26	29.33	33.67	38.27	42.94		48.36	6 / 4				
reaction time	0.197	interval		3.71	3.85	3.82	3.89	4.02	4.07	4.34	4.60	4.67	5.42	PB		11.38	11.98	13.61	
		velocity	7.54	9.43	9.09	9.16	9.00	8.71	8.60	8.06	7.61	7.49	7.38	8.27		9.23	8.76	7.71	
H1 lead leg	L	strides	20	13	13	13	13	13	13	14	14	14	17.7	157.7					
Graham, Winthrop (JAM) (1965)																			
Semi-Final 2 - 1988 Olympic Games (Seoul, KOR)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988																			
date	24-Sep-88	time	6.00	9.85	13.77	17.72	21.70	25.78	29.95	34.27	38.74	43.32		48.37	6 / 2				
reaction time		interval		3.85	3.92	3.95	3.98	4.08	4.17	4.32	4.47	4.58	5.05			11.72	12.23	13.37	
		velocity	7.50	9.09	8.93	8.86	8.79	8.58	8.39	8.10	7.83	7.64	7.92	8.27		8.96	8.59	7.85	
H1 lead leg		strides	21	14	14	13	13	14	14	14	14	15	17.5	163.5					
James-King, Malik (JAM) (1999)																			
FINAL - 2024 Meeting de Paris (Paris, FRA)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Omega Timing (2024) - diamond league race analysis																			
date	07-Jul-24	time	5.92	9.69	13.44	17.28	21.34	25.42	29.60	34.00	38.39	42.89		48.37	7 / 3				
reaction time	0.172	interval		3.77	3.75	3.84	4.06	4.08	4.18	4.40	4.39	4.50	5.48			11.36	12.32	13.29	
		velocity	7.60	9.28	9.33	9.11	8.62	8.58	8.37	7.95	7.97	7.78	7.30	8.27		9.24	8.52	7.90	
H1 lead leg	R	strides	22	14	14	14	14	14	15	15	15	15	18	170					
Happio, Wilfried (FRA) (1998)																			
FINAL - 2024 Herculis Meeting International d'Athlétisme (Monaco, MON)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Omega Timing (2024) - diamond league race analysis																			
date	12-Jul-24	time	5.92	9.61	13.35	17.12	21.02	25.11	29.31	33.68	38.36	43.06		48.37	1 / 7				
reaction time	0.161	interval		3.69	3.74	3.77	3.90	4.09	4.20	4.37	4.68	4.70	5.31			11.20	12.19	13.75	
		velocity	7.60	9.49	9.36	9.28	8.97	8.56	8.33	8.01	7.48	7.45	7.53	8.27		9.38	8.61	7.64	
H1 lead leg	L	strides	20	13	13	13	13	13		13	14	14	17.2	143.2					
Moses, Edwin (USA) (1955)																			
Semi-Final 2 - 1987 IAAF World Championships (Rome, ITA)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Sušanka (1990) - time analysis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)																			
date	31-Aug-87	time	5.92	9.61	13.37	17.17	21.14	25.26	29.47	33.82	38.37	43.07		48.38	6 / 1				
reaction time		interval		3.69	3.76	3.80	3.97	4.12	4.21	4.35	4.55	4.70	5.31			11.25	12.30	13.60	
		velocity	7.60	9.49	9.31	9.21	8.82	8.50	8.31	8.05	7.69	7.45	7.53	8.27		9.33	8.54	7.72	
H1 lead leg	L	strides	19	13	13	13	13	13	13	13	13	13	16	152					
Matete, Samuel (ZAM) (1968)																			
FINAL - 2000 ISTAF (Berlin, GER)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Graubner (2009) - http://www.fgs.uni-halle.de																			
date	01-Sep-00	time	6.21	10.08	13.98	17.92	21.90	25.98	30.18	34.41	38.78	43.26		48.38	/ 2				
reaction time		interval		3.87	3.90	3.94	3.98	4.08	4.20	4.23	4.37	4.48	5.12			11.71	12.26	13.08	
		velocity	7.25	9.04	8.97	8.88	8.79	8.58	8.33	8.27	8.01	7.81	7.81	8.27		8.97	8.56	8.03	

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	14	14	13	14		14	14	14	15	15	18.2	167.2				
Abuaku, Joshua (GER) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)			<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																
date	21-Aug-23	time	5.90	9.68	13.31	16.92	20.79		24.83	29.19	33.63		43.01		48.39	8 / 4			
reaction time	0.179	interval		3.78	3.63	3.61	3.87		4.04	4.36	4.44		9.38	5.38			11.02	12.27	13.82
		velocity	7.63	9.26	9.64	9.70	9.04		8.66	8.03	7.88		7.46	7.43	8.27		9.53	8.56	7.60
H1 lead leg	L	strides	20	13	13	13	13		13	14	14			18	131				
Allen, CJ (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Seashore Doha Meeting (Doha, QAT)			<i>Omega Timing (2024) - diamond league race analysis</i>																
date	10-May-24	time	5.63	9.27	12.97	16.79	20.72		24.73	28.87	33.28	37.87	42.66		48.39	6 / 2			
reaction time	0.139	interval		3.64	3.70	3.82	3.93		4.01	4.14	4.41	4.59	4.79	5.73			11.16	12.08	13.79
		velocity	7.99	9.62	9.46	9.16	8.91		8.73	8.45	7.94	7.63	7.31	6.98	8.27		9.41	8.69	7.61
H1 lead leg	L	strides	20	13	13	13	13		13	13	14	14	15	17.5	158.5				
Mori, Fabrizio (ITA) (1969)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2000 Olympic Games (Sydney, AUS)			<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																
date	25-Sep-00	time	6.14	10.10	13.90	17.82	21.82	23.42	25.98	30.14	34.50	38.90	43.34		48.40	4 / 2			
reaction time		interval		3.96	3.80	3.92	4.00		4.16	4.16	4.36	4.40	4.44	5.06			11.68	12.32	13.20
		velocity	7.33	8.84	9.21	8.93	8.75	8.54	8.41	8.41	8.03	7.95	7.88	7.91	8.26		8.99	8.52	7.95
H1 lead leg		strides	22	14	14	14	14		14	14	15	15	15	19	170				
Horbenko, Hennadiy (UKR) (1975)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2000 Olympic Games (Sydney, AUS)			<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																
date	25-Sep-00	time	5.94	9.86	13.70	17.62	21.82	23.10	25.62	29.66	34.10	38.50	43.18		48.40	5 / 3			
reaction time	0.478	interval		3.92	3.84	3.92	4.20		3.80	4.04	4.44	4.40	4.68	5.22	PB		11.68	12.04	13.52
		velocity	7.58	8.93	9.11	8.93	8.33	8.66	9.21	8.66	7.88	7.95	7.48	7.66	8.26		8.99	8.72	7.77
H1 lead leg		strides	21	13	13	13	13		13	13	14	14	14	17.4	158.4				
Gorban, Boris (RUS) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2001 IAAF World Championships (Edmonton, CAN)			<i>Behm (2001) - Edmonton: Le quatrache: les finales</i>																
date	10-Aug-01	time	5.9	9.8	13.7	17.7	21.6		25.5	29.5	33.8	38.3	42.9		48.40	2 / 5			
reaction time	0.176	interval		3.9	3.9	4.0	3.9		3.9	4.0	4.3	4.5	4.6	5.50	DQ		11.80	11.80	13.40
		velocity	7.63	8.97	8.97	8.75	8.97		8.97	8.75	8.14	7.78	7.61	7.27	8.26		8.90	8.90	7.84
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	14	14	17.5	156.5				
Narisako, Kenji (JPN) (1984)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2005 Seiko Super Grand Prix (Yokohama, JPN)			<i>Yasunori (2006) - race pattern analysis of top Japanese 400m hurdlers</i>																
date	19-Sep-05	time	6.08	9.81	13.68	17.56	21.51		25.56	29.88	34.23	38.67	43.22		48.40	/ 2			
reaction time		interval		3.73	3.87	3.88	3.95		4.05	4.32	4.35	4.44	4.55	5.18			11.48	12.32	13.34
		velocity	7.40	9.38	9.04	9.02	8.86		8.64	8.10	8.05	7.88	7.69	7.72	8.26		9.15	8.52	7.87
H1 lead leg		strides		13	13	13	13		13	14	14	15	15		123				
Carter, James (USA) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 IAAF World Championships (Osaka, JPN)			<i>Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers</i>																
date	28-Aug-07	time	5.76	9.45	13.19	17.04	21.04		25.18	29.40	33.65	38.14	42.84		48.40	6 / 4			
reaction time	0.152	interval		3.69	3.74	3.85	4.00		4.14	4.22	4.25	4.49	4.70	5.56			11.28	12.36	13.44
		velocity	7.81	9.49	9.36	9.09	8.75		8.45	8.29	8.24	7.80	7.45	7.19	8.26		9.31	8.50	7.81
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	17.7	159.7				
Clement, Kerron (USA) (1985)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 London Anniversary Games (London, GBR) (TV Analysis)			<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																
date	23-Jul-16	time	5.92	9.68	13.44	17.28	21.36		25.64	29.96	34.36	38.76	43.28		48.40	7 / 1			
reaction time	0.164	interval		3.76	3.76	3.84	4.08		4.28	4.32	4.40	4.40	4.52	5.12			11.36	12.68	13.32
		velocity	7.60	9.31	9.31	9.11	8.58		8.18	8.10	7.95	7.95	7.74	7.81	8.26		9.24	8.28	7.88
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16	153				
McMaster, Kyron (IVB) (1997)			H1	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)			<i>Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships</i>																
date	28-Sep-19	time	5.88	9.76	13.51	17.29	21.19		25.24	29.42	33.85	38.35	42.97		48.40	5 / 3			
reaction time	0.229	interval		3.88	3.75	3.78	3.90		4.05	4.18	4.43	4.50	4.62	5.43			11.41	12.13	13.55
		velocity	7.65	9.02	9.33	9.26	8.97		8.64	8.37	7.90	7.78	7.58	7.37	8.26		9.20	8.66	7.75
H1 lead leg	L	strides	21	13	13	13	13		13	13	14	14	14	18	159				
Mägi, Rasmus (EST) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	17-Jul-22	time	5.93	9.70	13.53	17.33	21.27	23.00	25.33	29.67	33.97	38.46	43.07		48.40	4 / 3			
reaction time	0.137	interval		3.77	3.83	3.80	3.94		4.06	4.34	4.30	4.49	4.61	5.33			11.40	12.34	13.40
		velocity	7.59	9.28	9.14	9.21	8.88	8.70	8.62	8.06	8.14	7.80	7.59	7.50	8.26		9.21	8.51	7.84
H1 lead leg	R	strides	21	13	13	13	13		13	13	14	14	14	17.5	158.5				
Mori, Fabrizio (ITA) (1969)			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)			<i>Behm (1996) - 400m haies</i>																
date	01-Aug-96	time	6.0		14.0	17.9	21.9		26.0	30.1	34.4	38.8	43.4		48.41	7 / 6			
reaction time	0.192	interval		4.0	4.0	3.9	4.0		4.1	4.1	4.3	4.4	4.6	5.01			11.90	12.20	13.30
		velocity	7.50	8.75	8.75	8.97	8.75		8.54	8.54	8.14	7.95	7.61	7.98	8.26		8.82	8.61	7.89

H1 lead leg	strides	21	14	14	14	14	14	14	15	15	15	150							
de Araújo, Eronilde (BRA) (1970)																			
Semi-Final 2	- 1999 IAAF World Championships (Sevilla, ESP)																		
date	25-Aug-99	time	5.70	9.47	13.28	17.09	21.07	25.09	29.28	33.57	38.04	42.68	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
														48.41	6 / 3				
reaction time	0.174	interval	3.77	3.81	3.81	3.98	4.02	4.19	4.29	4.47	4.64	5.73				11.39	12.19	13.40	
		velocity	7.89	9.28	9.19	9.19	8.79	8.71	8.35	8.16	7.83	7.54	6.98	8.26		9.22	8.61	7.84	
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	14	14	17.5	159.5					
Kishimoto, Takayuki (JPN) (1990)																			
FINAL	- 2012 Japanese National Championships (Osaka, JPN)																		
date	09-Jun-12	time	5.76	9.43	13.25	17.15	21.25	25.49	29.74	34.16	38.66	43.28	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
														48.41	5 / 1				
reaction time		interval	3.67	3.82	3.90	4.10	4.24	4.25	4.42	4.50	4.62	5.13		PB		11.39	12.59	13.54	
		velocity	7.81	9.54	9.16	8.97	8.54	8.25	8.24	7.92	7.78	7.58	7.80	8.26		9.22	8.34	7.75	
H1 lead leg	R	strides	21	13	13	13	13	14	14	15	15	15	18	164					
Januszewski, Paweł (POL) (1972)																			
Semi-Final 1	- 2000 Olympic Games (Sydney, AUS)																		
date	25-Sep-00	time	6.02	9.86	13.70	17.62	21.58	23.14	25.70	29.94	34.26	38.66	43.22	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
															48.42	7 / 4			
reaction time	0.244	interval	3.84	3.84	3.92	3.96	4.12	4.24	4.32	4.40	4.56	5.20				11.60	12.32	13.28	
		velocity	7.48	9.11	9.11	8.93	8.84	8.64	8.50	8.25	8.10	7.95	7.68	7.69	8.26	9.05	8.52	7.91	
H1 lead leg		strides	22	14	14	14	14	14	14	15	15	15	18.2	169.2					
Carter, James (USA) (1978)																			
FINAL	- 2005 Osaka Grand Prix (Osaka, JPN)																		
date	07-May-05	time	5.77	9.47	13.21	17.13	21.23	25.48	29.82	34.26	38.71	43.25	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
														48.42	1 / 1				
reaction time		interval	3.70	3.74	3.92	4.10	4.25	4.34	4.44	4.45	4.54	5.17				11.36	12.69	13.43	
		velocity	7.80	9.46	9.36	8.93	8.54	8.24	8.06	7.88	7.87	7.71	7.74	8.26		9.24	8.27	7.82	
H1 lead leg		strides	13	13	13	13	14	14	14	14	14	14	122						
Taylor, Angelo (USA) (1978)																			
FINAL	- 2008 USA Olympic Trials (Eugene, OR)																		
date	29-Jun-08	time	6.07	9.71	13.43	17.40	21.67	25.96	30.28	34.64	39.02	43.47	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
														48.42	3 / 3				
reaction time		interval	3.64	3.72	3.97	4.27	4.29	4.32	4.36	4.38	4.45	4.95				11.33	12.88	13.19	
		velocity	7.41	9.62	9.41	8.82	8.20	8.16	8.10	8.03	7.99	7.87	8.08	8.26		9.27	8.15	7.96	
H1 lead leg	L	strides	21	13	13	13	14	14	14	14	14	14	144						
van Zyl, L.J. (RSA) (1985)																			
FINAL	- 2008 Olympic Games (Beijing, CHN)																		
date	18-Aug-08	time	5.7	9.6	13.3	17.5	21.6	25.7	29.9	34.2	38.6	43.3	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
														48.42	8 / 5				
reaction time	0.253	interval	3.9	3.7	4.2	4.1	4.1	4.2	4.3	4.4	4.7	5.12				11.80	12.40	13.40	
		velocity	7.89	8.97	9.46	8.33	8.54	8.54	8.33	8.14	7.95	7.45	7.81	8.26		8.90	8.47	7.84	
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	18	170					
Iakovákis, Periklís (GRE) (1979)																			
FINAL	- 2009 IAAF World Championships (Berlin, GER)																		
date	18-Aug-09	time	6.17	9.89	13.67	17.55	21.57	25.71	29.94	34.24	38.63	43.15	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
														48.42	7 / 5				
reaction time	0.189	interval	3.72	3.78	3.88	4.02	4.14	4.23	4.30	4.39	4.52	5.27				11.38	12.39	13.21	
		velocity	7.29	9.41	9.26	9.02	8.71	8.45	8.27	8.14	7.97	7.74	7.59	8.26		9.23	8.47	7.95	
H1 lead leg	R	strides	21	13	13	13	13	14	14	14	14	15	18.5	162.5					
Copello, Yasmani (TUR) (1987)																			
Heat 2	- 2016 European Championships (Amsterdam, NED) (TV Analysis)																		
date	07-Jul-16	time	5.84	9.48	13.28	17.28	21.20	25.08	29.28	33.64	38.16	42.80	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
														48.42	5 / 1				
reaction time	0.173	interval	3.64	3.80	4.00	3.92	3.88	4.20	4.36	4.52	4.64	5.62		NR PB		11.44	12.00	13.52	
		velocity	7.71	9.62	9.21	8.75	8.93	9.02	8.33	8.03	7.74	7.54	7.12	8.26		9.18	8.75	7.77	
H1 lead leg	R	strides	20	13	13	13	13	13	14	14	14	14	18	159					
Kendziera, Dave (USA) (1994)																			
FINAL	- 2018 NCAA Championships (Eugene, OR) (TV Analysis)																		
date	08-Jun-18	time	5.86		13.43	17.20	21.03	25.06		38.43	43.03		Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
														48.42	3 / 3				
reaction time		interval		7.57	3.77	3.83	4.03			13.37	4.60	5.39		PB		11.34			
		velocity	7.68	9.25	9.28	9.14	8.68			7.85	7.61	7.42	8.26			9.26			
H1 lead leg	R	strides			13	13	13	13			15	19	73						
dos Santos, Alison Brendon (BRA) (1994)																			
Heat 1	- 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																		
date	30-Jul-21	time	5.82	9.50	13.40	17.38	21.42	25.60	29.90	34.26	38.75	43.26	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
														48.42	6 / 2				
reaction time	0.152	interval	3.68	3.90	3.98	4.04	4.18	4.30	4.36	4.49	4.51	5.16				11.56	12.52	13.36	
		velocity	7.73	9.51	8.97	8.79	8.66	8.37	8.14	8.03	7.80	7.76	7.75	8.26		9.08	8.39	7.86	
H1 lead leg	L	strides	20	13	13	12	12	13	13	13	13	13	16	151					
Warholm, Karsten (NOR) (1996)																			
FINAL	- 2022 World Athletics Championships (Eugene, OR)																		
date	19-Jul-22	time	5.71	9.19	12.71	16.32	19.99	21.50	23.81	27.96	32.48	37.35	42.38	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
														48.42	4 / 7				
reaction time	0.140	interval	3.48	3.52	3.61	3.67	3.82	4.15	4.52	4.87	5.03	6.04				10.61	11.64	14.42	
		velocity	7.88	10.06	9.94	9.70	9.54	9.30	9.16	8.43	7.74	7.19	6.96	6.62	8.26	9.90	9.02	7.28	

H1 lead leg	L	strides	20	13	13	13	13	13	13	15	15	15	18.5	161.5					
Happio, Wilfried (FRA) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Weltklasse (Zürich, SUI)			<i>Omega Timing (2023) - diamond league race analysis</i>																
date	31-Aug-23	time	6.09	9.69	13.37	17.16	21.08		25.15	29.33	33.73	38.35	43.05		48.42	2 / 5			
reaction time	0.469	interval		3.60	3.68	3.79	3.92		4.07	4.18	4.40	4.62	4.70	5.37			11.07	12.17	13.72
		velocity	7.39	9.72	9.51	9.23	8.93		8.60	8.37	7.95	7.58	7.45	7.45	8.26		9.49	8.63	7.65
H1 lead leg	L	strides	20	13			13		13	13			15	17.2	104.2				
Bassitt, Trevor (USA) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Prefontaine Classic (Eugene, OR)			<i>Omega Timing (2023) - diamond league race analysis</i>																
date	16-Sep-23	time	5.89	9.70	13.54	17.53	21.61		25.76	29.99	34.34	38.81	43.29		48.42	8 / 8			
reaction time	0.154	interval		3.81	3.84	3.99	4.08		4.15	4.23	4.35	4.47	4.48	5.13			11.64	12.46	13.30
		velocity	7.64	9.19	9.11	8.77	8.58		8.43	8.27	8.05	7.83	7.81	7.80	8.26		9.02	8.43	7.89
H1 lead leg	R	strides	20	13	13	13	13		13	13	13				111				
Agyekum, Emil (GER) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 European Athletics Championships (Roma, ITA)			<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																
date	11-Jun-24	time	5.93	9.60	13.34	17.23	21.15		25.19	29.34	33.74	38.40	43.05		48.42	3 / 6			
reaction time	0.179	interval		3.67	3.74	3.89	3.92		4.04	4.15	4.40	4.66	4.65	5.37			11.30	12.11	13.71
		velocity	7.59	9.54	9.36	9.00	8.93		8.66	8.43	7.95	7.51	7.53	7.45	8.26		9.29	8.67	7.66
H1 lead leg	L	strides	20	13	13		13		13	13	14	14	15	17.5	145.5				
Happio, Wilfried (FRA) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2024 Olympic Games (Paris, FRA)			<i>Paris 2024 Olympic Games - Results Book (2024)</i>																
date	05-Aug-24	time	5.73	9.30	12.95	16.73	20.67		24.74	29.06	33.56	38.39	43.07		48.42	7 / 3			
reaction time	0.152	interval		3.57	3.65	3.78	3.94		4.07	4.32	4.50	4.83	4.68	5.35			11.00	12.33	14.01
		velocity	7.85	9.80	9.59	9.26	8.88		8.60	8.10	7.78	7.25	7.48	7.48	8.26		9.55	8.52	7.49
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	17.7	158.7				
Nylander, Sven (SWE) (1962)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1990 European Championships (Split, YUG)			<i>Behm (1995) - la tactique du 400 haies</i>																
date	29-Aug-90	time	6.1	9.8	13.6	17.5	21.5		25.6	29.9	34.4	38.8	43.3		48.43	6 / 2			
reaction time		interval		3.7	3.8	3.9	4.0		4.1	4.3	4.5	4.4	4.5	5.13			11.40	12.40	13.40
		velocity	7.38	9.46	9.21	8.97	8.75		8.54	8.14	7.78	7.95	7.78	7.80	8.26		9.21	8.47	7.84
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	14	17.2	155.2				
Mužik, Jiri (CZE) (1976)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2002 European Championships (Munich, GER)			<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																
date	09-Aug-02	time	6.08	9.90	13.80	17.75	21.76		25.80	29.90	34.18	38.60	43.12		48.43	1 / 2			
reaction time	0.160	interval		3.82	3.90	3.95	4.01		4.04	4.10	4.28	4.42	4.52	5.31			11.67	12.15	13.22
		velocity	7.40	9.16	8.97	8.86	8.73		8.66	8.54	8.18	7.92	7.74	7.53	8.26		9.00	8.64	7.94
H1 lead leg		strides		14	14	14	14		14	14	14	15	15						
Culson, Javier (PUR) (1984)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2009 IAAF World Championships (Berlin, GER)			<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																
date	16-Aug-09	time	5.91	9.55	13.32	17.22	21.25		25.35	29.56	33.88	38.38	43.06		48.43	5 / 3			
reaction time	0.176	interval		3.64	3.77	3.90	4.03		4.10	4.21	4.32	4.50	4.68	5.37			11.31	12.34	13.50
		velocity	7.61	9.62	9.28	8.97	8.68		8.54	8.31	8.10	7.78	7.48	7.45	8.26		9.28	8.51	7.78
H1 lead leg	L	strides		13	13	13	13		13	13	13	14	14	17	136				
Sibilio, Alessandro (ITA) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)			<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																
date	21-Aug-23	time	5.99	9.94		17.55	21.45			29.83	34.30		43.79		48.43	2 / 5			
reaction time	0.152	interval		3.95		7.61	3.90			8.38	4.47		9.49	4.64			11.56	12.28	13.96
		velocity	7.51	8.86		9.20	8.97			8.35	7.83		7.38	8.62	8.26		9.08	8.55	7.52
H1 lead leg	R	strides	21	13			13				15			18	80				
Mägi, Rasmus (EST) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2024 European Athletics Championships (Roma, ITA)			<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																
date	10-Jun-24	time	5.88	9.54	13.41	17.32	21.30		25.44	29.60	33.91	38.55	43.17		48.43	7 / 1			
reaction time	0.185	interval		3.66	3.87	3.91	3.98		4.14	4.16	4.31	4.64	4.62	5.26			11.44	12.28	13.57
		velocity	7.65	9.56	9.04	8.95	8.79		8.45	8.41	8.12	7.54	7.58	7.60	8.26		9.18	8.55	7.74
H1 lead leg	R	strides	20	13	13	13	13		13	13	14	14	14	17	157				
Sibilio, Alessandro (ITA) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2024 Olympic Games (Paris, FRA)			<i>Paris 2024 Olympic Games - Results Book (2024)</i>																
date	05-Aug-24	time	5.93	9.72	13.56	17.48	21.44		25.54	29.83	34.27	38.82	43.36		48.43	4 / 4			
reaction time	0.157	interval		3.79	3.84	3.92	3.96		4.10	4.29	4.44	4.55	4.54	5.07			11.55	12.35	13.53
		velocity	7.59	9.23	9.11	8.93	8.84		8.54	8.16	7.88	7.69	7.71	7.89	8.26		9.09	8.50	7.76
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	15	15	18	162				
Januszewski, Paweł (POL) (1972)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2000 Olympic Games (Sydney, AUS)			<i>Dittrilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																
date	27-Sep-00	time	5.98	9.86	13.66	17.50	21.46	22.94		25.62	29.82	34.10	38.66	43.18		48.44	2 / 6		
reaction time	0.149	interval		3.88	3.80	3.84	3.96		4.16	4.20	4.28	4.56	4.52	5.26			11.52	12.32	13.36
		velocity	7.53	9.02	9.21	9.11	8.84	8.72	8.41	8.33	8.18	7.68	7.74	7.60	8.26		9.11	8.52	7.86

H1 lead leg	strides	22	14	14	14	14	14	14	15	15	15	18.1	169.1						
Carter, James (USA) (1978)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2006 USATF National Championships (Indianapolis, IN)														USATF Men's Hurdle Development (2006)					
date	24-Jun-06	time	5.99	9.76	13.58	17.45	21.46	25.53	29.76	34.07	38.52	43.11		48.44	3 / 3				
reaction time		interval	3.77	3.82	3.87	4.01		4.07	4.23	4.31	4.45	4.59	5.33			11.46	12.31	13.35	
		velocity	7.51	9.28	9.16	9.04	8.73	8.60	8.27	8.12	7.87	7.63	7.50	8.26		9.16	8.53	7.87	
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	14	14	17	159					
Narisako, Kenji (JPN) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 1 - 2007 IAAF World Championships (Osaka, JPN)														Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers					
date	26-Aug-07	time	6.02	9.71	13.45	17.24	21.18	25.27	29.58	33.90	38.42	43.04		48.44	7 / 5				
reaction time	0.179	interval	3.69	3.74	3.79	3.94		4.09	4.31	4.32	4.52	4.62	5.40			11.22	12.34	13.46	
		velocity	7.48	9.49	9.36	9.23	8.88	8.56	8.12	8.10	7.74	7.58	7.41	8.26		9.36	8.51	7.80	
H1 lead leg	R	strides	21	13	13	13	13	13	14	14	15	15	19.2	163.2					
Culson, Javier (PUR) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2011 IAAF World Championships (Daegu, KOR)														Behm (2011) - Le quatrache: Démus enfin!					
date	01-Sep-11	time	5.8	9.4	13.1	16.9	20.9	24.9	29.2	33.5	38.1	42.8		48.44	3 / 2				
reaction time	0.190	interval	3.6	3.7	3.8	4.0		4.0	4.3	4.3	4.6	4.7	5.6			11.10	12.30	13.60	
		velocity	7.76	9.72	9.46	9.21	8.75	8.75	8.14	8.14	7.61	7.45	7.09	8.26		9.46	8.54	7.72	
H1 lead leg	L	strides	20	13	13	13	13	13	13	13	14	14	18	157					
Samba, Abderrahmane (QAT) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2017 Doha Diamond League (Doha, QAT) (TV Analysis)														Henson (2020) - Athlete First: 2017 year end hurdle report					
date	05-May-17	time	5.80	9.43	13.03	16.66	20.43	24.40	28.56	32.96	37.66	42.60		48.44	4 / 1				
reaction time	0.185	interval	3.63	3.60	3.63	3.77		3.97	4.16	4.40	4.70	4.94	5.84			10.86	11.90	14.04	
		velocity	7.76	9.64	9.72	9.64	9.28	8.82	8.41	7.95	7.45	7.09	6.85	8.26		9.67	8.82	7.48	
H1 lead leg	R	strides	20	13	13	13	13	13	13	14	14	15	18	159					
Copello, Yasmani (TUR) (1987)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2017 Bislett Games (Oslo, NOR) (TV Analysis)														Henson (2020) - Athlete First: 2017 year end hurdle report					
date	15-Jun-17	time	5.96	9.70	13.53	17.46	21.50	25.60	30.00	34.30	38.76	43.20		48.44	4 / 2				
reaction time	0.188	interval	3.74	3.83	3.93	4.04		4.10	4.40	4.30	4.46	4.44	5.24			11.50	12.54	13.20	
		velocity	7.55	9.36	9.14	8.91	8.66	8.54	7.95	8.14	7.85	7.88	7.63	8.26		9.13	8.37	7.95	
H1 lead leg	R	strides	20	13	13	13	13	13	14	14	14	14	17.5	158.5					
Holmes, TJ (USA) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2017 USATF Championships (Sacramento, CA) (TV Analysis)														Henson (2020) - Athlete First: 2017 year end hurdle report					
date	25-Jun-17	time	5.93	9.65	13.41	17.07	20.93	24.86	29.31	33.65	38.34	43.14		48.44	2 / 3				
reaction time		interval	3.72	3.76	3.66	3.86		3.93	4.45	4.34	4.69	4.80	5.30	PB		11.14	12.24	13.83	
		velocity	7.59	9.41	9.31	9.56	9.07	8.91	7.87	8.06	7.46	7.29	7.55	8.26		9.43	8.58	7.59	
H1 lead leg	L	strides	20	13	13	13	13	13	14	14	15	15	18	161					
Copello, Yasmani (TUR) (1987)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)														Henson (2020) - Athlete First: 2018 year end hurdle report					
date	21-Jul-18	time	5.88	9.60		21.28		25.36	29.56	33.96	38.48	43.12		48.44	5 / 2				
reaction time	0.151	interval	3.72		11.68		4.08	4.20	4.40	4.52	4.64	5.32						13.56	
		velocity	7.65	9.41		8.99		8.58	8.33	7.95	7.74	7.54	7.52	8.26				7.74	
H1 lead leg	R	strides	20	13			13	13	13	14	14	14	17.5	118.5					
Benjamin, Rai (USA) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														Henson (2022) - Athlete First: 2022 year end hurdle report					
date	17-Jul-22	time	5.73	9.40	13.35	17.33	21.47	23.22	25.56	29.73	33.97	38.33	42.87		48.44	6 / 1			
reaction time	0.181	interval	3.67	3.95	3.98	4.14		4.09	4.17	4.24	4.36	4.54	5.57			11.60	12.40	13.14	
		velocity	7.85	9.54	8.86	8.79	8.45	8.61	8.56	8.39	8.25	8.03	7.71	7.18	8.26	9.05	8.47	7.99	
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	13	13	16	153					
Allen, CJ (USA) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)														Henson (2023) - Athlete First: 2023 year end hurdle report					
date	21-Aug-23	time	5.83	9.73	13.43	17.07	20.93	25.00	29.23	33.56	38.17	42.96		48.44	6 / 3				
reaction time	0.152	interval	3.90	3.70	3.64	3.86		4.07	4.23	4.33	4.61	4.79	5.48			11.24	12.16	13.73	
		velocity	7.72	8.97	9.46	9.62	9.07	8.60	8.27	8.08	7.59	7.31	7.30	8.26		9.34	8.63	7.65	
H1 lead leg	L	strides	20	13	13	13	13	13	14	14	14	14	17.2	158.2					
Allen, CJ (USA) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 2 - 2024 Olympic Games (Paris, FRA)														Paris 2024 Olympic Games - Results Book (2024)					
date	07-Aug-24	time	5.68	9.35	13.14	16.97	20.88	24.84	28.99	33.33	37.93	42.69		48.44	8 / 4				
reaction time	0.154	interval	3.67	3.79	3.83	3.91		3.96	4.15	4.34	4.60	4.76	5.75			11.29	12.02	13.70	
		velocity	7.92	9.54	9.23	9.14	8.95	8.84	8.43	8.06	7.61	7.35	6.96	8.26		9.30	8.74	7.66	
H1 lead leg	L	strides	20	13	13	13	13	13	13	14	15	15	17.7	159.7					
Hussein, Kariem (SUI) (1989)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2017 Weltklasse (Zürich, SUI) (TV Analysis)														Henson (2020) - Athlete First: 2017 year end hurdle report					
date	24-Aug-17	time	6.00	9.72	13.56		21.56	25.68	29.84	34.20	38.60	43.12		48.45	3 / 3				
reaction time	0.148	interval	3.72	3.84		8.00		4.12	4.16	4.36	4.40	4.52	5.33	=PB				13.28	
		velocity	7.50	9.41	9.11	8.75		8.50	8.41	8.03	7.95	7.74	7.50	8.26				7.91	

H1 lead leg	L	strides	20	13	13			14	14	14	14	14	17.2	133.2					
dos Santos, Alison Brendon (BRA) 			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Pan American Games (Lima, PER) (TV Analysis)			<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																
date	08-Aug-19	time	5.90	9.67	13.51	17.45			25.36	29.52	33.82	38.23	42.97		48.45	5 / 1			
reaction time	0.160	interval		3.77	3.84	3.94			7.91	4.16	4.30	4.41	4.74	5.48	AJR PB		11.55	12.07	13.45
		velocity	7.63	9.28	9.11	8.88			8.85	8.41	8.14	7.94	7.38	7.30	8.26		9.09	8.70	7.81
H1 lead leg	L	strides	20	13	13	13				13	13	13	14	17	129				
Copello, Yasmani (TUR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Memorial van Damme (Brussels, BEL) (TV Analysis)			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	03-Sep-21	time	5.84	9.56	13.32	17.24	21.20		25.32	29.72	34.12	38.60	43.16		48.45	4 / 3			
reaction time	0.149	interval		3.72	3.76	3.92	3.96		4.12	4.40	4.40	4.48	4.56	5.29			11.40	12.48	13.44
		velocity	7.71	9.41	9.31	8.93	8.84		8.50	7.95	7.95	7.81	7.68	7.56	8.26		9.21	8.41	7.81
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	14	14	17.7	158.7				
Mužik, Jiri (CZE) (1976)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2002 European Championships (Munich, GER)			<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																
date	08-Aug-02	time	6.15	10.01	13.87	17.81	21.83		25.94	30.08	34.31	38.71	43.25		48.46	/ 1			
reaction time		interval		3.86	3.86	3.94	4.02		4.11	4.14	4.23	4.40	4.54	5.21			11.66	12.27	13.17
		velocity	7.32	9.07	9.07	8.88	8.71		8.52	8.45	8.27	7.95	7.71	7.68	8.25		9.01	8.56	7.97
H1 lead leg		strides																	
Januszewski, Pawel (POL) (1972)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2002 European Championships (Munich, GER)			<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																
date	09-Aug-02	time	6.10	9.93	13.69	17.49	21.37		25.45	29.61	33.98	38.46	43.12		48.46	/ 3			
reaction time	0.145	interval		3.83	3.76	3.80	3.88		4.08	4.16	4.37	4.48	4.66	5.34			11.39	12.12	13.51
		velocity	7.38	9.14	9.31	9.21	9.02		8.58	8.41	8.01	7.81	7.51	7.49	8.25		9.22	8.66	7.77
H1 lead leg		strides		14	14	14	14		14	14	14	15	15						
Iakovakis, Periklis (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)			<i>Behm (2006) - Göteborg 2006: Le quatrache</i>																
date	10-Aug-06	time	5.8	9.4	13.0	16.8	20.7		24.7	29.0	33.4	37.8	42.8		48.46	/ 1			
reaction time		interval		3.6	3.6	3.8	3.9		4.0	4.3	4.4	4.4	5.0	5.66			11.00	12.20	13.80
		velocity	7.76	9.72	9.72	9.21	8.97		8.75	8.14	7.95	7.95	7.00	7.07	8.25		9.55	8.61	7.61
H1 lead leg	R	strides	21	13	13	13	13		14	14	14	14	15	19	163				
Gaymon, Justin (USA) (1986)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 USA Olympic Trials (Eugene, OR)			<i>USATF Hurdle Development (2008)</i>																
date	29-Jun-08	time	6.07	9.97	13.73	17.73	21.70		25.82	30.09	34.50	38.87	43.32		48.46	8 / 4			
reaction time		interval		3.90	3.76	4.00	3.97		4.12	4.27	4.41	4.37	4.45	5.14	PB		11.66	12.36	13.23
		velocity	7.41	8.97	9.31	8.75	8.82		8.50	8.20	7.94	8.01	7.87	7.78	8.25		9.01	8.50	7.94
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15		153				
Whyte, Annsert (JAM) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)			<i>Henson (2021) - Athlete First: 2018 year end hurdle report</i>																
date	08-Sep-18	time	5.76	9.36	13.04	16.84	20.80			29.08	33.48	38.16	42.96		48.46	1 / 2			
reaction time	0.168	interval		3.60	3.68	3.80	3.96			8.28	4.40	4.68	4.80	5.50			11.08	12.24	13.88
		velocity	7.81	9.72	9.51	9.21	8.84			8.45	7.95	7.48	7.29	7.27	8.25		9.48	8.58	7.56
H1 lead leg	L	strides		13	13	13	13			14	14	15	15	18.5	128.5				
Dean, Caleb (USA) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Herculis Meeting International d'Athlétisme (Monaco, MON)			<i>Omega Timing (2024) - diamond league race analysis</i>																
date	12-Jul-24	time	5.82	9.52	13.24	16.96	20.80		24.86	29.17	33.67	38.25	42.94		48.46	4 / 8			
reaction time	0.174	interval		3.70	3.72	3.72	3.84		4.06	4.31	4.50	4.58	4.69	5.52			11.14	12.21	13.77
		velocity	7.73	9.46	9.41	9.41	9.11		8.62	8.12	7.78	7.64	7.46	7.25	8.25		9.43	8.60	7.63
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	15	15	17.7	161.7				
Copello, Yasmani (TUR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Meeting de Paris (Paris, FRA) (TV Analysis)			<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																
date	24-Aug-19	time	5.78	9.42	13.18	17.04	21.00	22.7	25.08	29.32	33.74	38.28	43.00		48.47	4 / 4			
reaction time	0.192	interval		3.64	3.76	3.86	3.96		4.08	4.24	4.42	4.54	4.72	5.47			11.26	12.28	13.68
		velocity	7.79	9.62	9.31	9.07	8.84	8.81	8.58	8.25	7.92	7.71	7.42	7.31	8.25		9.33	8.55	7.68
H1 lead leg	R	strides	20	13	13	13	13		13	13	14	14	14	17.7	157.7				
McMaster, Kyron (IVB) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)			<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																
date	20-Aug-23	time	5.80	9.50		16.83			24.70	28.90	33.33	38.00	42.90		48.47	4 / 1			
reaction time	0.156	interval		3.70		7.33			7.87	4.20	4.43	4.67	4.90	5.57			11.03	12.07	14.00
		velocity	7.76	9.46		9.55			8.89	8.33	7.90	7.49	7.14	7.18	8.25		9.52	8.70	7.50
H1 lead leg	L	strides	21	13	13					13	14	14	14	17.2	119.2				
Nathaniel, Ezekiel (NGR) (2003)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)			<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																
date	20-Aug-23	time	6.10	10.03	13.83	17.56	21.33		25.33	29.53	33.90	38.53	43.23		48.47	8 / 4			
reaction time	0.210	interval		3.93	3.80	3.73	3.77		4.00	4.20	4.37	4.63	4.70	5.24			11.46	11.97	13.70
		velocity	7.38	8.91	9.21	9.38	9.28		8.75	8.33	8.01	7.56	7.45	7.63	8.25		9.16	8.77	7.66

H1 lead leg	R	strides	21	13	13	13	13	13	13	13	14	14	14	17	158				
Dia Bâ, Amadou (SEN) (1958)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1988 Olympic Games (Seoul, KOR)			Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988																
date	24-Sep-88	time	6.16	10.00	13.91	17.73	21.78		25.89	30.18	34.49	38.99	43.48		48.48	4 / 3			
reaction time		interval		3.84	3.91	3.82	4.05		4.11	4.29	4.31	4.50	4.49	5.00			11.57	12.45	13.30
		velocity	7.31	9.11	8.95	9.16	8.64		8.52	8.16	8.12	7.78	7.80	8.00	8.25		9.08	8.43	7.89
H1 lead leg		strides	20	13	13	13	13		13	14	14	14	14	17	158				
Carter, James (USA) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2000 Olympic Games (Sydney, AUS)			Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games																
date	25-Sep-00	time	5.70	9.46	13.14	16.90	20.86	22.38	24.90	29.14	33.54	38.10	42.96		48.48	3 / 1			
reaction time	0.202	interval		3.76	3.68	3.76	3.96		4.04	4.24	4.40	4.56	4.86	5.52			11.20	12.24	13.82
		velocity	7.89	9.31	9.51	9.31	8.84	8.94	8.66	8.25	7.95	7.68	7.20	7.25	8.25		9.38	8.58	7.60
H1 lead leg		strides	21	13	13	13	13		13	14	14	14	15	18	161				
Hall, Quincy (USA) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 NCAA Championships (Austin, TX) (TV Analysis)			Henson (2020) - Athlete First: 2019 year end hurdle report																
date	07-Jun-19	time	6.06	9.83	13.70	17.56	21.53		25.53	29.70	34.03	38.60	43.40		48.48	5 / 1			
reaction time	0.269	interval		3.77	3.87	3.86	3.97		4.00	4.17	4.33	4.57	4.80	5.08	PB		11.50	12.14	13.70
		velocity	7.43	9.28	9.04	9.07	8.82		8.75	8.39	8.08	7.66	7.29	7.87	8.25		9.13	8.65	7.66
H1 lead leg	R	strides	21	13	13	13	13		13	13	13	13	15	16.7	156.7				
Valliant, Ludvy (FRA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)			Henson (2023) - Athlete First: 2023 year end hurdle report																
date	21-Aug-23	time	5.90	9.64	13.31	16.85	20.68		24.69	28.87	33.35	37.94	42.88		48.48	6 / 3			
reaction time	0.194	interval		3.74	3.67	3.54	3.83		4.01	4.18	4.48	4.59	4.94	5.60			10.95	12.02	14.01
		velocity	7.63	9.36	9.54	9.89	9.14		8.73	8.37	7.81	7.63	7.09	7.14	8.25		9.59	8.74	7.49
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	14	15	18	161				
Januszewski, Pawel (POL) (1972)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2000 ISTAF (Berlin, GER)			Graubner (2009) - http://www.fgs.uni-halle.de																
date	01-Sep-00	time	6.07	9.93	13.76	17.69	21.67		25.81	29.98	34.28	38.76	43.34		48.49	/ 3			
reaction time		interval		3.86	3.83	3.93	3.98		4.14	4.17	4.30	4.48	4.58	5.15			11.62	12.29	13.36
		velocity	7.41	9.07	9.14	8.91	8.79		8.45	8.39	8.14	7.81	7.64	7.77	8.25		9.04	8.54	7.86
H1 lead leg		strides																	
Taylor, Angelo (USA) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2000 Olympic Games (Sydney, AUS)			Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games																
date	25-Sep-00	time	5.84	9.60	13.48	17.36	21.28	22.80	25.32	29.60	34.04	38.52	43.12		48.49	3 / 2			
reaction time	0.250	interval		3.76	3.88	3.88	3.92		4.04	4.28	4.44	4.48	4.60	5.37			11.52	12.24	13.52
		velocity	7.71	9.31	9.02	9.02	8.93	8.77	8.66	8.18	7.88	7.81	7.61	7.45	8.25		9.11	8.58	7.77
H1 lead leg		strides		13	13	13	13		13	14	14	14	14	17.4	138.4				
McFarlane, Danny (JAM) (1972)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2009 IAAF World Championships (Berlin, GER)			Graubner (2009) - biomechanical analyses at the 12th IAAF world championships																
date	16-Aug-09	time	5.99	9.65	13.40	17.29	21.34		25.46	29.78	34.08	38.54	43.16		48.49	4 / 4			
reaction time	0.161	interval		3.66	3.75	3.89	4.05		4.12	4.32	4.30	4.46	4.62	5.33			11.30	12.49	13.38
		velocity	7.51	9.56	9.33	9.00	8.64		8.50	8.10	8.14	7.85	7.58	7.50	8.25		9.29	8.41	7.85
H1 lead leg	L	strides		13	13	13	13		13	14	14	14	15	17.7	139.7				
Copello, Yasmani (TUR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 IAAF World Championships (London, GBR) (TV Analysis)			Henson (2020) - Athlete First: 2017 year end hurdle report																
date	09-Aug-17	time	5.92	9.60	13.36	17.24	21.24		25.44	29.72	34.16	38.64	43.16		48.49	8 / 2			
reaction time	0.211	interval		3.68	3.76	3.88	4.00		4.20	4.28	4.44	4.48	4.52	5.33			11.32	12.48	13.44
		velocity	7.60	9.51	9.31	9.02	8.75		8.33	8.18	7.88	7.81	7.74	7.50	8.25		9.28	8.41	7.81
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	14	14	18	159				
Levingston, Isaiah (USA) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)			Henson (2021) - Athlete First: 2021 year end hurdle report																
date	11-Jun-21	time	5.97	9.77		17.75	21.80			30.16	34.57	39.07	43.57		48.49	9 / 2			
reaction time	0.233	interval		3.80		7.98	4.05			8.36	4.41	4.50	4.50	4.92	PB		11.78	12.41	13.41
		velocity	7.54	9.21		8.77	8.64			8.37	7.94	7.78	7.78	8.13	8.25		8.91	8.46	7.83
H1 lead leg	L	strides	21	13			13				13	14	14	16.5	104.5				
McMaster, Kyron (IVB) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Bislett Games (Oslo, NOR) (TV Analysis)			Henson (2024) - Athlete First: 2024 year end hurdle report																
date	30-May-24	time	5.74	9.21	13.18	16.95	21.02		25.16	29.43	33.93	38.50	43.07		48.49	6 / 3			
reaction time	0.145	interval		3.47	3.97	3.77	4.07		4.14	4.27	4.50	4.57	4.57	5.42			11.21	12.48	13.64
		velocity	7.84	10.09	8.82	9.28	8.60		8.45	8.20	7.78	7.66	7.66	7.38	8.25		9.37	8.41	7.70
H1 lead leg	L	strides	21	13	13	13	13		13	13	14	14	14		141				
Allen, CJ (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 London Athletics Meet (London, GBR)			Omega Timing (2024) - diamond league race analysis																
date	20-Jul-24	time	5.74	9.37	13.11	16.95	20.86		24.90	29.11	33.42	38.03	42.78		48.49	7 / 6			
reaction time	0.146	interval		3.63	3.74	3.84	3.91		4.04	4.21	4.31	4.61	4.75	5.71			11.21	12.16	13.67
		velocity	7.84	9.64	9.36	9.11	8.95		8.66	8.31	8.12	7.59	7.37	7.01	8.25		9.37	8.63	7.68

H1 lead leg	L	strides	20	13	13	13	13		14		18	104							
Ackermann, Uwe (GDR) (1960)																			
FINAL - 1982 GDR vs. USA (Karl-Marx-Stadt, GDR)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<i>Heß (1985) - entwicklungsaspekte die leichtathletischen sprint-/hürdendisziplinen im olympiazzyklus 1981/84</i>																			
date	09-Jul-82	time	5.97				21.67						43.34		48.50	1			
reaction time		interval					15.70						21.67	5.16	PB				
		velocity	7.54				8.92						8.08	7.75	8.25				
H1 lead leg		strides																	
Clement, Kerron (USA) (1985)																			
FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																			
date	10-Jul-16	time	6.00	9.71	13.34	17.18	21.15		25.26	29.53	33.93	38.50	43.24		48.50	7 / 1			
reaction time	0.180	interval		3.71	3.63	3.84	3.97		4.11	4.27	4.40	4.57	4.74	5.26			11.18	12.35	13.71
		velocity	7.50	9.43	9.64	9.11	8.82		8.52	8.20	7.95	7.66	7.38	7.60	8.25		9.39	8.50	7.66
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16.5	153.5				
Robinson, Byron (USA) (1995)																			
FINAL - 2017 USATF Championships (Sacramento, CA) (TV Analysis)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																			
date	25-Jun-17	time	5.79	9.55	13.51	17.58	21.68		25.69	29.87	34.07	38.42	42.86		48.50	6 / 4			
reaction time		interval		3.76	3.96	4.07	4.10		4.01	4.18	4.20	4.35	4.44	5.64	PB		11.79	12.29	12.99
		velocity	7.77	9.31	8.84	8.60	8.54		8.73	8.37	8.33	8.05	7.88	7.09	8.25		8.91	8.54	8.08
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19.5	176.5				
Mann, Ralph (USA) (1949)																			
FINAL - 1972 Olympic Games (Munich, FRG)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<i>Le Masurier (1977) - die olympischen 400-m-hürdenlauf vom Mexico City, München und Montreal</i>																			
date	03-Sep-72	time	6.0	9.7	13.6	17.6	21.3	23.0	25.4	29.7	33.9	38.4	43.1		48.51	6 / 2			
reaction time		interval		3.7	3.9	4.0	3.7		4.1	4.3	4.2	4.5	4.7	5.41			11.60	12.10	13.40
		velocity	7.50	9.46	8.97	8.75	9.46	8.70	8.54	8.14	8.33	7.78	7.45	7.39	8.25		9.05	8.68	7.84
H1 lead leg	L	strides	21	13	13	13	13		13	13	15	15	15	19	163				
Schmid, Harald (FRG) (1957)																			
FINAL - 1978 European Championships (Prague, TCH)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<i>Lamare (1978) - championnats d'Europa 1978</i>																			
date	31-Aug-78	time	6.04	9.77	13.63	17.54	21.47		25.69	29.88	34.25	38.78	43.29		48.51	1			
reaction time		interval		3.73	3.86	3.91	3.93		4.22	4.19	4.37	4.53	4.51	5.22	CR		11.50	12.34	13.41
		velocity	7.45	9.38	9.07	8.95	8.91		8.29	8.35	8.01	7.73	7.76	7.66	8.25		9.13	8.51	7.83
H1 lead leg		strides																	
Thompson, Kemel (JAM) (1974)																			
FINAL - 2003 IAAF World Championships (Paris, FRA)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<i>Behm (2003) - Paris 2003:Le quatrache masculin - féminin</i>																			
date	29-Aug-03	time	5.8	9.5	13.4	17.3	21.4		25.4	29.6	33.9	38.4	43.0		48.51	3 / 5			
reaction time	0.168	interval		3.7	3.9	3.9	4.1		4.0	4.2	4.3	4.5	4.6	5.51			11.50	12.30	13.40
		velocity	7.76	9.46	8.97	8.97	8.54		8.75	8.33	8.14	7.78	7.61	7.26	8.25		9.13	8.54	7.84
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18	169				
Selmon, Kenny (USA) (1996)																			
Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																			
date	25-Jun-21	time	6.10	9.83	13.63	17.53	21.47		25.60	29.80	34.13	38.70	43.30		48.51	6 / 1			
reaction time	0.242	interval		3.73	3.80	3.90	3.94		4.13	4.20	4.33	4.57	4.60	5.21			11.43	12.27	13.50
		velocity	7.38	9.38	9.21	8.97	8.88		8.47	8.33	8.08	7.66	7.61	7.68	8.25		9.19	8.56	7.78
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	14	14	17	156				
Mägi, Rasmus (EST) (1992)																			
FINAL - 2022 Bislett Games (Oslo, NOR) (TV Analysis)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																			
date	16-Jun-22	time	5.84	9.56	13.28	17.12	21.04	22.73	25.22	29.44	33.76	38.28	43.00		48.51	6 / 2			
reaction time	0.165	interval		3.72	3.72	3.84	3.92		4.18	4.22	4.32	4.52	4.72	5.51			11.28	12.32	13.56
		velocity	7.71	9.41	9.41	9.11	8.93	8.80	8.37	8.29	8.10	7.74	7.42	7.26	8.25		9.31	8.52	7.74
H1 lead leg	R	strides	21	13	13	13	13		13	13	14	14	14	18	159				
McMaster, Kyron (IVB) (1997)																			
FINAL - 2024 USATF LA Grand Prix (Los Angeles, CA) (TV Analysis)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>																			
date	18-May-24	time	5.87	9.51	13.28	17.05	21.02			29.26	33.66	38.20	42.94		48.51	7 / 3			
reaction time	0.220	interval		3.64	3.77	3.77	3.97			8.24	4.40	4.54	4.74	5.57			11.18	12.21	13.68
		velocity	7.67	9.62	9.28	9.28	8.82			8.50	7.95	7.71	7.38	7.18	8.25		9.39	8.60	7.68
H1 lead leg	L	strides	21	13	13	13	13					14	14	14	17.2	132.2			
Bengtström, Carl (SWE) (2000)																			
Semi-Final 2 - 2024 European Athletics Championships (Roma, ITA)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																			
date	10-Jun-24	time	5.80	9.50	13.40	17.35	21.47		25.65	29.91	34.16	38.74	43.36		48.51	8 / 2			
reaction time	0.182	interval		3.70	3.90	3.95	4.12		4.18	4.26	4.25	4.58	4.62	5.15			11.55	12.56	13.45
		velocity	7.76	9.46	8.97	8.86	8.50		8.37	8.22	8.24	7.64	7.58	7.77	8.25		9.09	8.36	7.81
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	15	15	18.5	171.5				
Hemery, David (GBR) (1944)																			
FINAL - 1972 Olympic Games (Munich, FRG)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<i>Le Masurier (1977) - die olympischen 400-m-hürdenlauf vom Mexico City, München und Montreal</i>																			
date	03-Sep-72	time	6.1	9.8	13.4	17.2	21.1	22.8	25.1	29.3	33.6	38.2	43.0		48.52	5 / 3			
reaction time		interval		3.7	3.6	3.8	3.9		4.0	4.2	4.3	4.6	4.8	5.52			11.10	12.10	13.70
		velocity	7.38	9.46	9.72	9.21	8.97	8.77	8.75	8.33	8.14	7.61	7.29	7.25	8.24		9.46	8.68	7.66

H1 lead leg	L	strides	21	13	13	13	13	13	15	15	15	15	18.2	164.2					
Wallenlind, Niklas (SWE) (1968)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1990 European Championships (Split, YUG)			Behm (1995) - la tactique du 400 haies																
date	29-Aug-90	time	6.1	9.9	13.8	17.7	21.7		25.8	30.2	34.6	39.0	43.4		48.52	4 / 3			
reaction time		interval		3.8	3.9	3.9	4.0		4.1	4.4	4.4	4.4	4.4	5.12	PB		11.60	12.50	13.20
		velocity	7.38	9.21	8.97	8.97	8.75		8.54	7.95	7.95	7.95	7.95	7.81	8.24		9.05	8.40	7.95
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	15	18	161				
Dutch, Johnny (USA) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 USA Olympic Trials (Eugene, OR)			USATF Hurdle Development (2008)																
date	29-Jun-08	time	6.03	9.82	13.66	17.71	21.85		26.10	30.34	34.66	38.97	43.37		48.52	7 / 5			
reaction time		interval		3.79	3.84	4.05	4.14		4.25	4.24	4.32	4.31	4.40	5.15	PB		11.68	12.63	13.03
		velocity	7.46	9.23	9.11	8.64	8.45		8.24	8.25	8.10	8.12	7.95	7.77	8.24		8.99	8.31	8.06
H1 lead leg	R	strides	22	13	13	13	13		14	14	15	15	15		147				
Plawgo, Marek (POL) (1981)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 Olympic Games (Beijing, CHN)			Behm (2008) - Pekin 2008: Le quatrache masculin - féminin																
date	18-Aug-08	time	5.9	9.7	13.4	17.3	21.3		25.4	29.8	34.1	38.6	43.3		48.52	3 / 6			
reaction time	0.226	interval		3.8	3.7	3.9	4.0		4.1	4.4	4.3	4.5	4.7	5.22			11.40	12.50	13.50
		velocity	7.63	9.21	9.46	8.97	8.75		8.54	7.95	8.14	7.78	7.45	7.66	8.24		9.21	8.40	7.78
H1 lead leg	R	strides	20	13	13	13	13		14	14	14	14	14	17	159				
Greene, David (Dai) (GBR) (1986)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2010 Commonwealth Games (Dehli, IND)			Arnold (2010) - 400mH planning and peaking																
date	10-Oct-10	time	6.1	9.9	13.7	17.7	21.7	23.5	25.9	30.1	34.4	38.9	43.5		48.52	6 / 1			
reaction time	0.163	interval		3.8	3.8	4.0	4.0		4.2	4.2	4.3	4.5	4.6	5.02			11.60	12.40	13.40
		velocity	7.38	9.21	9.21	8.75	8.75	8.51	8.33	8.33	8.14	7.78	7.61	7.97	8.24		9.05	8.47	7.84
H1 lead leg	R	strides	21	14	14	14	14		14	15	15	15	15	19	170				
Hyde, Jaheel (JAM) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Jamaica International Invitational (Kingston, JAM) (TV Analysis)			Henson (2020) - Athlete First: 2017 year end hurdle report																
date	20-May-17	time	5.84	9.64	13.51	17.48	21.55		25.62	29.86	34.16	38.57	43.21		48.52	3 / 2			
reaction time		interval		3.80	3.87	3.97	4.07		4.07	4.24	4.30	4.41	4.64	5.31	PB		11.64	12.38	13.35
		velocity	7.71	9.21	9.04	8.82	8.60		8.60	8.25	8.14	7.94	7.54	7.53	8.24		9.02	8.48	7.87
H1 lead leg	L	strides	22	14	14	13	14			14	14	15	15	18.5	153.5				
Clement, Kerron (USA) (1985)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 IAAF World Championships (London, GBR) (TV Analysis)			Henson (2020) - Athlete First: 2017 year end hurdle report																
date	09-Aug-17	time	5.92	9.72	13.52	17.28	21.20		25.32	29.52	33.84	38.32	43.12		48.52	4 / 3			
reaction time	0.153	interval		3.80	3.80	3.76	3.92		4.12	4.20	4.32	4.48	4.80	5.40			11.36	12.24	13.60
		velocity	7.60	9.21	9.21	9.31	8.93		8.50	8.33	8.10	7.81	7.29	7.41	8.24		9.24	8.58	7.72
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	14	17	155				
Benjamin, Rai (USA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT)			Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships																
date	28-Sep-19	time	5.82	9.47	13.24	17.17	21.24		25.38	29.56	33.88	38.32	42.93		48.52	6 / 1			
reaction time	0.215	interval		3.65	3.77	3.93	4.07		4.14	4.18	4.32	4.44	4.61	5.59			11.35	12.39	13.37
		velocity	7.73	9.59	9.28	8.91	8.60		8.45	8.37	8.10	7.88	7.59	7.16	8.24		9.25	8.47	7.85
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16.7	153.7				
Bengtström, Carl (SWE) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Prefontaine Classic (Eugene, OR) (TV Analysis)			Henson (2022) - Athlete First: 2022 year end hurdle report																
date	28-May-22	time	5.70	9.46	13.27	17.17	21.17	23.02	25.33	29.58	33.93	38.53	43.26		48.52	9 / 4			
reaction time	0.172	interval		3.76	3.81	3.90	4.00		4.16	4.25	4.35	4.60	4.73	5.26	PB		11.47	12.41	13.68
		velocity	7.89	9.31	9.19	8.97	8.75	8.69	8.41	8.24	8.05	7.61	7.40	7.60	8.24		9.15	8.46	7.68
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	15	15		153				
Valliant, Ludvy (FRA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2022 European Athletics Championships (Munich, GER)			European Athletics (2022) - european athletics championships race analysis																
date	18-Aug-22	time	5.83	9.57	13.35	17.15	21.06	22.81	25.15	29.44	33.78	38.42	43.13		48.52	6 / 2			
reaction time	0.191	interval		3.74	3.78	3.80	3.91		4.09	4.29	4.34	4.64	4.71	5.39			11.32	12.29	13.69
		velocity	7.72	9.36	9.26	9.21	8.95	8.77	8.56	8.16	8.06	7.54	7.43	7.42	8.24		9.28	8.54	7.67
H1 lead leg	R	strides	21	13			13		13	14	14	14	14	17	133				
Zellner, Torrance (USA) (1970)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1999 IAAF World Championships (Sevilla, ESP)			Sanchez (1999) - Sevilla '99: análisis de la carreras con villas																
date	25-Aug-99	time	5.68	9.45	13.25	17.05	21.08		25.09	29.21	33.62	38.22	42.85		48.53	7 / 4			
reaction time	0.129	interval		3.77	3.80	3.80	4.03		4.01	4.12	4.41	4.60	4.63	5.68			11.37	12.16	13.64
		velocity	7.92	9.28	9.21	9.21	8.68		8.73	8.50	7.94	7.61	7.56	7.04	8.24		9.23	8.63	7.70
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	14	14	17	156				
Lattin, Amere (USA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 USATF National Championships (Eugene, OR) (TV Analysis)			Henson (2022) - Athlete First: 2022 year end hurdle report																
date	26-Jun-22	time	5.87	9.51	13.28	17.08	21.05	22.70	25.12	29.56	34.06	38.73	43.37		48.53	2 / 6			
reaction time		interval		3.64	3.77	3.80	3.97		4.07	4.44	4.50	4.67	4.64	5.16	PB		11.21	12.48	13.81
		velocity	7.67	9.62	9.28	9.21	8.82	8.81	8.60	7.88	7.78	7.49	7.54	7.75	8.24		9.37	8.41	7.60

H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	14	17	158				
Long, Corde (USA) (2002)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 NCAA Championships (Austin, TX) (TV Analysis)			Henson (2023) - Athlete First: 2023 year end hurdle report																
date	09-Jun-23	time	5.99	9.71	13.56	17.46	21.54		25.76	30.28	34.62	39.09	43.49		48.53	5 / 2			
reaction time		interval		3.72	3.85	3.90	4.08		4.22	4.52	4.34	4.47	4.40	5.04	PB		11.47	12.82	13.21
		velocity	7.51	9.41	9.09	8.97	8.58		8.29	7.74	8.06	7.83	7.95	7.94	8.24		9.15	8.19	7.95
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	13	16.7	157.7				
Abuaku, Joshua (GER) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)			Henson (2023) - Athlete First: 2023 year end hurdle report																
date	23-Aug-23	time	5.97	9.83	13.45	17.22	21.13		29.56	34.03	38.64	43.34		48.53	2 / 8				
reaction time	0.156	interval		3.86	3.62	3.77	3.91		8.43	4.47	4.61	4.70	5.19				11.25	12.34	13.78
		velocity	7.54	9.07	9.67	9.28	8.95		8.30	7.83	7.59	7.45	7.71	8.24			9.33	8.51	7.62
H1 lead leg	L	strides	20	13		13	13				14	14	14	18	119				
Mann, Ralph (USA) (1949)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1972 USA Olympic Trials (Eugene, OR)			(1972) - die große olympia-vorschau: von wettbewerb zu wettbewerb																
date	02-Jul-72	time	5.9	9.5	13.5	17.3	21.2		25.3	29.7	34.0	38.5	42.1		48.4	8 / 1			
reaction time		interval		3.6	4.0	3.8	3.9		4.1	4.4	4.3	4.5	3.6	6.3	(48.34)		11.40	12.40	12.40
		velocity	7.63	9.72	8.75	9.21	8.97		8.54	7.95	8.14	7.78	9.72	6.35	8.26		9.21	8.47	8.47
H1 lead leg	L	strides																	
Thomas, Eric (USA) (1973)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 USA Olympic Trials (Atlanta, GA)			McNichols - Hurdle technique study through video analysis																
date	16-Jun-96	time	5.98	9.83	13.67	17.53	21.47	22.18	25.41	29.59	33.90	38.39	43.09		48.54	4 / 4			
reaction time		interval		3.85	3.84	3.86	3.94		3.94	4.18	4.31	4.49	4.70	5.45	=PB		11.55	12.06	13.50
		velocity	7.53	9.09	9.11	9.07	8.88	9.02	8.88	8.37	8.12	7.80	7.45	7.34	8.24		9.09	8.71	7.78
H1 lead leg	R	strides	20	13	13	14	13		13	14	14	15	15		144				
Rawlinson, Christopher (GBR) (1972)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2001 IAAF World Championships (Edmonton, CAN)			Behm (2001) - Edmonton: Le quatrache: les finales																
date	10-Aug-01	time	5.8	9.6	13.3	17.1	21.0		25.0	29.2	33.6	38.1	42.7		48.54	6 / 5			
reaction time	0.164	interval		3.8	3.7	3.8	3.9		4.0	4.2	4.4	4.5	4.6	5.84			11.30	12.10	13.50
		velocity	7.76	9.21	9.46	9.21	8.97		8.75	8.33	7.95	7.78	7.61	6.85	8.24		9.29	8.68	7.78
H1 lead leg	R	strides	20	14	14	14	14		14	14	15	15	15		149				
Copello, Yasmani (TUR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis)			Henson (2020) - Athlete First: 2018 year end hurdle report																
date	07-Jun-18	time	5.84	9.48			21.16	23.0	25.20	29.44	33.84	38.28	43.00		48.54	4 / 3			
reaction time	0.210	interval		3.64			11.68		4.04	4.24	4.40	4.44	4.72	5.54					13.56
		velocity	7.71	9.62			8.99	8.70	8.66	8.25	7.95	7.88	7.42	7.22	8.24				7.74
H1 lead leg	R	strides	20	13	13				13	13	14	14	14	18	132				
Hyde, Jaheel (JAM) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)			Henson (2024) - Athlete First: 2021 year end hurdle report																
date	30-Jul-21	time	5.82	9.43	13.20	16.93	20.81		24.84	29.13	33.57	38.20	43.01		48.54	4 / 1			
reaction time	0.184	interval		3.61	3.77	3.73	3.88		4.03	4.29	4.44	4.63	4.81	5.53			11.11	12.20	13.88
		velocity	7.73	9.70	9.28	9.38	9.02		8.68	8.16	7.88	7.56	7.28	7.23	8.24		9.45	8.61	7.56
H1 lead leg	L	strides	22	13	13	13	13		13	14	14	14	15	18	162				
Nathaniel, Ezekiel (NGR) (2003)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 NCAA Championships (Austin, TX) (TV Analysis)			Henson (2023) - Athlete First: 2023 year end hurdle report																
date	09-Jun-23	time	5.99	9.69	13.50	17.33	21.30		25.39	29.66	34.06	38.66	43.39		48.54	8 / 3			
reaction time		interval		3.70	3.81	3.83	3.97		4.09	4.27	4.40	4.60	4.73	5.15			11.34	12.33	13.73
		velocity	7.51	9.46	9.19	9.14	8.82		8.56	8.20	7.95	7.61	7.40	7.77	8.24		9.26	8.52	7.65
H1 lead leg	R	strides	21	13	13	13	13		13	13	13	14	14	17.7	157.7				
Diagana, Stéphane (FRA) (1969)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 1999 IAAF World Championships (Sevilla, ESP)			Sanchez (1999) - Sevilla '99: análisis de la carreras con villas																
date	24-Aug-99	time	5.59	9.30	13.12	16.99	20.93		24.99	29.38	33.82	38.45	43.02		48.55	5 / 1			
reaction time	0.155	interval		3.71	3.82	3.87	3.94		4.06	4.39	4.44	4.63	4.57	5.53			11.40	12.39	13.64
		velocity	8.05	9.43	9.16	9.04	8.88		8.62	7.97	7.88	7.56	7.66	7.23	8.24		9.21	8.47	7.70
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	18	162				
Woody, Joey (USA) (1973)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 1999 IAAF World Championships (Sevilla, ESP)			Sanchez (1999) - Sevilla '99: análisis de la carreras con villas																
date	25-Aug-99	time	5.64	9.36	13.14	17.01	20.99		25.06	29.31	33.70	38.24	42.90		48.55	8 / 1			
reaction time	0.214	interval		3.72	3.78	3.87	3.98		4.07	4.25	4.39	4.54	4.66	5.65			11.37	12.30	13.59
		velocity	7.98	9.41	9.26	9.04	8.79		8.60	8.24	7.97	7.71	7.51	7.08	8.24		9.23	8.54	7.73
H1 lead leg	R	strides	21	13	13	13	13		13	13	14	14	15	17.5	159.5				
Thomas, Eric (USA) (1973)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2000 ISTAF (Berlin, GER)			Graubner (2009) - http://www.fgs.uni-halle.de																
date	01-Sep-00	time	6.09	9.86	13.66	17.48	21.44		25.47	29.76	34.04	38.60	43.23		48.55	4			
reaction time		interval		3.77	3.80	3.82	3.96		4.03	4.29	4.28	4.56	4.63	5.32			11.39	12.28	13.47
		velocity	7.39	9.28	9.21	9.16	8.84		8.68	8.16	8.18	7.68	7.56	7.52	8.24		9.22	8.55	7.80

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

H1 lead leg	L	strides	20	13	13	13	13	13	13	13	13	14	15	18	158					
Patrick, David (USA) (1960)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1982 TAC Naitonal Championships (Knoxville, TN)			Mann (1987) - the elite athlete program biomechanical analysis of the long hurdles: tac championship meet																	
date	20-Jun-82	time	6.22	10.16	14.08	17.98	21.94		25.88	30.12	34.52	38.96	43.66		48.57	1 / 1				
reaction time		interval		3.94	3.92	3.90	3.96		3.94	4.24	4.40	4.44	4.70	4.91			11.76	12.14	13.54	
		velocity	7.23	8.88	8.93	8.97	8.84		8.88	8.25	7.95	7.88	7.45	8.15	8.24		8.93	8.65	7.75	
H1 lead leg		strides																		
Schmid, Harald (FRG) (1957)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 2 - 1983 IAAF World Championships (Helsinki, FIN)			Lyle - miscellaneous coaching notes																	
date	08-Aug-83	time	5.46	9.14	12.76	16.70	20.54		24.41	28.69	32.98	37.69	42.45		48.57	2 / 1				
reaction time		interval		3.68	3.62	3.94	3.84		3.87	4.28	4.29	4.71	4.76	6.12			11.24	11.99	13.76	
		velocity	8.24	9.51	9.67	8.88	9.11		9.04	8.18	8.16	7.43	7.35	6.54	8.24		9.34	8.76	7.63	
H1 lead leg	L	strides	21	13	13	13	13		13	13	13		14	17	143					
Teixeira, Everson (BRA) (1974)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1996 Olympic Games (Atlanta, GA)			Behm (1996) - 400m haies																	
date	01-Aug-96	time	6.0	10.0	13.8	17.6	21.6		25.8	30.2	34.4	38.8	43.5		48.57	3 / 7				
reaction time	0.201	interval		4.0	3.8	3.8	4.0		4.2	4.4	4.2	4.4	4.7	5.07			11.60	12.60	13.30	
		velocity	7.50	8.75	9.21	9.21	8.75		8.33	7.95	8.33	7.95	7.45	7.89	8.24		9.05	8.33	7.89	
H1 lead leg		strides	20	13	13	13	13		13	13	13	13	13		137					
Januszewski, Pawel (POL) (1972)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2001 IAAF World Championships (Edmonton, CAN)			Behm (2001) - Edmonton: Le quatrache: les finales																	
date	10-Aug-01	time	5.9	9.8	13.5	17.5	21.4		25.5	29.8	34.1	38.7	43.3		48.57	7 / 7-6				
reaction time	0.175	interval		3.9	3.7	4.0	3.9		4.1	4.3	4.3	4.6	4.6	5.27			11.60	12.30	13.50	
		velocity	7.63	8.97	9.46	8.75	8.97		8.54	8.14	8.14	7.61	7.61	7.59	8.24		9.05	8.54	7.78	
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15		152					
Smidt, Nick (NED) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 Herculis Meeting International d'Athlétisme (Monaco, MON)			Omega Timing (2023) - diamond league race analysis																	
date	21-Jul-23	time	5.83	9.53	13.26	17.07	21.03		25.16	29.40	33.80	38.34	43.04		48.57	8 / 6				
reaction time	0.167	interval		3.70	3.73	3.81	3.96		4.13	4.24	4.40	4.54	4.70	5.53			11.24	12.33	13.64	
		velocity	7.72	9.46	9.38	9.19	8.84		8.47	8.25	7.95	7.71	7.45	7.23	8.24		9.34	8.52	7.70	
H1 lead leg	L	strides	21	13	13	13	13		14	14	14	14	14		143					
Carter, James (USA) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2004 Olympic Games (Athina, GRE)			Ruiz (2004) - las carreras con vallas de juegos olimpicos de atenas '04																	
date	26-Aug-04	time	5.78	9.29	13.10	16.76	20.70		24.69	28.96	33.29	37.80	42.71		48.58	4 / 4				
reaction time	0.223	interval		3.51	3.81	3.66	3.94		3.99	4.27	4.33	4.51	4.91	5.87			10.98	12.20	13.75	
		velocity	7.79	9.97	9.19	9.56	8.88		8.77	8.20	8.08	7.76	7.13	6.81	8.23		9.56	8.61	7.64	
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	15	18	161					
Jackson, Bershawn (USA) (1983)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2007 IAAF World Athletics Final (Stuttgart, GER)			Graubner (2007) - http://www.fgs.uni-halle.de																	
date	22-Sep-07	time	5.86	9.68	13.68	17.80	21.96		26.02	30.14	34.38	38.72	43.33		48.58	2 / 4				
reaction time	0.167	interval		3.82	4.00	4.12	4.16		4.06	4.12	4.24	4.34	4.61	5.25			11.94	12.34	13.19	
		velocity	7.68	9.16	8.75	8.50	8.41		8.62	8.50	8.25	8.06	7.59	7.62	8.23		8.79	8.51	7.96	
H1 lead leg		strides																		
McMaster, Kyron (IVB) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Weltklasse (Zürich, SUI) (TV Analysis)			Henson (2020) - Athlete First: 2019 year end hurdle report																	
date	29-Aug-19	time	5.72	9.36	13.06	16.76	20.62	22.3	24.64	28.88	33.30	37.98	42.80		48.58	6 / 3				
reaction time	0.177	interval		3.64	3.70	3.70	3.86		4.02	4.24	4.42	4.68	4.82	5.78			11.04	12.12	13.92	
		velocity	7.87	9.62	9.46	9.46	9.07	8.97	8.71	8.25	7.92	7.48	7.26	6.92	8.23		9.51	8.66	7.54	
H1 lead leg	L	strides	21	13	13	13	13		13	14	14		15		129					
Copello, Yasmani (TUR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Weltklasse (Zürich, SUI) (TV Analysis)			Henson (2020) - Athlete First: 2019 year end hurdle report																	
date	29-Aug-19	time	5.80	9.46		17.10	21.08	22.7	25.16	29.38		38.42	43.20		48.58	4 / 4				
reaction time	0.167	interval		3.66		7.64	3.98		4.08	4.22		9.04	4.78	5.38			11.30	12.28	13.82	
		velocity	7.76	9.56		9.16	8.79	8.81	8.58	8.29		7.74	7.32	7.43	8.23		9.29	8.55	7.60	
H1 lead leg	R	strides	20	13			13		13	13			14		86					
Selmon, Kenny (USA) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)			Henson (2024) - Athlete First: 2021 year end hurdle report																	
date	01-Aug-21	time	6.03	9.65	13.40	17.20	21.20		25.23	29.43	33.75	38.36	43.10		48.58	6 / 4				
reaction time	0.255	interval		3.62	3.75	3.80	4.00		4.03	4.20	4.32	4.61	4.74	5.48			11.17	12.23	13.67	
		velocity	7.46	9.67	9.33	9.21	8.75		8.68	8.33	8.10	7.59	7.38	7.30	8.23		9.40	8.59	7.68	
H1 lead leg	R	strides	21	13	13	13	13		13	13	13	14	14	17	157					
McMaster, Kyron (IVB) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis)			Henson (2022) - Athlete First: 2022 year end hurdle report																	
date	30-Jun-22	time	5.78	9.42	13.18	16.96	20.86	22.50	24.92	29.24	33.68	38.22	42.96		48.58	5 / 3				
reaction time	0.161	interval		3.64	3.76	3.78	3.90		4.06	4.32	4.44	4.54	4.74	5.62			11.18	12.28	13.72	
		velocity	7.79	9.62	9.31	9.26	8.97	8.89	8.62	8.10	7.88	7.71	7.38	7.12	8.23		9.39	8.55	7.65	

H1 lead leg	L	strides	21	13	13	13	13	13	14	14	14	15	17.5	160.5					
Mägi, Rasmus (EST) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)			Henson (2023) - Athlete First: 2023 year end hurdle report																
date	20-Aug-23	time	6.20	10.06	13.70	17.60	21.63		25.70	29.93	34.33	38.86	43.46		48.58	7 / 2			
reaction time	0.205	interval		3.86	3.64	3.90	4.03		4.07	4.23	4.40	4.53	4.60	5.12			11.40	12.33	13.53
		velocity	7.26	9.07	9.62	8.97	8.68		8.60	8.27	7.95	7.73	7.61	7.81	8.23		9.21	8.52	7.76
H1 lead leg	R	strides	21	13	13	13	13		13	13	14	14	14	17	158				
Kurokawa, Kazuki (JPN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)			Henson (2023) - Athlete First: 2023 year end hurdle report																
date	21-Aug-23	time	5.77	9.47	13.21	16.88	20.89		25.09	29.33	33.81	38.44	43.21		48.58	5 / 4			
reaction time	0.144	interval		3.70	3.74	3.67	4.01		4.20	4.24	4.48	4.63	4.77	5.37	PB		11.11	12.45	13.88
		velocity	7.80	9.46	9.36	9.54	8.73		8.33	8.25	7.81	7.56	7.34	7.45	8.23		9.45	8.43	7.56
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	19	165				
Tsutsue, Kaito (JPN) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 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	6.04	9.78	13.56	17.38	21.35		25.41	29.65	33.95	38.47	43.16		48.58	7 / 1			
reaction time	0.148	interval		3.74	3.78	3.82	3.97		4.06	4.24	4.30	4.52	4.69	5.42	PB		11.34	12.27	13.51
		velocity	7.45	9.36	9.26	9.16	8.82		8.62	8.25	8.14	7.74	7.46	7.38	8.23		9.26	8.56	7.77
H1 lead leg	R	strides	21	13	13	13	13		14	14	14	15	15	18.5	163.5				
Mukhobe, Wiseman (KEN) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2024 Olympic Games (Paris, FRA)			Paris 2024 Olympic Games - Results Book (2024)																
date	05-Aug-24	time	5.68	9.28	13.01	16.86	20.89		25.06	29.32	33.81	38.41	43.06		48.58	5 / 5			
reaction time	0.198	interval		3.60	3.73	3.85	4.03		4.17	4.26	4.49	4.60	4.65	5.52			11.18	12.46	13.74
		velocity	7.92	9.72	9.38	9.09	8.68		8.39	8.22	7.80	7.61	7.53	7.25	8.23		9.39	8.43	7.64
H1 lead leg	R	strides	21	14	14	13	14		14	15	15	15	15	19	169				
Akçam, Berke (TUR) (2002)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL)			Omega Timing (2024) - diamond league race analysis																
date	25-Aug-24	time	5.96	9.72	13.50	17.36	21.34		25.41	29.72	34.06	38.56	43.21		48.58	3 / 7			
reaction time	0.162	interval		3.76	3.78	3.86	3.98		4.07	4.31	4.34	4.50	4.65	5.37			11.40	12.36	13.49
		velocity	7.55	9.31	9.26	9.07	8.79		8.60	8.12	8.06	7.78	7.53	7.45	8.23		9.21	8.50	7.78
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	18.5	162.5				
Dean, Caleb (USA) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
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	5.72	9.36	12.84	16.62	20.48		24.62	28.96	33.50	38.20	43.04		48.58	7 / 3			
reaction time	0.140	interval		3.64	3.48	3.78	3.86		4.14	4.34	4.54	4.70	4.84	5.54			10.90	12.34	14.08
		velocity	7.87	9.62	10.06	9.26	9.07		8.45	8.06	7.71	7.45	7.23	7.22	8.23		9.63	8.51	7.46
H1 lead leg	R	strides	20	13	13	13	13		13	13	14	14	15	18	159				
Tamesue, Dai (JPN) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2004 Seiko Super Grand Prix (Yokohama, JPN)			Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers																
date	23-Sep-04	time	5.86	9.48	13.27	17.16	21.16		25.31	29.51	33.93	38.50	43.15		48.59	1 / 1			
reaction time		interval		3.62	3.79	3.89	4.00		4.15	4.20	4.42	4.57	4.65	5.44			11.30	12.35	13.64
		velocity	7.68	9.67	9.23	9.00	8.75		8.43	8.33	7.92	7.66	7.53	7.35	8.23		9.29	8.50	7.70
H1 lead leg		strides		13	13	13	13		14	14	15	15	15	15	125				
McFarlane, Danny (JAM) (1972)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 IAAF World Championships (Osaka, JPN)			Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers																
date	28-Aug-07	time	6.02	9.76	13.56	17.43	21.43		25.50	29.76	34.06	38.51	43.18		48.59	9 / 5			
reaction time	0.172	interval		3.74	3.80	3.87	4.00		4.07	4.26	4.30	4.45	4.67	5.41			11.41	12.33	13.42
		velocity	7.48	9.36	9.21	9.04	8.75		8.60	8.22	8.14	7.87	7.49	7.39	8.23		9.20	8.52	7.82
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	18	160				
Mägi, Rasmus (EST) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Athletissime (Laussane, SUI) (TV Analysis)			Henson (2020) - Athlete First: 2016 year end hurdle report																
date	25-Aug-16	time	5.86	9.63	13.43	17.30	21.30		25.46	29.80	34.26	38.80	43.36		48.59	4 / 1			
reaction time	0.113	interval		3.77	3.80	3.87	4.00		4.16	4.34	4.46	4.54	4.56	5.23			11.44	12.50	13.56
		velocity	7.68	9.28	9.21	9.04	8.75		8.41	8.06	7.85	7.71	7.68	7.65	8.23		9.18	8.40	7.74
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	17.2	159.2				
Mowatt, Kemar (JAM) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)			Henson (2022) - Athlete First: 2022 year end hurdle report																
date	17-Jul-22	time	5.76	9.33	13.17	16.86	20.77	22.53		29.20	33.73	38.40	43.10		48.59	4 / 4			
reaction time	0.143	interval		3.57	3.84	3.69	3.91			8.43	4.53	4.67	4.70	5.49			11.10	12.34	13.90
		velocity	7.81	9.80	9.11	9.49	8.95	8.88		8.30	7.73	7.49	7.45	7.29	8.23		9.46	8.51	7.55
H1 lead leg	L	strides	21	13	13	13	13				15	15	15	18	136				
Valliant, Ludvy (FRA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Bislett Games (Oslo, NOR)			Omega Timing (2023) - diamond league race analysis																
date	15-Jun-23	time	5.69	9.23	12.88	16.65	20.57		24.66	28.94	33.43	38.09	42.89		48.59	2 / 4			
reaction time	0.155	interval		3.54	3.65	3.77	3.92		4.09	4.28	4.49	4.66	4.80	5.70			10.96	12.29	13.95
		velocity	7.91	9.89	9.59	9.28	8.93		8.56	8.18	7.80	7.51	7.29	7.02	8.23		9.58	8.54	7.53

H1 lead leg	R	strides	21			13	13		13		14	14	17.7	105.7					
Yatsevich, Aleksandr (URS) (1956)																			
FINAL	- 1982 European Championships (Athens, GRE)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	08-Sep-82	time	6.0	9.9	13.8	17.7	21.7		25.9	30.2	34.3	38.7	43.3		48.60	3 / 2			
reaction time		interval		3.90	3.90	3.90	4.00		4.20	4.30	4.10	4.40	4.60	5.30	PB		11.70	12.50	13.10
		velocity	7.50	8.97	8.97	8.97	8.75		8.33	8.14	8.54	7.95	7.61	7.55	8.23		8.97	8.40	8.02
H1 lead leg	R	strides	21	15	15	15	15		15	15	15	15	15	18	174				
Januszewski, Paweł (POL) (1972)																			
Semi-Final 1	- 2002 European Championships (Munich, GER)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	08-Aug-02	time	6.04	9.93	13.73	17.59	21.55		25.67	29.83	34.15	38.65	43.23		48.60	/ 2			
reaction time		interval		3.89	3.80	3.86	3.96		4.12	4.16	4.32	4.50	4.58	5.37			11.55	12.24	13.40
		velocity	7.45	9.00	9.21	9.07	8.84		8.50	8.41	8.10	7.78	7.64	7.45	8.23		9.09	8.58	7.84
H1 lead leg		strides																	
Buckley, Markino (JAM) (1986)																			
FINAL	- 2008 Olympic Games (Beijing, CHN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	18-Aug-08	time	5.9	9.9	13.9	17.8	21.7		25.9	30.2	34.5	39.0	43.5		48.60	9 / 7			
reaction time	0.264	interval		4.00	4.00	3.90	3.90		4.20	4.30	4.30	4.50	4.50	5.10			11.90	12.40	13.30
		velocity	7.63	8.75	8.75	8.97	8.97		8.33	8.14	8.14	7.78	7.78	7.84	8.23		8.82	8.47	7.89
H1 lead leg	R	strides	21	13	13	13	13		14	14	14	14	14	17	160				
Dutch, Johnny (USA) (1989)																			
FINAL	- 2017 USATF Championships (Sacramento, CA) (TV Analysis)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	25-Jun-17	time	5.96	9.62	13.41	17.20	21.20		25.31	29.51	33.79	38.27	43.00		48.60	3 / 5			
reaction time		interval		3.66	3.79	3.79	4.00		4.11	4.20	4.28	4.48	4.73	5.60			11.24	12.31	13.49
		velocity	7.55	9.56	9.23	9.23	8.75		8.52	8.33	8.18	7.81	7.40	7.14	8.23		9.34	8.53	7.78
H1 lead leg	R	strides	22	13	13	13	13		14	14	15	15	15	19	166				
Benjamin, Rai (USA) (1997)																			
Heat 5	- 2020 Olympic Games (Tokyo, JPN) (TV Analysis)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	30-Jul-21	time	5.76	9.50	13.30	17.40	21.57		25.80	30.23	34.63	39.03	43.40		48.60	6 / 1			
reaction time	0.209	interval		3.74	3.80	4.10	4.17		4.23	4.43	4.40	4.40	4.37	5.20			11.64	12.83	13.17
		velocity	7.81	9.36	9.21	8.54	8.39		8.27	7.90	7.95	7.95	8.01	7.69	8.23		9.02	8.18	7.97
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16	153				
Benjamin, Rai (USA) (1997)																			
FINAL	- 2022 Seiko Golden Grand Prix (Tokyo, JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	08-May-22	time	5.89	9.56	13.25	17.02	20.89		24.91	29.08	33.63	38.39	43.23		48.60	6 / 1			
reaction time	0.219	interval		3.67	3.69	3.77	3.87		4.02	4.17	4.55	4.76	4.84	5.37			11.13	12.06	14.15
		velocity	7.64	9.54	9.49	9.28	9.04		8.71	8.39	7.69	7.35	7.23	7.45	8.23		9.43	8.71	7.42
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	14	14	17	156				
Valliant, Ludvy (FRA) (1995)																			
FINAL	- 2023 Meeting de Paris (Paris, FRA)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	09-Jun-23	time	5.74	9.33	12.98	16.76	20.61		24.56	28.70	33.19	37.88	42.72		48.60	2 / 4			
reaction time	0.153	interval		3.59	3.65	3.78	3.85		3.95	4.14	4.49	4.69	4.84	5.88			11.02	11.94	14.02
		velocity	7.84	9.75	9.59	9.26	9.09		8.86	8.45	7.80	7.46	7.23	6.80	8.23		9.53	8.79	7.49
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	14	14	18	160				
Schmid, Harald (FRG) (1957)																			
FINAL	- 1983 IAAF World Championships (Helsinki, FIN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	09-Aug-83	time	5.75	9.24	13.24		20.93		24.93	28.81	33.48	38.31	43.02		48.61	7 / 2			
reaction time		interval		3.49	4.00		7.69		4.00	3.88	4.67	4.83	4.71	5.59					14.21
		velocity	7.83	10.03	8.75		9.10		8.75	9.02	7.49	7.25	7.43	7.16	8.23				7.39
H1 lead leg	L	strides	21	13	13	13	13		13	13	14	15	14	17	159				
Benjamin, Rai (USA) (1997)																			
Semi-Final 2	- 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	25-Jun-21	time	5.80	9.46	13.20	17.02	20.98		25.02	29.25	33.56	38.04	43.01		48.61	6 / 1			
reaction time	0.197	interval		3.66	3.74	3.82	3.96		4.04	4.23	4.31	4.48	4.97	5.60			11.22	12.23	13.76
		velocity	7.76	9.56	9.36	9.16	8.84		8.66	8.27	8.12	7.81	7.04	7.14	8.23		9.36	8.59	7.63
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	14	17	155				
Selmon, Kenny (USA) (1996)																			
Heat 2	- 2020 Olympic Games (Tokyo, JPN) (TV Analysis)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	30-Jul-21	time	6.08	9.82	13.62	17.46	21.43		25.53	29.73	34.03	38.63	43.33		48.61	7 / 2			
reaction time	0.185	interval		3.74	3.80	3.84	3.97		4.10	4.20	4.30	4.60	4.70	5.28			11.38	12.27	13.60
		velocity	7.40	9.36	9.21	9.11	8.82		8.54	8.33	8.14	7.61	7.45	7.58	8.23		9.23	8.56	7.72
H1 lead leg	R	strides	21	13	13	13	13		13	13	13	14	14	16.7	156.7				
Happio, Wilfried (FRA) (1998)																			
FINAL	- 2022 Memorial van Damme (Brussels, BEL) (TV Analysis)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	02-Sep-22	time	5.87	9.51	13.24		21.08	22.72	25.16	29.46	33.97	38.67	43.44		48.61	5 / 4-3			
reaction time	0.170	interval		3.64	3.73		7.84		2.44	4.30	4.51	4.70	4.77	5.17					13.98
		velocity	7.67	9.62	9.38		8.93	8.80	14.34	8.14	7.76	7.45	7.34	7.74	8.23				7.51

H1 lead leg	L	strides	20	13	13			13	13	13	15	15	17.2	132.2					
Phillips, Andre (USA) (1959)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1982 TAC Naitonal Championships (Knoxville, TN)			Mann (1987) - the elite athlete program biomechanical analysis of the long hurdles: tac championship meet																
date	20-Jun-82	time	6.02	9.88	13.82	17.74	21.70		25.64	29.66	34.04	38.66	43.52		48.62	1/2			
reaction time		interval		3.86	3.94	3.92	3.96		3.94	4.02	4.38	4.62	4.86	5.10			11.72	11.92	13.86
		velocity	7.48	9.07	8.88	8.93	8.84		8.88	8.71	7.99	7.58	7.20	7.84	8.23		8.96	8.81	7.58
H1 lead leg		strides																	
Mashchenko, Ruslan (RUS) (1971)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1997 IAAF World Championships (Athens, GRE)			Hommel (1999) - biomechanical research project, athens 1997: final report																
date	04-Aug-97	time	5.88	9.60	13.36	17.16	21.02		25.02	29.30	33.61	38.26	43.06		48.62	5/6			
reaction time	0.166	interval		3.72	3.76	3.80	3.86		4.00	4.28	4.31	4.65	4.80	5.56			11.28	12.14	13.76
		velocity	7.65	9.41	9.31	9.21	9.07		8.75	8.18	8.12	7.53	7.29	7.19	8.23		9.31	8.65	7.63
H1 lead leg		strides																	
Campbell, Luke (GER) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)			Henson (2024) - Athlete First: 2021 year end hurdle report																
date	01-Aug-21	time	5.76	9.38	13.10	16.83	20.70		24.92	29.13	33.50	38.12	42.93		48.62	8/5			
reaction time	0.153	interval		3.62	3.72	3.73	3.87		4.22	4.21	4.37	4.62	4.81	5.69	PB		11.07	12.30	13.80
		velocity	7.81	9.67	9.41	9.38	9.04		8.29	8.31	8.01	7.58	7.28	7.03	8.23		9.49	8.54	7.61
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	18.7	164.7				
Rosser, Khalifah (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)			Henson (2022) - Athlete First: 2022 year end hurdle report																
date	16-Jul-22	time	5.84	9.63	13.46	17.27	21.26	22.98	25.33	29.52	33.86	38.40	43.03		48.62	2/1			
reaction time	0.168	interval		3.79	3.83	3.81	3.99		4.07	4.19	4.34	4.54	4.63	5.59			11.43	12.25	13.51
		velocity	7.71	9.23	9.14	9.19	8.77	8.70	8.60	8.35	8.06	7.71	7.56	7.16	8.23		9.19	8.57	7.77
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	14	14	17.2	156.2				
Allen, CJ (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Prefontaine Classic (Eugene, OR)			Omega Timing (2023) - diamond league race analysis																
date	16-Sep-23	time	5.70	9.33	13.05	16.85	20.75		24.77	28.94	33.31	37.93	42.73		48.62	2/9			
reaction time	0.137	interval		3.63	3.72	3.80	3.90		4.02	4.17	4.37	4.62	4.80	5.89			11.15	12.09	13.79
		velocity	7.89	9.64	9.41	9.21	8.97		8.71	8.39	8.01	7.58	7.29	6.79	8.23		9.42	8.68	7.61
H1 lead leg	L	strides	20			13	13		13	14	14	14	14		115				
Mägi, Rasmus (EST) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2024 Olympic Games (Paris, FRA)			Paris 2024 Olympic Games - Results Book (2024)																
date	05-Aug-24	time	5.98	9.78	13.57	17.43	21.39		25.48	29.70	34.16	38.74	43.34		48.62	5/1			
reaction time	0.196	interval		3.80	3.79	3.86	3.96		4.09	4.22	4.46	4.58	4.60	5.28			11.45	12.27	13.64
		velocity	7.53	9.21	9.23	9.07	8.84		8.56	8.29	7.85	7.64	7.61	7.58	8.23		9.17	8.56	7.70
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	14	14	17	156				
Januszewski, Paweł (POL) (1972)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 1999 IAAF World Championships (Sevilla, ESP)			Sanchez (1999) - Sevilla '99: análisis de la carreras con villas																
date	25-Aug-99	time	5.81	9.59	13.39	17.21	21.25		25.30	29.51	33.85	38.20	42.79		48.63	7/2			
reaction time	0.255	interval		3.78	3.80	3.82	4.04		4.05	4.21	4.34	4.35	4.59	5.84			11.40	12.30	13.28
		velocity	7.75	9.26	9.21	9.16	8.66		8.64	8.31	8.06	8.05	7.63	6.85	8.23		9.21	8.54	7.91
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	18	168				
Culson, Javier (PUR) (1984)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 London Anniversary Games (London, GBR) (TV Analysis)			Henson (2020) - Athlete First: 2016 year end hurdle report																
date	23-Jul-16	time	5.80	9.48	13.20	17.08	21.08		25.24	29.56	33.88	38.40	43.08		48.63	3/2			
reaction time	0.173	interval		3.68	3.72	3.88	4.00		4.16	4.32	4.32	4.52	4.68	5.55			11.28	12.48	13.52
		velocity	7.76	9.51	9.41	9.02	8.75		8.41	8.10	8.10	7.74	7.48	7.21	8.23		9.31	8.41	7.77
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	14	14	17	156				
Jackson, Bershawn (USA) (1983)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)			Henson (2021) - Athlete First: 2017 year end hurdle report																
date	13-May-17	time	5.64	9.40	13.40	17.56	21.60		25.68	29.76	33.96	38.40	43.04		48.63	4/1			
reaction time	0.127	interval		3.76	4.00	4.16	4.04		4.08	4.08	4.20	4.44	4.64	5.59			11.92	12.20	13.28
		velocity	7.98	9.31	8.75	8.41	8.66		8.58	8.58	8.33	7.88	7.54	7.16	8.23		8.81	8.61	7.91
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19	176				
Jackson, Bershawn (USA) (1983)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Jamaica International Invitational (Kingston, JAM) (TV Analysis)			Henson (2020) - Athlete First: 2017 year end hurdle report																
date	20-May-17	time	5.74	9.54	13.54	17.65	21.75		25.86	29.93	34.16	38.54	43.21		48.63	4/3			
reaction time		interval		3.80	4.00	4.11	4.10		4.11	4.07	4.23	4.38	4.67	5.42			11.91	12.28	13.28
		velocity	7.84	9.21	8.75	8.52	8.54		8.52	8.60	8.27	7.99	7.49	7.38	8.23		8.82	8.55	7.91
H1 lead leg	L	strides	22	15	15	15	15			15	15	15	15	19	161				
Copello, Yasmani (TUR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)			Henson (2020) - Athlete First: 2018 year end hurdle report																
date	31-May-18	time	5.84	9.56	13.32	17.16	21.12		25.20	29.40	33.84	38.36	43.12		48.63	5/3			
reaction time	0.205	interval		3.72	3.76	3.84	3.96		4.08	4.20	4.44	4.52	4.76	5.51			11.32	12.24	13.72
		velocity	7.71	9.41	9.31	9.11	8.84		8.58	8.33	7.88	7.74	7.35	7.26	8.23		9.28	8.58	7.65

H1 lead leg	R	strides	20	13	13	13	13		13	13	14	14	14	18	158					
Bassitt, Trevor (USA) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 Bislett Games (Oslo, NOR)			<i>Omega Timing (2023) - diamond league race analysis</i>																	
date	15-Jun-23	time	5.72	9.40	13.20	17.04	21.00		25.07	29.27	33.60	38.31	43.05		48.63	4 / 5				
reaction time	0.185	interval		3.68	3.80	3.84	3.96		4.07	4.20	4.33	4.71	4.74	5.58			11.32	12.23	13.78	
		velocity	7.87	9.51	9.21	9.11	8.84		8.60	8.33	8.08	7.43	7.38	7.17	8.23		9.28	8.59	7.62	
H1 lead leg	R	strides	20			13	13		13				14	13	86					
Happio, Wilfried (FRA) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)			<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																	
date	20-Aug-23	time	5.93	9.80	13.60	17.43	21.23		25.26	29.46	33.80	38.53	43.36		48.63	4 / 1				
reaction time	0.172	interval		3.87	3.80	3.83	3.80		4.03	4.20	4.34	4.73	4.83	5.27			11.50	12.03	13.90	
		velocity	7.59	9.04	9.21	9.14	9.21		8.68	8.33	8.06	7.40	7.25	7.59	8.23		9.13	8.73	7.55	
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	17	158					
Hyde, Jaheel (JAM) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 5 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)			<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																	
date	20-Aug-23	time	5.80	9.46	13.23	17.00	20.83		25.03	29.26	33.80	38.40	43.20		48.63	9 / 2				
reaction time	0.182	interval		3.66	3.77	3.77	3.83		4.20	4.23	4.54	4.60	4.80	5.43			11.20	12.26	13.94	
		velocity	7.76	9.56	9.28	9.28	9.14		8.33	8.27	7.71	7.61	7.29	7.37	8.23		9.38	8.56	7.53	
H1 lead leg	L	strides	22	13	13	13	13		14	14	14	14	15	18	163					
Bengtström, Carl (SWE) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Repechage 2 - 2024 Olympic Games (Paris, FRA)			<i>Paris 2024 Olympic Games - Results Book (2024)</i>																	
date	07-Aug-24	time	5.78	9.53	13.38	17.31	21.37		25.54	29.80	34.11	38.66	43.32		48.63	8 / 1				
reaction time	0.171	interval		3.75	3.85	3.93	4.06		4.17	4.26	4.31	4.55	4.66	5.31			11.53	12.49	13.52	
		velocity	7.79	9.33	9.09	8.91	8.62		8.39	8.22	8.12	7.69	7.51	7.53	8.23		9.11	8.41	7.77	
H1 lead leg	L	strides	20	14	14	14	14		15	15	15	15	15	19	170					
Seymour, Jim (USA) (1949)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1972 Olympic Games (Munich, FRG)			<i>Le Masurier (1977) - die olympischen 400-m-hürdenlauf vom Mexico City, München und Montreal</i>																	
date	03-Sep-72	time	6.1	9.9	13.8	17.7	21.7	23.4	25.9	30.2	34.5	39.1	43.5		48.64	4 / 4				
reaction time		interval		3.8	3.9	3.9	4.0		4.2	4.3	4.3	4.6	4.4	5.14			11.60	12.50	13.30	
		velocity	7.38	9.21	8.97	8.97	8.75	8.55	8.33	8.14	8.14	7.61	7.95	7.78	8.22		9.05	8.40	7.89	
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	17.2	163.2					
Ackermann, Uwe (GDR) (1960)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1982 European Championships (Athens, GRE)			<i>(1982) - XIII championnats d'Europe d'Atletisma, Athens 1982</i>																	
date	08-Sep-82	time	5.9	9.7	13.5	17.3	21.3		25.6	30.0	34.2	38.7	43.3		48.64	6 / 3				
reaction time		interval		3.8	3.8	3.8	4.0		4.3	4.4	4.2	4.5	4.6	5.3			11.40	12.70	13.30	
		velocity	7.63	9.21	9.21	9.21	8.75		8.14	7.95	8.33	7.78	7.61	7.49	8.22		9.21	8.27	7.89	
H1 lead leg	L	strides	20	13	13	13	13		15	15	15	15	15	18.2	165.2					
Diagana, Stéphane (FRA) (1969)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 1 - 2003 IAAF World Championships (Paris, FRA)			<i>Behm (2003) - Paris 2003:Le quatrache masculin - féminin</i>																	
date	27-Aug-03	time	5.8	9.5	13.3	17.2	21.2		25.3	29.5	33.9	38.5	43.1		48.64	2 / 5				
reaction time	0.163	interval		3.7	3.8	3.9	4.0		4.1	4.2	4.4	4.6	4.6	5.54			11.40	12.30	13.60	
		velocity	7.76	9.46	9.21	8.97	8.75		8.54	8.33	7.95	7.61	7.61	7.22	8.22		9.21	8.54	7.72	
H1 lead leg		strides	21	13	13	13	13		13	14	14	15	15	18	162					
Holmes, TJ (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis)			<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																	
date	07-Jun-18	time	5.76	9.36		20.84	22.6	24.96	29.36	33.84	38.56	43.24			48.64	3 / 4				
reaction time	0.210	interval		3.60		11.48		4.12	4.40	4.48	4.72	4.68	5.40						13.88	
		velocity	7.81	9.72		9.15	8.85	8.50	7.95	7.81	7.42	7.48	7.41	8.22					7.56	
H1 lead leg	L	strides	20	13	13			13	14	14	14	14	14	17	132					
Allen, CJ (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 3 - 2024 Olympic Games (Paris, FRA)			<i>Paris 2024 Olympic Games - Results Book (2024)</i>																	
date	05-Aug-24	time	5.68	9.39	13.17	17.06	21.02		25.06	29.23	33.63	38.23	43.05		48.64	6 / 2				
reaction time	0.144	interval		3.71	3.78	3.89	3.96		4.04	4.17	4.40	4.60	4.82	5.59			11.38	12.17	13.82	
		velocity	7.92	9.43	9.26	9.00	8.84		8.66	8.39	7.95	7.61	7.26	7.16	8.22		9.23	8.63	7.60	
H1 lead leg	L	strides	20	13	13	13	13		13	13	14	15	15	17.7	159.7					
Smidt, Nick (NED) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 4 - 2024 Olympic Games (Paris, FRA)			<i>Paris 2024 Olympic Games - Results Book (2024)</i>																	
date	05-Aug-24	time	5.93	9.70	13.50	17.39	21.37		25.47	29.72	34.15	38.63	43.24		48.64	9 / 6				
reaction time	0.168	interval		3.77	3.80	3.89	3.98		4.10	4.25	4.43	4.48	4.61	5.40			11.46	12.33	13.52	
		velocity	7.59	9.28	9.21	9.00	8.79		8.54	8.24	7.90	7.81	7.59	7.41	8.22		9.16	8.52	7.77	
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	14	17.5	158.5					
Bassitt, Trevor (USA) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Repechage 1 - 2024 Olympic Games (Paris, FRA)			<i>Paris 2024 Olympic Games - Results Book (2024)</i>																	
date	07-Aug-24	time	5.83	9.49	13.26	17.13	21.05		25.09	29.30	33.71	38.35	43.20		48.64	6 / 1				
reaction time	0.177	interval		3.66	3.77	3.87	3.92		4.04	4.21	4.41	4.64	4.85	5.44			11.30	12.17	13.90	
		velocity	7.72	9.56	9.28	9.04	8.93		8.66	8.31	7.94	7.54	7.22	7.35	8.22		9.29	8.63	7.55	

H1 lead leg	R	strides	20	13	13	13	13	13	13	13	13	14	14	16	155					
Schmid, Harald (FRG) (1957)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1986 European Championships (Stuttgart, FRG)			Behm (1995) - la tactique du 400 haies																	
date	28-Aug-86	time	5.8	9.4	13.3	17.2	21.3		25.5	29.8	34.3	38.7	43.3		48.65	1 / 1				
reaction time		interval		3.6	3.9	3.9	4.1		4.2	4.3	4.5	4.4	4.6	5.35			11.40	12.60	13.50	
		velocity	7.76	9.72	8.97	8.97	8.54		8.33	8.14	7.78	7.95	7.61	7.48	8.22		9.21	8.33	7.78	
H1 lead leg		strides	21	13	13	13	13		13	13	13	14	14		140					
Zellner, Torrance (USA) (1970)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1996 USA Olympic Trials (Atlanta, GA)			McNichols - Hurdle technique study through video analysis																	
date	16-Jun-96	time	5.81	9.63	13.49	17.35	21.37	22.99	25.60	29.95	34.27	38.67	43.25		48.65	7 / 5				
reaction time		interval		3.82	3.86	3.86	4.02		4.23	4.35	4.32	4.40	4.58	5.40			11.54	12.60	13.30	
		velocity	7.75	9.16	9.07	9.07	8.71	8.70	8.27	8.05	8.10	7.95	7.64	7.41	8.22		9.10	8.33	7.89	
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	14		138					
McFarlane, Danny (JAM) (1972)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 3 - 2009 IAAF World Championships (Berlin, GER)			Graubner (2009) - biomechanical analyses at the 12th IAAF world championships																	
date	15-Aug-09	time	6.04	9.76	13.62	17.59	21.65		25.72	29.98	34.26	38.79	43.43		48.65	6 / 2				
reaction time	0.187	interval		3.72	3.86	3.97	4.06		4.07	4.26	4.28	4.53	4.64	5.22			11.55	12.39	13.45	
		velocity	7.45	9.41	9.07	8.82	8.62		8.60	8.22	8.18	7.73	7.54	7.66	8.22		9.09	8.47	7.81	
H1 lead leg		strides		13	13	13	13		13	14	14	14	15		122					
McFarlane, Danny (JAM) (1972)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2009 IAAF World Championships (Berlin, GER)			Graubner (2009) - biomechanical analyses at the 12th IAAF world championships																	
date	18-Aug-09	time	6.01	9.70	13.52	17.42	21.40		25.48	29.79	34.09	38.57	43.26		48.65	1 / 6				
reaction time	0.162	interval		3.69	3.82	3.90	3.98		4.08	4.31	4.30	4.48	4.69	5.39			11.41	12.37	13.47	
		velocity	7.49	9.49	9.16	8.97	8.79		8.58	8.12	8.14	7.81	7.46	7.42	8.22		9.20	8.49	7.80	
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	15	18	161					
Copello, Yasmani (TUR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)			Henson (2021) - Athlete First: 2018 year end hurdle report																	
date	08-Sep-18	time	5.76	9.52	13.28	17.20	21.24		25.32	29.56	34.00	38.68	43.32		48.65	8 / 4				
reaction time	0.184	interval		3.76	3.76	3.92	4.04		4.08	4.24	4.44	4.68	4.64	5.33			11.44	12.36	13.76	
		velocity	7.81	9.31	9.31	8.93	8.66		8.58	8.25	7.88	7.48	7.54	7.50	8.22		9.18	8.50	7.63	
H1 lead leg	R	strides	20	13	13	13	13			13	13	14	14	17.5	143.5					
Warholm, Karsten (NOR) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)			Henson (2024) - Athlete First: 2021 year end hurdle report																	
date	30-Jul-21	time	5.73	9.42	13.26	17.26	21.20		25.33	29.55	33.83	38.37	43.12		48.65	8 / 1				
reaction time	0.157	interval		3.69	3.84	4.00	3.94		4.13	4.22	4.28	4.54	4.75	5.53			11.53	12.29	13.57	
		velocity	7.85	9.49	9.11	8.75	8.88		8.47	8.29	8.18	7.71	7.37	7.23	8.22		9.11	8.54	7.74	
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	17	158					
McMaster, Kyron (IVB) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 Meeting de Paris (Paris, FRA)			Omega Timing (2023) - diamond league race analysis																	
date	09-Jun-23	time	5.70	9.31	13.03	16.79	20.66		24.70	28.90	33.35	38.00	42.81		48.65	8 / 5				
reaction time	0.157	interval		3.61	3.72	3.76	3.87		4.04	4.20	4.45	4.65	4.81	5.84			11.09	12.11	13.91	
		velocity	7.89	9.70	9.41	9.31	9.04		8.66	8.33	7.87	7.53	7.28	6.85	8.22		9.47	8.67	7.55	
H1 lead leg	L	strides	21	13	13	13	13		13	13	14	15	15	17.5	160.5					
Nathaniel, Ezekiel (NGR) (2003)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 1 - 2024 Olympic Games (Paris, FRA)			Paris 2024 Olympic Games - Results Book (2024)																	
date	07-Aug-24	time	5.76	9.43	13.13	16.89	20.85		24.98	29.16	33.51	38.22	43.08		48.65	5 / 5				
reaction time	0.170	interval		3.67	3.70	3.76	3.96		4.13	4.18	4.35	4.71	4.86	5.57			11.13	12.27	13.92	
		velocity	7.81	9.54	9.46	9.31	8.84		8.47	8.37	8.05	7.43	7.20	7.18	8.22		9.43	8.56	7.54	
H1 lead leg	R	strides	21	13	13	13	13		13	13	13	14	14	17	157					
Schelbert, Marcel (SUI) (1976)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 6 - 1999 IAAF World Championships (Sevilla, ESP)			Sanchez (1999) - Sevilla '99: análisis de la carreras con villas																	
date	24-Aug-99	time	5.78	9.52	13.30	17.16	21.05		25.28	29.56	34.00	38.50	43.14		48.66	6 / 1				
reaction time	0.143	interval		3.74	3.78	3.86	3.89		4.23	4.28	4.44	4.50	4.64	5.52			11.38	12.40	13.58	
		velocity	7.79	9.36	9.26	9.07	9.00		8.27	8.18	7.88	7.78	7.54	7.25	8.22		9.23	8.47	7.73	
H1 lead leg	L	strides	22	13	13	13	13		14	14	15	15	15	19	166					
Yoshikata, Masahira (JPN) (1982)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2005 Seiko Super Grand Prix (Yokohama, JPN)			Yasunori (2006) - race pattern analysis of top Japanese 400m hurdlers																	
date	19-Sep-05	time	5.96	9.71	13.63	17.55	21.60		25.72	29.92	34.16	38.53	43.13		48.66	1 / 3				
reaction time		interval		3.75	3.92	3.92	4.05		4.12	4.20	4.24	4.37	4.60	5.53	PB		11.59	12.37	13.21	
		velocity	7.55	9.33	8.93	8.93	8.64		8.50	8.33	8.25	8.01	7.61	7.23	8.22		9.06	8.49	7.95	
H1 lead leg		strides		14	14	14	14		14	15	15	15	15		130					
Gordon, Jehue (TTO) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 3 - 2009 IAAF World Championships (Berlin, GER)			Graubner (2009) - biomechanical analyses at the 12th IAAF world championships																	
date	15-Aug-09	time	6.05	9.78	13.53	17.36	21.33		25.55	29.77	34.17	38.91	43.45		48.66	8 / 3				
reaction time	0.173	interval		3.73	3.75	3.83	3.97		4.22	4.22	4.40	4.74	4.54	5.21	NR		11.31	12.41	13.68	
		velocity	7.44	9.38	9.33	9.14	8.82		8.29	8.29	7.95	7.38	7.71	7.68	8.22		9.28	8.46	7.68	

H1 lead leg strides

Mägi, Rasmus (EST) (1992)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Meeting Paris (Saint-Denis, FRA) (TV Analysis)																			
date	27-Aug-16	time	6.04	9.80	17.48	21.44		25.52			34.28	38.88	43.44		48.66	3 / 5			
reaction time	0.147	interval		3.76	7.68	3.96		4.08		8.76	4.60	4.56	5.22				11.44		
		velocity	7.45	9.31	9.11	8.84		8.58		7.99	7.61	7.68	7.66		8.22		9.18		
H1 lead leg	L	strides	20	13		13		13				14	14	17	104				

Mägi, Rasmus (EST) (1992)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Prefontaine Classic (Eugene, OR) (TV Analysis)																			
date	28-May-22	time	5.87	9.66	13.50	17.36	21.30	23.05	25.35	29.60	34.09	38.73	43.33		48.66	3 / 5			
reaction time	0.174	interval		3.79	3.84	3.86	3.94		4.05	4.25	4.49	4.64	4.60	5.33			11.49	12.24	13.73
		velocity	7.67	9.23	9.11	9.07	8.88	8.68	8.64	8.24	7.80	7.54	7.61	7.50	8.22		9.14	8.58	7.65
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	14	14		142				

Watrin, Julien (BEL) (1992)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Memorial van Damme (Brussels, BEL) (TV Analysis)																			
date	02-Sep-22	time	5.84	9.47	13.21	17.02	20.89	22.59	24.89	29.16	33.56	38.20	43.07		48.66	7 / 5-4			
reaction time	0.224	interval		3.63	3.74	3.81	3.87		2.30	4.27	4.40	4.64	4.87	5.59	NR PB		11.18	12.14	13.91
		velocity	7.71	9.64	9.36	9.19	9.04	8.85	15.22	8.20	7.95	7.54	7.19	7.16	8.22		9.39	8.65	7.55
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	14	15	18	161				

Copello, Yasmani (TUR) (1987)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																			
date	21-Aug-23	time	5.97	9.77		17.23	21.12			29.57	34.03	38.64	43.25		48.66	3 / 6			
reaction time	0.220	interval		3.80		7.46	3.89			8.45	4.46	4.61	4.61	5.41			11.26	12.34	13.68
		velocity	7.54	9.21		9.38	9.00			8.29	7.84	7.59	7.59	7.39	8.22		9.33	8.51	7.67
H1 lead leg	R	strides	20	13			13				14	14	14	17.5	105.5				

Happio, Wilfried (FRA) (1998)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2024 Olympic Games (Paris, FRA)																			
date	07-Aug-24	time	5.73	9.33	12.95	16.65	20.53		24.59	28.85	33.39	38.20	43.03		48.66	7 / 3			
reaction time	0.156	interval		3.60	3.62	3.70	3.88		4.06	4.26	4.54	4.81	4.83	5.63			10.92	12.20	14.18
		velocity	7.85	9.72	9.67	9.46	9.02		8.62	8.22	7.71	7.28	7.25	7.10	8.22		9.62	8.61	7.40
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	18	159				

Nozawa, Keisuke (JPN) (1991)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Seiko Golden Grand Prix (Kawasaki, JPN)																			
date	08-May-16	time	5.96	9.58	13.27	17.06	21.03		25.05	29.15	33.45	38.05	42.89		48.67	4 / 1			
reaction time	0.155	interval		3.62	3.69	3.79	3.97		4.02	4.10	4.30	4.60	4.84	5.78	PB		11.10	12.09	13.74
		velocity	7.55	9.67	9.49	9.23	8.82		8.71	8.54	8.14	7.61	7.23	6.92	8.22		9.46	8.68	7.64
H1 lead leg	L	strides	21	13	13	14	14		14	14	15	15	15	19.2	167.2				

Holmes, TJ (USA) (1995)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT)																			
date	28-Sep-19	time	5.90	9.49	13.18	16.95	20.97		25.16	29.45	34.05	38.59	43.38		48.67	7 / 3			
reaction time	0.258	interval		3.59	3.69	3.77	4.02		4.19	4.29	4.60	4.54	4.79	5.29			11.05	12.50	13.93
		velocity	7.63	9.75	9.49	9.28	8.71		8.35	8.16	7.61	7.71	7.31	7.56	8.22		9.50	8.40	7.54
H1 lead leg	L	strides	20	13	13	13	13		13	13	14	14	14	17	157				

Kendziera, Dave (USA) (1994)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																			
date	01-Aug-21	time	5.90	9.56	13.33	17.13	21.13		25.20	29.43	33.87	38.40	43.13		48.67	9 / 3			
reaction time	0.190	interval		3.66	3.77	3.80	4.00		4.07	4.23	4.44	4.53	4.73	5.54			11.23	12.30	13.70
		velocity	7.63	9.56	9.28	9.21	8.75		8.60	8.27	7.88	7.73	7.40	7.22	8.22		9.35	8.54	7.66
H1 lead leg	R	strides	20	13	13	13	13		13	13	14	14	15	18.2	159.2				

Núñez, Yeral (DOM) (2003)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2024 Olympic Games (Paris, FRA)																			
date	05-Aug-24	time	5.82	9.44	13.11	16.89	20.85		25.00	29.37	33.87	38.42	43.05		48.67	8 / 4			
reaction time	0.187	interval		3.62	3.67	3.78	3.96		4.15	4.37	4.50	4.55	4.63	5.62			11.07	12.48	13.68
		velocity	7.73	9.67	9.54	9.26	8.84		8.43	8.01	7.78	7.69	7.56	7.12	8.22		9.49	8.41	7.68
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	18	164				

Agyekum, Emil (GER) (1999)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Repechage 1 - 2024 Olympic Games (Paris, FRA)																			
date	07-Aug-24	time	5.95	9.65	13.36	17.13	20.97		24.98	29.20	33.78	38.48	43.26		48.67	4 / 2			
reaction time	0.194	interval		3.70	3.71	3.77	3.84		4.01	4.22	4.58	4.70	4.78	5.41			11.18	12.07	14.06
		velocity	7.56	9.46	9.43	9.28	9.11		8.73	8.29	7.64	7.45	7.32	7.39	8.22		9.39	8.70	7.47
H1 lead leg	L	strides	20	13	13	13	13		13	13	15	15	15	18	161				

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

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2009 IAAF World Championships (Berlin, GER)																			
date	18-Aug-09	time	6.07	9.86	13.71	17.65	21.76		25.93	30.19	34.52	38.92	43.46		48.68	6 / 7			
reaction time	0.148	interval		3.79	3.85	3.94	4.11		4.17	4.26	4.33	4.40	4.54	5.22			11.58	12.54	13.27
		velocity	7.41	9.23	9.09	8.88	8.52		8.39	8.22	8.08	7.95	7.71	7.66	8.22		9.07	8.37	7.91

H1 lead leg	R	strides	22	14	14	14	14	14	15	15	15	15	19	171					
Hann, Mamadou Kasse (SEN) (1986)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis)			Henson (2021) - Athlete First: major championships report																
date	15-Aug-13	time	6.00	9.77	13.60	17.37	21.33		25.33	29.60	34.17	38.70	43.37		48.68	2 / 7			
reaction time	0.195	interval		3.77	3.83	3.77	3.96		4.00	4.27	4.57	4.53	4.67	5.31			11.37	12.23	13.77
		velocity	7.50	9.28	9.14	9.28	8.84		8.75	8.20	7.66	7.73	7.49	7.53	8.22		9.23	8.59	7.63
H1 lead leg	L	strides	20	13	13	13	13		13	14		14	14	16.7	143.7				
Bett, Nicholas (KEN) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Athletissime (Laussane, SUI) (TV Analysis)			Henson (2020) - Athlete First: 2016 year end hurdle report																
date	25-Aug-16	time	5.90	9.56	13.36	17.30	21.33		25.36	29.50	33.93	38.46	43.20		48.68	6 / 2			
reaction time	0.162	interval		3.66	3.80	3.94	4.03		4.03	4.14	4.43	4.53	4.74	5.48			11.40	12.20	13.70
		velocity	7.63	9.56	9.21	8.88	8.68		8.68	8.45	7.90	7.73	7.38	7.30	8.22		9.21	8.61	7.66
H1 lead leg	R	strides	20	13	13	13	13		13	13	15	15	15	17	160				
Futch, Eric (USA) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Müller's Anniversary Games (London, GBR) (TV Analysis)			Henson (2020) - Athlete First: 2017 year end hurdle report																
date	09-Jul-17	time	5.96	9.72	13.56	17.48	21.60		25.80	30.04	34.40	38.84	43.40		48.68	5 / 5			
reaction time	0.189	interval		3.76	3.84	3.92	4.12		4.20	4.24	4.36	4.44	4.56	5.28			11.52	12.56	13.36
		velocity	7.55	9.31	9.11	8.93	8.50		8.33	8.25	8.03	7.88	7.68	7.58	8.22		9.11	8.36	7.86
H1 lead leg	R	strides	22	14	14	13	14		15	14	15	15	15	18	169				
Abe, Takatoshi (JPN) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A FINAL - 2018 Shizuoka International Athletics Meeting (Fukuoka, JPN)			Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018																
date	03-May-18	time	5.97	9.64	13.38	17.15	20.99		24.96	29.20	33.67	38.27	43.06		48.68	6 / 1			
reaction time	0.222	interval		3.67	3.74	3.77	3.84		3.97	4.24	4.47	4.60	4.79	5.62	PB		11.18	12.05	13.86
		velocity	7.54	9.54	9.36	9.28	9.11		8.82	8.25	7.83	7.61	7.31	7.12	8.22		9.39	8.71	7.58
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	15	15	18	161				
Kurokawa, Kazuki (JPN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Ready Steady Tokyo (Tokyo, JPN)			Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																
date	09-May-21	time	5.77	9.36	13.06	16.92	20.97		25.23	29.40	33.80	38.36	43.14		48.68	6 / 1			
reaction time	0.150	interval		3.59	3.70	3.86	4.05		4.26	4.17	4.40	4.56	4.78	5.54	PB		11.15	12.48	13.74
		velocity	7.80	9.75	9.46	9.07	8.64		8.22	8.39	7.95	7.68	7.32	7.22	8.22		9.42	8.41	7.64
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	19	165				
Samuel, Cameron (USA) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)			Henson (2021) - Athlete First: 2021 year end hurdle report																
date	11-Jun-21	time	5.93	9.60		17.32	21.33			29.65	34.13	38.73	43.37		48.68	7 / 3			
reaction time	0.201	interval		3.67		7.72	4.01			8.32	4.48	4.60	4.64	5.31	PB		11.39	12.33	13.72
		velocity	7.59	9.54		9.07	8.73			8.41	7.81	7.61	7.54	7.53	8.22		9.22	8.52	7.65
H1 lead leg	R	strides	21	14		14					15	15	15	18.5	112.5				
Drummond, Gerald (CRC) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Meeting de Paris (Paris, FRA)			Omega Timing (2024) - diamond league race analysis																
date	07-Jul-24	time	5.62	9.29	13.08	16.96	20.94		25.08	29.27	33.76	38.33	43.05		48.68	2 / 5			
reaction time	0.217	interval		3.67	3.79	3.88	3.98		4.14	4.19	4.49	4.57	4.72	5.63			11.34	12.31	13.78
		velocity	8.01	9.54	9.23	9.02	8.79		8.45	8.35	7.80	7.66	7.42	7.10	8.22		9.26	8.53	7.62
H1 lead leg	L	strides	21	14	14	14	14				15	15	15	18	140				
Bengtström, Carl (SWE) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Meeting de Paris (Paris, FRA)			Omega Timing (2024) - diamond league race analysis																
date	07-Jul-24	time	5.71	9.46	13.40	17.32	21.23		25.35	29.64	34.03	38.63	43.31		48.68	4 / 6			
reaction time	0.179	interval		3.75	3.94	3.92	3.91		4.12	4.29	4.39	4.60	4.68	5.37			11.61	12.32	13.67
		velocity	7.88	9.33	8.88	8.93	8.95		8.50	8.16	7.97	7.61	7.48	7.45	8.22		9.04	8.52	7.68
H1 lead leg	L	strides	22	14	14	14	14				15	15	15	19	142				
Allen, CJ (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Memorial van damme (Brussels, BEL)			Omega Timing (2024) - diamond league race analysis																
date	14-Sep-24	time	5.73	9.46	13.32	17.17	21.16		25.23	29.39	33.76	38.40	43.10		48.68	3 / 4			
reaction time	0.144	interval		3.73	3.86	3.85	3.99		4.07	4.16	4.37	4.64	4.70	5.58			11.44	12.22	13.71
		velocity	7.85	9.38	9.07	9.09	8.77		8.60	8.41	8.01	7.54	7.45	7.17	8.22		9.18	8.59	7.66
H1 lead leg	L	strides	20	13	13	13	13		13	13	14	15	14	17.5	158.5				
Shine, Mike (USA) (1953)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1976 Olympic Games (Montreal, CAN)			Le Masurier (1977) - die olympischen 400-m-hürdenlauf vom Mexico City, München und Montreal																
date	25-Jul-76	time	6.1	9.9	13.8	17.7	21.7	23.4	25.9	30.2	34.5	38.9	43.4		48.69	1 / 2			
reaction time		interval		3.80	3.90	3.90	4.00		4.20	4.30	4.30	4.40	4.50	5.29			11.60	12.50	13.20
		velocity	7.38	9.21	8.97	8.97	8.75	8.55	8.33	8.14	8.14	7.95	7.78	7.56	8.22		9.05	8.40	7.95
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	15	15	18.7	175.7				
Akabusi, Kriss (GBR) (1958)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1988 Olympic Games (Seoul, KOR)			Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988																
date	25-Sep-88	time	6.08	9.80	13.57	17.41	21.41		25.62	29.82	34.22	38.75	43.47		48.69	7 / 6			
reaction time	0.223	interval		3.72	3.77	3.84	4.00		4.21	4.20	4.40	4.53	4.72	5.22			11.33	12.41	13.65
		velocity	7.40	9.41	9.28	9.11	8.75		8.31	8.33	7.95	7.73	7.42	7.66	8.22		9.27	8.46	7.69

H1 lead leg	R	strides	20	13	13	13	13	14	14	14	14	15	18	161					
Valliant, Ludvy (FRA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)			Henson (2020) - Athlete First: 2020 year end hurdle report																
date	17-Sep-20	time	5.87	9.58			21.15	22.9		29.53	33.90	38.54	43.28		48.69	6 / 2			
reaction time	0.185	interval		3.71			11.57			8.38	4.37	4.64	4.74	5.41					13.75
		velocity	7.67	9.43			9.08	8.73		8.35	8.01	7.54	7.38	7.39	8.22				7.64
H1 lead leg	R	strides	21	13							14	14	14	17.2	93.2				
Kurokawa, Kazuki (JPN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese National Championships (Osaka, JPN)			Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																
date	26-Jun-21	time	5.83	9.43	13.10	16.87	20.79		24.94	29.21	33.61	38.26	43.10		48.69	7 / 1			
reaction time	0.202	interval		3.60	3.67	3.77	3.92		4.15	4.27	4.40	4.65	4.84	5.59			11.04	12.34	13.89
		velocity	7.72	9.72	9.54	9.28	8.93		8.43	8.20	7.95	7.53	7.23	7.16	8.22		9.51	8.51	7.56
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	19	165				
Bailey, Aldrich (USA) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2024 USA Olympic Trials (Eugene, OR)			USATF and Karmarush (2024) - USA Olympic trials results and race analysis																
date	28-Jun-24	time	5.87	9.58	13.32	17.09	21.01	22.79	25.01	29.26	33.83	38.63	43.20		48.69	6 / 3			
reaction time		interval		3.71	3.74	3.77	3.92		4.00	4.25	4.57	4.80	4.57	5.49			11.22	12.17	13.94
		velocity	7.67	9.43	9.36	9.28	8.93	8.78	8.75	8.24	7.66	7.29	7.66	7.29	8.22		9.36	8.63	7.53
H1 lead leg	L	strides	21	13	13	13	13		13	13	14	14	14	17	158				
James-King, Malik (JAM) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
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	6.12	9.80	13.40	17.22	21.22		25.52	29.88	34.24	38.72	43.32		48.69	8 / 4			
reaction time	0.200	interval		3.68	3.60	3.82	4.00		4.30	4.36	4.36	4.48	4.60	5.37			11.10	12.66	13.44
		velocity	7.35	9.51	9.72	9.16	8.75		8.14	8.03	8.03	7.81	7.61	7.45	8.22		9.46	8.29	7.81
H1 lead leg	L	strides	23	14	14	14	14		15	15	15	15	15	18.5	172.5				
Beck, Volker (GDR) (1956)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1980 Olympic Games (Moscow, URS)			Lamare (1980) - resultats complets et commentaires- Moscow 1980																
date	26-Jul-80	time	6.2	10.1	13.8	17.7	21.7		25.8	30.1	34.5	39.0	43.6		48.70	8 / 1			
reaction time	0.161	interval		3.9	3.7	3.9	4.0		4.1	4.3	4.4	4.5	4.6	5.10			11.50	12.40	13.50
		velocity	7.26	8.97	9.46	8.97	8.75		8.54	8.14	7.95	7.78	7.61	7.84	8.21		9.13	8.47	7.78
H1 lead leg		strides		13	13	13	13		13	13	15	15	15		123				
Mori, Fabrizio (ITA) (1969)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2002 European Championships (Munich, GER)			Graubner (2009) - http://www.fgs.uni-halle.de																
date	08-Aug-02	time	6.17	9.99	13.82	17.66	21.65		25.77	30.16	34.37	38.83	43.43		48.70	/ 3			
reaction time		interval		3.82	3.83	3.84	3.99		4.12	4.39	4.21	4.46	4.60	5.27			11.49	12.50	13.27
		velocity	7.29	9.16	9.14	9.11	8.77		8.50	7.97	8.31	7.85	7.61	7.59	8.21		9.14	8.40	7.91
H1 lead leg		strides																	
Copello, Yasmani (TUR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 London Anniversary Games (London, GBR) (TV Analysis)			Henson (2020) - Athlete First: 2016 year end hurdle report																
date	23-Jul-16	time	5.84	9.56	13.40	17.28	21.28		25.48	29.80	34.24	38.80	43.36		48.70	6 / 3			
reaction time	0.189	interval		3.72	3.84	3.88	4.00		4.20	4.32	4.44	4.56	4.56	5.34			11.44	12.52	13.56
		velocity	7.71	9.41	9.11	9.02	8.75		8.33	8.10	7.88	7.68	7.68	7.49	8.21		9.18	8.39	7.74
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	14	14	17.2	158.2				
Downing, Quincy (USA) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 USATF Championships (Sacramento, CA) (TV Analysis)			Henson (2020) - Athlete First: 2017 year end hurdle report																
date	25-Jun-17	time	5.89	9.55	13.20	16.93	20.82			29.17	33.62	38.24	43.07		48.70	7 / 6			
reaction time		interval		3.66	3.65	3.73	3.89			8.35	4.45	4.62	4.83	5.63			11.04	12.24	13.90
		velocity	7.64	9.56	9.59	9.38	9.00			8.38	7.87	7.58	7.25	7.10	8.21		9.51	8.58	7.55
H1 lead leg	R	strides	21	13	13	13	13				14	14	15	17.7	133.7				
Mpoke, Moitalel (KEN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)			Henson (2021) - Athlete First: 2021 year end hurdle report																
date	11-Jun-21	time	6.03	9.83	13.80	17.77	21.70		25.89	30.13	34.63	39.23	43.73		48.70	6 / 4			
reaction time	0.267	interval		3.80	3.97	3.97	3.93		4.19	4.24	4.50	4.60	4.50	4.97	PB		11.74	12.36	13.60
		velocity	7.46	9.21	8.82	8.82	8.91		8.36	8.25	7.78	7.61	7.78	8.05	8.21		8.94	8.50	7.72
H1 lead leg	R	strides	21	13	14	14	13		14	14	15	15	15	18.5	166.5				
Ogawa, Daiki (JPN) (2003)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Japanese National Championships (Niigata, JPN)			Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season																
date	28-Jun-24	time	6.04	9.88	13.76	17.80	21.86		25.99	30.23	34.60	39.06	43.58		48.70	5 / 2			
reaction time	0.159	interval		3.84	3.88	4.04	4.06		4.13	4.24	4.37	4.46	4.52	5.12	PB		11.76	12.43	13.35
		velocity	7.45	9.11	9.02	8.66	8.62		8.47	8.25	8.01	7.85	7.74	7.81	8.21		8.93	8.45	7.87
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	19.5	169.5				
Mori, Fabrizio (ITA) (1969)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1998 European Championships (Budapest, HUN)			Behm (1998) - analyse et commentaires: le 400m haies: Pavel la surprise!																
date	20-Aug-98	time	6.2	10.3	14.2	18.1	22.2		26.3	30.4	34.6	38.9	43.4		48.71	7 / 3			
reaction time		interval		4.1	3.9	3.9	4.1		4.1	4.1	4.2	4.3	4.5	5.31			11.90	12.30	13.00
		velocity	7.26	8.54	8.97	8.97	8.54		8.54	8.54	8.33	8.14	7.78	7.53	8.21		8.82	8.54	8.08

H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	18.5	169.5					
Morgan, Dinsdale (JAM) (1972)																			
Semi-Final 2 - 1999 IAAF World Championships (Sevilla, ESP)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	25-Aug-99	time	5.58	9.34	13.14	17.06	21.17		25.30	29.62	34.05	38.45	43.12		48.71	3 / 5			
reaction time	0.179	interval		3.76	3.80	3.92	4.11		4.13	4.32	4.43	4.40	4.67	5.59			11.48	12.56	13.50
		velocity	8.06	9.31	9.21	8.93	8.52		8.47	8.10	7.90	7.95	7.49	7.16	8.21		9.15	8.36	7.78
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18.5	169.5				
Narisako, Kenji (JPN) (1984)																			
FINAL - 2005 Osaka Grand Prix (Osaka, JPN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	07-May-05	time	5.99	9.68	13.45	17.25	21.24		25.39	29.81	34.25	38.77	43.37		48.71	/ 3			
reaction time		interval		3.69	3.77	3.80	3.99		4.15	4.42	4.44	4.52	4.60	5.34			11.26	12.56	13.56
		velocity	7.51	9.49	9.28	9.21	8.77		8.43	7.92	7.88	7.74	7.61	7.49	8.21		9.33	8.36	7.74
H1 lead leg		strides		13	13	13	13		13	14	14	15	15		123				
Plawgo, Marek (POL) (1981)																			
FINAL - 2006 European Championships (Göteborg, SWE)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	10-Aug-06	time	5.8	9.5	13.4	17.4	21.5		25.7	30.0	34.5	39.0	43.6		48.71	/ 2			
reaction time		interval		3.7	3.9	4.0	4.1		4.2	4.3	4.5	4.5	4.6	5.11			11.60	12.60	13.60
		velocity	7.76	9.46	8.97	8.75	8.54		8.33	8.14	7.78	7.78	7.61	7.83	8.21		9.05	8.33	7.72
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	14	18	159				
Grimes, Norman (USA) (1998)																			
FINAL - 2019 NCAA Championships (Austin, TX) (TV Analysis)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	07-Jun-19	time	5.93	9.60	13.30	17.06	20.86		24.80	29.06	33.46	38.16	42.93		48.71	3 / 2			
reaction time	0.231	interval		3.67	3.70	3.76	3.80		3.94	4.26	4.40	4.70	4.77	5.78	PB		11.13	12.00	13.87
		velocity	7.59	9.54	9.46	9.31	9.21		8.88	8.22	7.95	7.45	7.34	6.92	8.21		9.43	8.75	7.57
H1 lead leg	L	strides		13	13	13	13		13	14	14	14	14	17.5	138.5				
Rosser, Khalifah (USA) (1995)																			
FINAL - 2023 Herculis Meeting International d'Athlétisme (Monaco, MON)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	21-Jul-23	time	5.73	9.31	12.98	16.73	20.59		24.65	28.93	33.46	38.13	43.00		48.71	1 / 7			
reaction time	0.172	interval		3.58	3.67	3.75	3.86		4.06	4.28	4.53	4.67	4.87	5.71			11.00	12.20	14.07
		velocity	7.85	9.78	9.54	9.33	9.07		8.62	8.18	7.73	7.49	7.19	7.01	8.21		9.55	8.61	7.46
H1 lead leg	R	strides	21	13	13	13				14	14	14	14		116				
Kurokawa, Kazuki (JPN) (2001)																			
Heat 5 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	20-Aug-23	time	5.73	9.46	13.20	17.00	20.83		25.03	29.36	33.83	38.46	43.23		48.71	3 / 3			
reaction time	0.158	interval		3.73	3.74	3.80	3.83		4.20	4.33	4.47	4.63	4.77	5.48			11.27	12.36	13.87
		velocity	7.85	9.38	9.36	9.21	9.14		8.33	8.08	7.83	7.56	7.34	7.30	8.21		9.32	8.50	7.57
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	18.7	164.7				
Agyekum, Emil (GER) (1999)																			
Semi-Final 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	21-Aug-23	time	6.10	9.98	13.68	17.28	21.12			29.56	34.06	38.70	43.41		48.71	3 / 5			
reaction time	0.196	interval		3.88	3.70	3.60	3.84			8.44	4.50	4.64	4.71	5.30	PB		11.18	12.28	13.85
		velocity	7.38	9.02	9.46	9.72	9.11			8.29	7.78	7.54	7.43	7.55	8.21		9.39	8.55	7.58
H1 lead leg	L	strides	21	13	13	13	13				14	15	15	18	135				
Allen, CJ (USA) (1995)																			
Long Hurdles - 2025 Grand Slam Track Kingston (Kingston, JAM) (TV Analysis)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	04-Apr-25	time	5.82	9.44	13.08	16.96	20.92		25.00	29.36	33.76	38.32	43.06		48.71	3 / 5			
reaction time	0.170	interval		3.62	3.64	3.88	3.96		4.08	4.36	4.40	4.56	4.74	5.65			11.14	12.40	13.70
		velocity	7.73	9.67	9.62	9.02	8.84		8.58	8.03	7.95	7.68	7.38	7.08	8.21		9.43	8.47	7.66
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	15	15	18	161				
Tamesue, Dai (JPN) (1978)																			
FINAL - 2005 Osaka Grand Prix (Osaka, JPN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	07-May-05	time	5.84	9.51	13.25	17.09	21.01		25.11	29.33	33.78	38.38	43.17		48.72	/ 4			
reaction time		interval		3.67	3.74	3.84	3.92		4.10	4.22	4.45	4.60	4.79	5.55			11.25	12.24	13.84
		velocity	7.71	9.54	9.36	9.11	8.93		8.54	8.29	7.87	7.61	7.31	7.21	8.21		9.33	8.58	7.59
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				
Johnson, Brandon (USA) (1983)																			
FINAL - 2008 USA Olympic Trials (Eugene, OR)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	29-Jun-08	time	5.84	9.59	13.41	17.37	21.54		25.64	29.96	34.38	38.89	43.38		48.72	2 / 6			
reaction time		interval		3.75	3.82	3.96	4.17		4.10	4.32	4.42	4.51	4.49	5.34			11.53	12.59	13.42
		velocity	7.71	9.33	9.16	8.84	8.39		8.54	8.10	7.92	7.76	7.80	7.49	8.21		9.11	8.34	7.82
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14		142				
Fleischhauer, Georg (GER) (1988)																			
Heat 1 - 2011 IAAF World Championships (Daegu, KOR)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	29-Aug-11	time	6.16	9.96	13.84	17.78	21.77		25.85	30.08	34.48	38.96	43.52		48.72	4 / 3			
reaction time	0.176	interval		3.80	3.88	3.94	3.99		4.08	4.23	4.40	4.48	4.56	5.20	PB		11.62	12.30	13.44
		velocity	7.31	9.21	9.02	8.88	8.77		8.58	8.27	7.95	7.81	7.68	7.69	8.21		9.04	8.54	7.81

H1 lead leg	strides	21	13	13	13	13		13	13	14	14	14		141					
Clement, Kerron (USA) (1985)																			
FINAL	- 2016 Weltklasse (Zürich, SUI) (TV Analysis)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	01-Sep-16	time	5.88	9.56	13.32	17.04	21.04	25.20	29.52	33.96	38.80	43.64		48.72	6 / 1				
reaction time	0.132	interval		3.68	3.76	3.72	4.00	4.16	4.32	4.44	4.84	4.84	5.08			11.16	12.48	14.12	
		velocity	7.65	9.51	9.31	9.41	8.75	8.41	8.10	7.88	7.23	7.23	7.87	8.21		9.41	8.41	7.44	
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	14	14	16.2	155.2					
Lattin, Amere (USA) (1997)																			
FINAL	- 2019 NCAA Championships (Austin, TX) (TV Analysis)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	07-Jun-19	time	6.00	9.76	13.63	17.50	21.40	25.46		34.20	38.83	43.56		48.72	4 / 3				
reaction time	0.212	interval		3.76	3.87	3.87	3.90	4.06		8.74	4.63	4.73	5.16	PB		11.50			
		velocity	7.50	9.31	9.04	9.04	8.97	8.62		8.01	7.56	7.40	7.75	8.21		9.13			
H1 lead leg	L	strides	21	13	13	13	13	13			15	15	17	133					
Samba, Abderrahmane (QAT) (1995)																			
Semi-Final 3	- 2019 IAAF World Championships (Doha, QAT)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	28-Sep-19	time	6.00	9.78	13.51	17.41	21.40	25.57	29.84	34.31	38.76	43.33		48.72	5 / 2				
reaction time	0.220	interval		3.78	3.73	3.90	3.99	4.17	4.27	4.47	4.45	4.57	5.39			11.41	12.43	13.49	
		velocity	7.50	9.26	9.38	8.97	8.77	8.39	8.20	7.83	7.87	7.66	7.42	8.21		9.20	8.45	7.78	
H1 lead leg	R	strides	21	13	13	13	13	13	13	14	14	14	17.2	158.2					
Mägi, Rasmus (EST) (1992)																			
FINAL	- 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	17-Sep-20	time	5.97	9.74		21.45	23.2		29.96	34.43	38.94	43.51		48.72	4 / 3				
reaction time	0.150	interval		3.77		11.71			8.51	4.47	4.51	4.57	5.21					13.55	
		velocity	7.54	9.28		8.97	8.62		8.23	7.83	7.76	7.66	7.68	8.21				7.75	
H1 lead leg	R	strides	20	13						14	14	14	17.5	92.5					
Happio, Wilfried (FRA) (1998)																			
FINAL	- 2022 Weltklasse (Zürich, SUI) (TV Analysis)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	08-Sep-22	time	5.87	9.54	13.38	17.32	21.32	22.89	25.46	29.69	34.00	38.71	43.48		48.72	7 / 4			
reaction time	0.130	interval		3.67	3.84	3.94	4.00		4.14	4.23	4.31	4.71	4.77	5.24		11.45	12.37	13.79	
		velocity	7.67	9.54	9.11	8.88	8.75	8.74	8.45	8.27	8.12	7.43	7.34	7.63	8.21	9.17	8.49	7.61	
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	17.5	158.5				
Watrin, Julien (BEL) (1992)																			
Heat 4	- 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	20-Aug-23	time	5.93	9.70	13.46	17.30	21.06	25.07		33.63	38.27	43.10		48.72	6 / 5				
reaction time	0.230	interval		3.77	3.76	3.84	3.76	4.01		8.56	4.64	4.83	5.62			11.37			
		velocity	7.59	9.28	9.31	9.11	9.31	8.73		8.18	7.54	7.25	7.12	8.21		9.23			
H1 lead leg	R	strides	20	13	13	13	13	13			14	14	19	132					
Bergström, Carl (SWE) (2000)																			
FINAL	- 2024 Bauhaus Galan (Stockholm, SWE) (TV Analysis)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	02-Jun-24	time	5.96	9.77	13.53	17.30	21.26	25.47	29.76	34.19	38.76	43.47		48.72	6 / 4				
reaction time	0.182	interval		3.81	3.76	3.77	3.96	4.21	4.29	4.43	4.57	4.71	5.25			11.34	12.46	13.71	
		velocity	7.55	9.19	9.31	9.28	8.84	8.31	8.16	7.90	7.66	7.43	7.62	8.21		9.26	8.43	7.66	
H1 lead leg	L	strides	24	14	14	14	14	15	15	15	15	15	19	174					
Mägi, Rasmus (EST) (1992)																			
FINAL	- 2024 Bauhaus Galan (Stockholm, SWE) (TV Analysis)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	02-Jun-24	time	6.06	9.76	13.60	17.40	21.33	25.36	29.60	34.06	38.66	43.33		48.72	3 / 5				
reaction time	0.147	interval		3.70	3.84	3.80	3.93	4.03	4.24	4.46	4.60	4.67	5.39			11.34	12.20	13.73	
		velocity	7.43	9.46	9.11	9.21	8.91	8.68	8.25	7.85	7.61	7.49	7.42	8.21		9.26	8.61	7.65	
H1 lead leg	R	strides	21	13	13	13	13	13	13	14	14	14	17.7	158.7					
Akçam, Berke (TUR) (2002)																			
Repechage 3	- 2024 Olympic Games (Paris, FRA)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	06-Aug-24	time	5.79	9.43	13.14	16.92	20.83	24.92	29.21	33.71	38.43	43.20		48.72	5 / 1				
reaction time	0.146	interval		3.64	3.71	3.78	3.91	4.09	4.29	4.50	4.72	4.77	5.52			11.13	12.29	13.99	
		velocity	7.77	9.62	9.43	9.26	8.95	8.56	8.16	7.78	7.42	7.34	7.25	8.21		9.43	8.54	7.51	
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	15	15	18.5	162.5					
Bengtström, Carl (SWE) (2000)																			
FINAL	- 2025 Yangtze River Delta Athletics Diamond Gala (Keqiao, CHN)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	03-May-25	time	5.75	9.48	13.31	17.22	21.22	25.40	29.69	34.11	38.75	43.45		48.72	4 / 3				
reaction time	0.182	interval		3.73	3.83	3.91	4.00	4.18	4.29	4.42	4.64	4.70	5.27			11.47	12.47	13.76	
		velocity	7.83	9.38	9.14	8.94	8.76	8.37	8.16	7.92	7.54	7.45	7.59	8.21		9.15	8.42	7.63	
H1 lead leg	L	strides	20			14	14	15	15	15	15	15	18.7	141.7					
Tamesue, Dai (JPN) (1978)																			
FINAL	- 2007 Osaka Grand Prix (Osaka, JPN)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	05-May-07	time	5.82	9.52	13.31	17.18	21.17	25.26	29.45	33.85	38.44	43.23		48.73	/ 3				
reaction time		interval		3.70	3.79	3.87	3.99	4.09	4.19	4.40	4.59	4.79	5.50			11.36	12.27	13.78	
		velocity	7.73	9.46	9.23	9.04	8.77	8.56	8.35	7.95	7.63	7.31	7.27	8.21		9.24	8.56	7.62	

H1 lead leg	strides	13	13	13	13		14	14	15	15	15		125						
Iakovákis, Periklís (GRE) (1979)																			
Semi-Final 2 - 2009 IAAF World Championships (Berlin, GER)																			
date	16-Aug-09	time	6.09	9.74	13.49	17.35	21.39		25.38	29.66	33.98	38.48	43.22		48.73		3 / 3		
reaction time	0.180	interval	3.65	3.75	3.86	4.04		3.99	4.28	4.32	4.50	4.74	5.51				11.26	12.31	13.56
		velocity	7.39	9.59	9.33	9.07	8.66		8.77	8.18	8.10	7.78	7.38	7.26	8.21		9.33	8.53	7.74
H1 lead leg	strides								14	14	14	14	15	19	90				
Copello, Yasmani (TUR) (1987)																			
FINAL - 2018 Weltklasse (Zürich, SUI) (TV Analysis)																			
date	30-Aug-18	time	5.72	9.44	13.20		21.04	22.9	25.16	29.40	33.80	38.48	43.16		48.73		4 / 3		
reaction time	0.158	interval		3.72	3.76		7.84		4.12	4.24	4.40	4.68	4.68	5.57				13.76	
		velocity	7.87	9.41	9.31		8.93	8.73	8.50	8.25	7.95	7.48	7.48	7.18	8.21			7.63	
H1 lead leg	R	strides	20	13	13				13	13	13		14	18	117				
Mägi, Rasmus (EST) (1992)																			
Heat 5 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																			
date	30-Jul-21	time	6.03	9.76	13.63	17.56	21.64		25.70	30.05	34.43	38.86	43.43		48.73		4 / 2		
reaction time	0.160	interval		3.73	3.87	3.93	4.08		4.06	4.35	4.38	4.43	4.57	5.30			11.53	12.49	13.38
		velocity	7.46	9.38	9.04	8.91	8.58		8.62	8.05	7.99	7.90	7.66	7.55	8.21		9.11	8.41	7.85
H1 lead leg	R	strides	20	13	13	13	13		13	13	14	14	14	17	157				
Mägi, Rasmus (EST) (1992)																			
FINAL - 2021 ISTAF (Berlin, GER) (TV Analysis)																			
date	12-Sep-21	time	6.04		13.64	17.52	21.48		25.60	29.92		38.92	43.52		48.73		6 / 2		
reaction time	0.191	interval			7.60	3.88	3.96		4.12	4.32		9.00	4.60	5.21			11.48	12.40	13.60
		velocity	7.45		9.21	9.02	8.84		8.50	8.10		7.78	7.61	7.68	8.21		9.15	8.47	7.72
H1 lead leg	R	strides	20			13			13	13	14		14	17	104				
Mägi, Rasmus (EST) (1992)																			
FINAL - FINAL - 2022 Prefontaine Classic (Eugene, OR) (TV Analysis)																			
date	05-Jun-22	time	5.63	9.50	13.23	17.07	21.00	22.67	25.03	29.37	33.87	38.50	43.23		48.73		4 / 2		
reaction time	0.146	interval		3.87	3.73	3.84	3.93		4.03	4.34	4.50	4.63	4.73	5.50			11.44	12.30	13.86
		velocity	7.99	9.04	9.38	9.11	8.91	8.82	8.68	8.06	7.78	7.56	7.40	7.27	8.21		9.18	8.54	7.58
H1 lead leg	R	strides	21	13	13	13	13		13	13	14	14	14		141				
Bassitt, Trevor (USA) (1998)																			
Heat 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																			
date	20-Aug-23	time	5.97	9.73		17.23	21.13		25.23	29.47	33.90	38.60	43.43		48.73		8 / 3		
reaction time	0.164	interval		3.76		7.50	3.90		4.10	4.24	4.43	4.70	4.83	5.30			11.26	12.24	13.96
		velocity	7.54	9.31		9.33	8.97		8.54	8.25	7.90	7.45	7.25	7.55	8.21		9.33	8.58	7.52
H1 lead leg	R	strides	20	13			13		13	13	13	14	14	16.2	129.2				
Drummond, Gerald (CRC) (1994)																			
Heat 5 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																			
date	20-Aug-23	time	5.86	9.76	13.63	17.60	21.58		25.74	30.03	34.46		43.60		48.73		8 / 4		
reaction time	0.220	interval		3.90	3.87	3.97	3.98		4.16	4.29	4.43		9.14	5.13			11.74	12.43	13.57
		velocity	7.68	8.97	9.04	8.82	8.79		8.41	8.16	7.90		7.66	7.80	8.21		8.94	8.45	7.74
H1 lead leg	L	strides	21	14	14	14	14		14	14	15			18	138				
Nallet, Jean-Claude (FRA) (1947)																			
FINAL - 1970 France vs. USA (Colombes, FRA)																			
date	08-Jul-70	time	5.9	9.9	13.7	17.4	21.7		25.6	29.8	34.3	38.9	43.4		48.6		/ 1		
reaction time		interval		4.0	3.8	3.7	4.3		3.9	4.2	4.5	4.6	4.5	5.2			11.50	12.40	13.60
		velocity	7.63	8.75	9.21	9.46	8.14		8.97	8.33	7.78	7.61	7.78	7.69	8.23		9.13	8.47	7.72
H1 lead leg		strides	19	13	13	13	13		13	13	15	15	15		142				
Harris, Danny (USA) (1965)																			
Heat 2 - 1987 IAAF World Championships (Rome, ITA)																			
date	30-Aug-87	time	6.11	9.80	13.59	17.45	21.42		25.62	30.04	34.48	38.98	43.54		48.74		8 / 1		
reaction time		interval		3.69	3.79	3.86	3.97		4.20	4.42	4.44	4.50	4.56	5.20			11.34	12.59	13.50
		velocity	7.36	9.49	9.23	9.07	8.82		8.33	7.92	7.88	7.78	7.68	7.69	8.21		9.26	8.34	7.78
H1 lead leg	L	strides	21	13	13	13	13		14	14	14	14	14	17	160				
Flenoy, Stefan (USA) (1968)																			
FINAL - 1996 USA Olympic Trials (Atlanta, GA)																			
date	16-Jun-96	time	5.86	9.61	13.38	17.21	21.08	21.75	25.17	29.43	33.96	38.51	43.18		48.74		6 / 6		
reaction time		interval		3.75	3.77	3.83	3.87		4.09	4.26	4.53	4.55	4.67	5.56			11.35	12.22	13.75
		velocity	7.68	9.33	9.28	9.14	9.04	9.20	8.56	8.22	7.73	7.69	7.49	7.19	8.21		9.25	8.59	7.64
H1 lead leg	L	strides	21	13	13	13	13		13	13	14	14	14		141				
Tamesue, Dai (JPN) (1978)																			
FINAL - 2004 Japanese National Championships (Tottori, JPN)																			
date	05-Jun-04	time	5.82	9.49	13.19	17.04	21.04		25.21	29.46	33.88	38.50	43.22		48.74		/ 1		
reaction time		interval		3.67	3.70	3.85	4.00		4.17	4.25	4.42	4.62	4.72	5.52			11.22	12.42	13.76
		velocity	7.73	9.54	9.46	9.09	8.75		8.39	8.24	7.92	7.58	7.42	7.25	8.21		9.36	8.45	7.63

H1 lead leg	strides	13	13	13	13		14	14	15	15	15		125						
Kamani, Bayano (PAN) (1980)																			
FINAL	- 2004 Olympic Games (Athina, GRE)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	26-Aug-04	time	5.9	9.5	13.2	17.0	21.1	25.1	29.3	33.9	38.3	42.9		48.74	2 / 5				
reaction time	0.233	interval	3.6	3.7	3.8	4.1		4.0	4.2	4.6	4.4	4.6	5.84			11.10	12.30	13.60	
		velocity	7.63	9.72	9.46	9.21	8.54	8.75	8.33	7.61	7.95	7.61	6.85	8.21		9.46	8.54	7.72	
H1 lead leg	L	strides	20	13	13	13	14	14	15	15	15	15	19	166					
Tinsley, Michael (USA) (1984)																			
FINAL	- 2016 Prefontaine Classic (Eugene, OR) (TV Analysis)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	28-May-16	time	5.92	9.56	13.44	17.44	21.64	25.88	30.12	33.88	39.00	43.60		48.74	3 / 1				
reaction time		interval	3.64	3.88	4.00	4.20		4.24	4.24	3.76	5.12	4.60	5.14			11.52	12.68	13.48	
		velocity	7.60	9.62	9.02	8.75	8.33	8.25	8.25	7.98	7.81	7.61	7.78	8.21		9.11	8.28	7.79	
H1 lead leg	L	strides	21	13	13	13	14	14			17	15	18	138					
Happio, Wilfried (FRA) (1998)																			
FINAL	- 2022 Silesia Kamila Skolimowska Memorial (Chorzów, POL) (TV Analysis)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	06-Aug-22	time	5.83	9.50	13.26	17.10	21.10	25.23	29.50	33.93	38.70	43.50		48.74	5 / 3				
reaction time	0.154	interval	3.67	3.76	3.84	4.00		4.13	4.27	4.43	4.77	4.80	5.24			11.27	12.40	14.00	
		velocity	7.72	9.54	9.31	9.11	8.75	8.47	8.20	7.90	7.34	7.29	7.63	8.21		9.32	8.47	7.50	
H1 lead leg	L	strides	20	13	13		13	13	13	13	15	15	17.7	145.7					
Mowatt, Kemar (JAM) (1995)																			
FINAL	- 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	04-Jul-21	time	5.72	9.36	13.08	16.92	20.92	24.92	29.20	33.68	38.32	43.12		48.75	8 / 3				
reaction time	0.156	interval	3.64	3.72	3.84	4.00		4.00	4.28	4.48	4.64	4.80	5.63			11.20	12.28	13.92	
		velocity	7.87	9.62	9.41	9.11	8.75	8.81	8.75	8.18	7.81	7.54	7.29	7.10	8.21	9.38	8.55	7.54	
H1 lead leg	L	strides		13	13	13	13	13	14	14	14	14	17.7	138.7					
Bengtström, Carl (SWE) (2000)																			
Semi-Final 2	- 2022 World Athletics Championships (Eugene, OR) (TV Analysis)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	17-Jul-22	time	5.83	9.67	13.63	17.63	21.68	25.93	30.23	34.63	39.10	43.70		48.75	8 / 4				
reaction time	0.161	interval	3.84	3.96	4.00	4.05		4.25	4.30	4.40	4.47	4.60	5.05			11.80	12.60	13.47	
		velocity	7.72	9.11	8.84	8.75	8.64	8.52	8.24	8.14	7.95	7.83	7.61	7.92	8.21	8.90	8.33	7.80	
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	15	15	18.2	171.2					
Warholm, Karsten (NOR) (1996)																			
Semi-Final 1	- 2024 European Athletics Championships (Roma, ITA)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	10-Jun-24	time	5.65	9.20	12.96	16.75	20.71	24.83	28.99	33.27	37.97	42.74		48.75	8 / 1				
reaction time	0.185	interval	3.55	3.76	3.79	3.96		4.12	4.16	4.28	4.70	4.77	6.01			11.10	12.24	13.75	
		velocity	7.96	9.86	9.31	9.23	8.84	8.50	8.41	8.18	7.45	7.34	6.66	8.21		9.46	8.58	7.64	
H1 lead leg	L	strides	20	13	13	13	13	13	13	13	14	14	17	156					
dos Santos, Alison Brendon (BRA) (1995)																			
Heat 3	- 2024 Olympic Games (Paris, FRA)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	05-Aug-24	time	5.82	9.54	13.27	17.04	20.96	25.03	29.27	33.65	38.23	42.97		48.75	2 / 3				
reaction time	0.165	interval	3.72	3.73	3.77	3.92		4.07	4.24	4.38	4.58	4.74	5.78			11.22	12.23	13.70	
		velocity	7.73	9.41	9.38	9.28	8.93	8.60	8.25	7.99	7.64	7.38	6.92	8.21		9.36	8.59	7.66	
H1 lead leg	L	strides	20	13	12	12	12	12	13	13	13	13	16.7	149.7					
Vasilyev, Aleksandr (URS) (1961)																			
FINAL	- 1986 European Championships (Stuttgart, FRG)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	28-Aug-86	time	5.9	9.8	13.7	17.7	21.9	26.1	30.3	34.7	39.0	43.5		48.76	1 / 2				
reaction time		interval	3.9	3.9	4.0	4.2		4.2	4.2	4.4	4.3	4.5	5.26			11.80	12.60	13.20	
		velocity	7.63	8.97	8.97	8.75	8.33	8.33	8.33	7.95	8.14	7.78	7.60	8.20		8.90	8.33	7.95	
H1 lead leg		strides		13	13	13	14	14	14	14	15	15							
Schmid, Harald (FRG) (1957)																			
FINAL	- 1988 Olympic Games (Seoul, KOR)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	25-Sep-88	time	6.03	9.68	13.58	17.58	21.69	25.93	30.25	34.74	39.26	43.83		48.76	1 / 7				
reaction time	0.205	interval	3.65	3.90	4.00	4.11		4.24	4.32	4.49	4.52	4.57	4.93			11.55	12.67	13.58	
		velocity	7.46	9.59	8.97	8.75	8.52	8.25	8.10	7.80	7.74	7.66	8.11	8.20		9.09	8.29	7.73	
H1 lead leg	L	strides	21	13	13	13	13	13	13	14	14	14	17	158					
de Araújo, Eronilde (BRA) (1970)																			
Semi-Final 3	- 2000 Olympic Games (Sydney, AUS)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	25-Sep-00	time	5.94	9.62	13.34	17.18	21.18	25.26	29.46	33.98	38.58	43.34		48.76	4 / 2				
reaction time	0.181	interval	3.68	3.72	3.84	4.00		4.08	4.20	4.52	4.60	4.76	5.42			11.24	12.28	13.88	
		velocity	7.58	9.51	9.41	9.11	8.75	8.81	8.58	8.33	7.74	7.61	7.35	7.38	8.20	9.34	8.55	7.56	
H1 lead leg		strides	21	13	13	13	13	13	14	14	14	14	17.8	159.8					
Thomas, Eric (USA) (1973)																			
FINAL	- 2003 USATF National Championships (Palo Alto, CA)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	22-Jun-03	time	6.01	9.83	13.66	17.53	21.54	25.66	29.93	34.28	38.76	43.33		48.76	5 / 4				
reaction time		interval	3.82	3.83	3.87	4.01		4.12	4.27	4.35	4.48	4.57	5.43	DV		11.52	12.40	13.40	
		velocity	7.49	9.16	9.14	9.04	8.73	8.50	8.20	8.05	7.81	7.66	7.37	8.20		9.11	8.47	7.84	

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 strides

Sánchez, Félix (DOM) (1977)																	
Heat 3 - 2009 IAAF World Championships (Berlin, GER)																	
date	15-Aug-09	time	6.03	9.65	13.42	17.30	21.27		25.46	29.81	34.27	38.89	43.53		48.76	7 / 4	
reaction time	0.172	interval		3.62	3.77	3.88	3.97		4.19	4.35	4.46	4.62	4.64	5.23			11.27 12.51 13.72
		velocity	7.46	9.67	9.28	9.02	8.82		8.35	8.05	7.85	7.58	7.54	7.65			9.32 8.39 7.65
H1 lead leg		strides															
Greene, David (Dai) (GBR) (1986)																	
Heat 4 - 2009 IAAF World Championships (Berlin, GER)																	
date	15-Aug-09	time	6.16	9.98	13.88	17.93	22.03		26.20	30.44	34.76	39.22	43.64		48.76	7 / 1	
reaction time	0.165	interval		3.82	3.90	4.05	4.10		4.17	4.24	4.32	4.46	4.42	5.12			11.77 12.51 13.20
		velocity	7.31	9.16	8.97	8.64	8.54		8.39	8.25	8.10	7.85	7.92	7.81			8.92 8.39 7.95
H1 lead leg		strides															
Culson, Javier (PUR) (1984)																	
FINAL - 2017 Jamaica International Invitational (Kingston, JAM) (TV Analysis)																	
date	20-May-17	time		9.61	13.28	17.08	21.05		25.19	29.46	33.86	38.47	43.27		48.76	6 / 4	
reaction time		interval			3.67	3.80	3.97		4.14	4.27	4.40	4.61	4.80	5.49			12.38 13.81
		velocity		8.32	9.54	9.21	8.82		8.45	8.20	7.95	7.59	7.29	7.29	8.20		8.48 7.60
H1 lead leg		strides			13	13	13		13	13	13	14	14	17.2	123.2		
Allen, CJ (USA) (1995)																	
FINAL - 2022 Prefontaine Classic (Eugene, OR) (TV Analysis)																	
date	28-May-22	time	5.70	9.36	13.13	17.00	21.00	22.74	25.10	29.33	33.70	38.33	43.13		48.76	5 / 6	
reaction time	0.156	interval		3.66	3.77	3.87	4.00		4.10	4.23	4.37	4.63	4.80	5.63			11.30 12.33 13.80
		velocity	7.89	9.56	9.28	9.04	8.75	8.80	8.54	8.27	8.01	7.56	7.29	7.10	8.20		9.29 8.52 7.61
H1 lead leg	L	strides	20	13	13	13	13		13	13	14	15	15		142		
Warholm, Karsten (NOR) (1996)																	
Heat 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																	
date	20-Aug-23	time		5.86	9.66	13.40	17.20	20.93		24.93	29.13	33.44	38.20	43.13		48.76	3 / 2
reaction time	0.166	interval			3.80	3.74	3.80	3.73		4.00	4.20	4.31	4.76	4.93	5.63		11.34 11.93 14.00
		velocity		7.68	9.21	9.36	9.21	9.38		8.75	8.33	8.12	7.35	7.10	7.10	8.20	9.26 8.80 7.50
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	17	158		
Chalmers, Alastair (GBR) (2000)																	
Semi-Final 2 - 2024 European Athletics Championships (Roma, ITA)																	
date	10-Jun-24	time	5.76	9.43	13.22	16.97	21.00		25.13	29.47	33.87	38.60	43.28		48.76	9 / 3	
reaction time	0.162	interval		3.67	3.79	3.75	4.03		4.13	4.34	4.40	4.73	4.68	5.48	PB		11.21 12.50 13.81
		velocity	7.81	9.54	9.23	9.33	8.68		8.47	8.06	7.95	7.40	7.48	7.30	8.20		9.37 8.40 7.60
H1 lead leg	L	strides	20	13	13	13	13		14	14	15	15	15	18	163		
Woody, Joey (USA) (1973)																	
FINAL - 1999 IAAF World Championships (Sevilla, ESP)																	
date	27-Aug-99	time		5.62	9.25	12.89	16.65	20.59		24.59	28.91	33.29	37.84	42.90		48.77	6 / 6
reaction time	0.175	interval			3.63	3.64	3.76	3.94		4.00	4.32	4.38	4.55	5.06	5.87		11.03 12.26 13.99
		velocity		8.01	9.64	9.62	9.31	8.88		8.75	8.10	7.99	7.69	6.92	6.81	8.20	9.52 8.56 7.51
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	14	15	17.5	160.5		
Narisako, Kenji (JPN) (1984)																	
FINAL - 2009 Osaka Grand Prix (Osaka, JPN)																	
date	09-May-09	time	6.04	9.73	13.50	17.30	21.19		25.28	29.63	34.02	38.61	43.36		48.77	/ 3	
reaction time		interval			3.69	3.77	3.80	3.89		4.09	4.35	4.39	4.59	4.75	5.41		11.26 12.33 13.73
		velocity	7.45	9.49	9.28	9.21	9.00		8.56	8.05	7.97	7.63	7.37	7.39	8.20		9.33 8.52 7.65
H1 lead leg		strides			13	13	13		13	14	14	15	15		123		
Gordon, Jehue (TTO) (1991)																	
Semi-Final 1 - 2009 IAAF World Championships (Berlin, GER)																	
date	16-Aug-09	time	6.00	9.68	13.50	17.36	21.39		25.60	29.84	34.22	38.80	43.44		48.77	7 / 5	
reaction time	0.162	interval		3.68	3.82	3.86	4.03		4.21	4.24	4.38	4.58	4.64	5.33			11.36 12.48 13.60
		velocity	7.50	9.51	9.16	9.07	8.68		8.31	8.25	7.99	7.64	7.54	7.50	8.20		9.24 8.41 7.72
H1 lead leg		strides			13	13	13		13	13	13	14	14	17	123		
Green, Jack (GBR) (1991)																	
FINAL - 2017 Müller's Anniversary Games (London, GBR) (TV Analysis)																	
date	09-Jul-17	time	6.16	9.92	13.68	17.48	21.44		25.72	30.00	34.40	38.92	43.52		48.77	9 / 6	
reaction time	0.213	interval		3.76	3.76	3.80	3.96		4.28	4.28	4.40	4.52	4.60	5.25			11.32 12.52 13.52
		velocity	7.31	9.31	9.31	9.21	8.84		8.18	8.18	7.95	7.74	7.61	7.62	8.20		9.28 8.39 7.77
H1 lead leg	R	strides	22	14	13	13	13		14	14	15	15	15	18.7	166.7		
Sibilio, Alessandro (ITA) (1999)																	
FINAL - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																	
date	03-Aug-21	time	6.04	9.84	13.76	17.68	21.64		25.84		34.84	39.24	43.68		48.77	2 / 8	
reaction time	0.144	interval		3.80	3.92	3.92	3.96		4.20		9.00	4.40	4.44	5.09			11.64
		velocity	7.45	9.21	8.93	8.93	8.84		8.33		7.78	7.95	7.88	7.86	8.20		9.02

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	21	13	13	13	13	13	13	13	13	14	14	17	157				
Mägi, Rasmus (EST) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis)																			
date	30-Jun-22	time	5.86	9.56	13.28	17.10	20.98	22.58	25.04	29.36	33.90	38.48	43.28		48.77	4 / 4			
reaction time	0.155	interval		3.70	3.72	3.82	3.88		4.06	4.32	4.54	4.58	4.80	5.49			11.24	12.26	13.92
		velocity	7.68	9.46	9.41	9.16	9.02	8.86	8.62	8.10	7.71	7.64	7.29	7.29	8.20		9.34	8.56	7.54
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	14	15	17.7	160.7				
Kodama, Yusaka (JPN) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Seiko Golden Grand Prix (Yokohama, JPN)																			
date	21-May-23	time	5.86	9.53	13.30	17.23	21.34		25.53	29.85	34.28	38.77	43.39		48.77	4 / 1			
reaction time	0.180	interval		3.67	3.77	3.93	4.11		4.19	4.32	4.43	4.49	4.62	5.38	PB		11.37	12.62	13.54
		velocity	7.68	9.54	9.28	8.91	8.52		8.35	8.10	7.90	7.80	7.58	7.43	8.20		9.23	8.32	7.75
H1 lead leg	R	strides	21	13	13	13	14		14	15	15	15	15	19	167				
Rosser, Khallifah (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 USATF National Championships (Eugene, OR) (TV Analysis)																			
date	09-Jul-23	time	5.94	9.61	13.28	17.08	21.05		25.09	29.29	33.66	38.27	43.11		48.77	7 / 4			
reaction time		interval		3.67	3.67	3.80	3.97		4.04	4.20	4.37	4.61	4.84	5.66			11.14	12.21	13.82
		velocity	7.58	9.54	9.54	9.21	8.82		8.66	8.33	8.01	7.59	7.23	7.07	8.20		9.43	8.60	7.60
H1 lead leg	R	strides	21	13	13	13	13		13	13	14	14	15	18	160				
Itt, Edgar (FRG) (1967)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1988 Olympic Games (Seoul, KOR)																			
date	25-Sep-88	time	6.04	9.90	13.77	17.69	21.77		25.98	30.26	34.63	39.07	43.59		48.78	8 / 8			
reaction time	0.187	interval		3.86	3.87	3.92	4.08		4.21	4.28	4.37	4.44	4.52	5.19			11.65	12.57	13.33
		velocity	7.45	9.07	9.04	8.93	8.58		8.31	8.18	8.01	7.88	7.74	7.71	8.20		9.01	8.35	7.88
H1 lead leg	L	strides	21	13	13	13	13		14	14	14	14	14	16.8	159.8				
de Araújo, Eronilde (BRA) (1970)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1996 Olympic Games (Atlanta, GA)																			
date	01-Aug-96	time	6.0	9.9	13.7	17.5	21.4		25.5	29.7	34.0	38.4	43.0		48.78	2 / 8			
reaction time	0.199	interval		3.9	3.8	3.8	3.9		4.1	4.2	4.3	4.4	4.6	5.78			11.50	12.20	13.30
		velocity	7.50	8.97	9.21	9.21	8.97		8.54	8.33	8.14	7.95	7.61	6.92	8.20		9.13	8.61	7.89
H1 lead leg		strides	21	13	13	13	13		13	14	14	14	14	142					
Mori, Fabrizio (ITA) (1969)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2000 Olympic Games (Sydney, AUS)																			
date	27-Sep-00	time	6.10	9.94	13.66	17.46	21.46	22.90	25.54	29.70	34.06	38.54	43.22		48.78	3 / 7			
reaction time	0.198	interval		3.84	3.72	3.80	4.00		4.08	4.16	4.36	4.48	4.68	5.56			11.36	12.24	13.52
		velocity	7.38	9.11	9.41	9.21	8.75	8.73	8.58	8.41	8.03	7.81	7.48	7.19	8.20		9.24	8.58	7.77
H1 lead leg		strides	22	14	14	14	14		14	14	15	15	15	18.5	169.5				
Mägi, Rasmus (EST) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																			
date	16-Jul-22	time	6.13	10.00	13.87	17.73	21.67	23.23	25.73	29.96	34.33	38.87	43.46		48.78	5 / 1			
reaction time	0.169	interval		3.87	3.87	3.86	3.94		4.06	4.23	4.37	4.54	4.59	5.32			11.60	12.23	13.50
		velocity	7.34	9.04	9.04	9.07	8.88	8.61	8.62	8.27	8.01	7.71	7.63	7.52	8.20		9.05	8.59	7.78
H1 lead leg	R	strides	21	13	13	13	13		13	13	14	14	14	17	158				
Copello, Yasmani (TUR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 European Athletics Championships (Munich, GER)																			
date	19-Aug-22	time	5.85	9.59	13.44	17.33	21.35	23.11	25.43	29.78	34.22	38.69	43.34		48.78	6 / 3			
reaction time	0.240	interval		3.74	3.85	3.89	4.02		4.08	4.35	4.44	4.47	4.65	5.44			11.48	12.45	13.56
		velocity	7.69	9.36	9.09	9.00	8.71	8.65	8.58	8.05	7.88	7.83	7.53	7.35	8.20		9.15	8.43	7.74
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	14	14	17.2	158.2				
Drummond, Gerald (CRC) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Repechage 2 - 2024 Olympic Games (Paris, FRA)																			
date	07-Aug-24	time	5.78	9.54	13.44	17.38	21.45		25.66	29.91	34.37	38.97	43.62		48.78	4 / 2			
reaction time	0.216	interval		3.76	3.90	3.94	4.07		4.21	4.25	4.46	4.60	4.65	5.16			11.60	12.53	13.71
		velocity	7.79	9.31	8.97	8.88	8.60		8.31	8.24	7.85	7.61	7.53	7.75	8.20		9.05	8.38	7.66
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	18	168				
Agyekum, Emil (GER) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2024 Olympic Games (Paris, FRA)																			
date	07-Aug-24	time	6.00	9.73	13.52	17.32	21.21		25.24	29.47	33.94	38.58	43.27		48.78	3 / 5			
reaction time	0.219	interval		3.73	3.79	3.80	3.89		4.03	4.23	4.47	4.64	4.69	5.51			11.32	12.15	13.80
		velocity	7.50	9.38	9.23	9.21	9.00		8.68	8.27	7.83	7.54	7.46	7.26	8.20		9.28	8.64	7.61
H1 lead leg	L	strides	20			13	13		13	14	14	15	15	18	135				
Copello, Yasmani (TUR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Bislett Games (Oslo, NOR) (TV Analysis)																			
date	09-Jun-16	time	5.88	9.56	13.40	17.26	21.48		25.64	30.04	34.40	38.88	43.44		48.79	1 / 1			
reaction time	0.164	interval		3.68	3.84	3.86	4.22		4.16	4.40	4.36	4.48	4.56	5.35			11.38	12.78	13.40
		velocity	7.65	9.51	9.11	9.07	8.29		8.41	7.95	8.03	7.81	7.68	7.48	8.20		9.23	8.22	7.84

H1 lead leg	R	strides	20	13		13	13		13	14	14	14	14	17.7	145.7				
Robinson, Byron (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)																			
date	10-Jul-16	time	5.90	9.67	13.68	17.75	21.75		25.79	30.00	34.33	38.84	43.44		48.79	2 / 2			
reaction time	0.185	interval		3.77	4.01	4.07	4.00		4.04	4.21	4.33	4.51	4.60	5.35	PB		11.85	12.25	13.44
		velocity	7.63	9.28	8.73	8.60	8.75		8.66	8.31	8.08	7.76	7.61	7.48	8.20		8.86	8.57	7.81
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19.2	176.2				
Culson, Javier (PUR) (1984)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis)																			
date	01-Sep-16	time	5.72	9.44	13.16	16.96	20.88		25.00	29.24	33.80	38.52	43.32		48.79	3 / 2			
reaction time	0.175	interval		3.72	3.72	3.80	3.92		4.12	4.24	4.56	4.72	4.80	5.47			11.24	12.28	14.08
		velocity	7.87	9.41	9.41	9.21	8.93		8.50	8.25	7.68	7.42	7.29	7.31	8.20		9.34	8.55	7.46
H1 lead leg	L	strides	20	13	13	13	13		13	13	14	14	14	17	157				
Hussein, Kariem (SUI) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis)																			
date	06-Jul-17	time	5.96	9.76	13.68	17.68	21.72		25.88	30.16	34.48	39.00	43.56		48.79	5 / 1			
reaction time	0.170	interval		3.80	3.92	4.00	4.04		4.16	4.28	4.32	4.52	4.56	5.23			11.72	12.48	13.40
		velocity	7.55	9.21	8.93	8.75	8.66		8.41	8.18	8.10	7.74	7.68	7.65	8.20		8.96	8.41	7.84
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	14	17	158				
McMaster, Kyron (IVB) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																			
date	30-Jul-21	time	5.97	9.57	13.33	17.10	21.08		25.15	29.36	33.90	38.62	43.35		48.79	2 / 1			
reaction time	0.184	interval		3.60	3.76	3.77	3.98		4.07	4.21	4.54	4.72	4.73	5.44			11.13	12.26	13.99
		velocity	7.54	9.72	9.31	9.28	8.79		8.60	8.31	7.71	7.42	7.40	7.35	8.20		9.43	8.56	7.51
H1 lead leg	L	strides	20	13	13	13	13		13	13	14	14	14	17	157				
Lattin, Amere (USA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Silesia Kamila Skolimowska Memorial (Chorzów, POL) (TV Analysis)																			
date	06-Aug-22	time	5.77	9.43	13.16	17.07	21.03	22.71			34.10	38.73	43.43		48.79	2 / 4			
reaction time	0.147	interval		3.66	3.73	3.91	3.96				13.07	4.63	4.70	5.36			11.30		
		velocity	7.80	9.56	9.38	8.95	8.84	8.81			8.03	7.56	7.45	7.46	8.20		9.29		
H1 lead leg	L	strides	20	13	13		13					14	14	17	104				
Valliant, Ludvy (FRA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 European Athletics Championships (Munich, GER)																			
date	19-Aug-22	time	5.79	9.51	13.38	17.30	21.23	22.99	25.30	29.61	34.07	38.61	43.38		48.79	5 / 4			
reaction time	0.193	interval		3.72	3.87	3.92	3.93		4.07	4.31	4.46	4.54	4.77	5.41			11.51	12.31	13.77
		velocity	7.77	9.41	9.04	8.93	8.91	8.70	8.60	8.12	7.85	7.71	7.34	7.39	8.20		9.12	8.53	7.63
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	14	14	17	159				
Abuaku, Joshua (GER) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 European Athletics Championships (Munich, GER)																			
date	19-Aug-22	time	5.74	9.45	13.18	16.94	20.86	22.62	24.95	29.33	33.89	38.44	43.26		48.79	7 / 5			
reaction time	0.168	interval		3.71	3.73	3.76	3.92		4.09	4.38	4.56	4.55	4.82	5.53	PB		11.20	12.39	13.93
		velocity	7.84	9.43	9.38	9.31	8.93	8.84	8.56	7.99	7.68	7.69	7.26	7.23	8.20		9.38	8.47	7.54
H1 lead leg	L	strides	20	13			13		13	14	14	15	15	18	135				
Abakar, Ismail Doudai (QAT) (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 - 2024 Meeting de Paris (Paris, FRA)																			
date	07-Jul-24	time	5.75	9.49	13.34	17.23	21.10		25.18	29.44	33.82	38.31	42.98		48.79	1 / 7			
reaction time	0.192	interval		3.74	3.85	3.89	3.87		4.08	4.26	4.38	4.49	4.67	5.81			11.48	12.21	13.54
		velocity	7.83	9.36	9.09	9.00	9.04		8.58	8.22	7.99	7.80	7.49	6.88	8.20		9.15	8.60	7.75
H1 lead leg	L	strides	20	13	13	13	13				13	13	15	17.2	130.2				
Sibilio, Alessandro (ITA) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2024 Olympic Games (Paris, FRA)																			
date	07-Aug-24	time	5.87	9.60	13.36	17.19	21.12		25.25	29.67	34.20	38.77	43.38		48.79	9 / 6			
reaction time	0.151	interval		3.73	3.76	3.83	3.93		4.13	4.42	4.53	4.57	4.61	5.41			11.32	12.48	13.71
		velocity	7.67	9.38	9.31	9.14	8.91		8.47	7.92	7.73	7.66	7.59	7.39	8.20		9.28	8.41	7.66
H1 lead leg	R	strides	21	13	13	13	13		13	14			15	19	134				
Schelbert, Marcel (SUI) (1976)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 1999 IAAF World Championships (Sevilla, ESP)																			
date	25-Aug-99	time	5.78	9.59	13.39	17.33	21.29		25.60	29.86	34.32	38.83	43.33		48.80	6 / 3			
reaction time	0.139	interval		3.81	3.80	3.94	3.96		4.31	4.26	4.46	4.51	4.50	5.47			11.55	12.53	13.47
		velocity	7.79	9.19	9.21	8.88	8.84		8.12	8.22	7.85	7.76	7.78	7.31	8.20		9.09	8.38	7.80
H1 lead leg	L	strides	22	13	13	13	13		14	14	15	15	15	19	166				
van Zyl, L.J. (RSA) (1985)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2009 IAAF World Championships (Berlin, GER)																			
date	16-Aug-09	time	5.96	9.70	13.46	17.34	21.36		25.54	29.92	34.30	38.70	43.34		48.80	6 / 6			
reaction time	0.168	interval		3.74	3.76	3.88	4.02		4.18	4.38	4.38	4.40	4.64	5.46			11.38	12.58	13.42
		velocity	7.55	9.36	9.31	9.02	8.71		8.37	7.99	7.99	7.95	7.54	7.33	8.20		9.23	8.35	7.82

H1 lead leg	L	strides	22	14	14	14	14	14	15	15	15	15	19.2	171.2					
van Zyl, L.J. (RSA) (1985)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 IAAF World Championships (Daegu, KOR)			<i>Behm (2011) - Le quatrache: Démus enfin!</i>																
date	01-Sep-11	time	5.8	9.5	13.1	17.0	21.0		24.9	29.1	33.5	38.1	43.0		48.80	8 / 3			
reaction time	0.177	interval		3.7	3.6	3.9	4.0		3.9	4.2	4.4	4.6	4.9	5.8			11.20	12.10	13.90
		velocity	7.76	9.46	9.72	8.97	8.75		8.97	8.33	7.95	7.61	7.14	6.90	8.20		9.38	8.68	7.55
H1 lead leg	L	strides	21	14	14	14	14		14	15	15	16	16	20	173				
van Zyl, L.J. (RSA) (1985)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis)			<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																
date	01-Sep-16	time	5.88	9.56	13.40	17.40	21.44		25.60	29.84	34.24	38.72	43.40		48.80	1 / 3			
reaction time	0.147	interval		3.68	3.84	4.00	4.04		4.16	4.24	4.40	4.48	4.68	5.40			11.52	12.44	13.56
		velocity	7.65	9.51	9.11	8.75	8.66		8.41	8.25	7.95	7.81	7.48	7.41	8.20		9.11	8.44	7.74
H1 lead leg	L	strides	22	14	14	14	14		14	15	15	15	15	19	171				
Abe, Takatoshi (JPN) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Japanese National Championships (Fukuoka, JPN)			<i>Yamanaka (2019) - research on athlete performance and technique- 2019 data book</i>																
date	29-Jun-19	time	5.96	9.63	13.45	17.26	21.15		25.19	29.53	33.95	38.51	43.23		48.80	8 / 1			
reaction time	0.140	interval		3.67	3.82	3.81	3.89		4.04	4.34	4.42	4.56	4.72	5.57			11.30	12.27	13.70
		velocity	7.55	9.54	9.16	9.19	9.00		8.66	8.06	7.92	7.68	7.42	7.18	8.20		9.29	8.56	7.66
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	15	15	18.2	162.2				
Drummond, Gerald (CRC) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2024 Olympic Games (Paris, FRA)			<i>Paris 2024 Olympic Games - Results Book (2024)</i>																
date	05-Aug-24	time	5.70	9.36	13.13	17.04	21.07		25.24	29.52	34.07	38.70	43.44		48.80	6 / 7			
reaction time	0.213	interval		3.66	3.77	3.91	4.03		4.17	4.28	4.55	4.63	4.74	5.36			11.34	12.48	13.92
		velocity	7.89	9.56	9.28	8.95	8.68		8.39	8.18	7.69	7.56	7.38	7.46	8.20		9.26	8.41	7.54
H1 lead leg	L	strides	20	14	14	14	14		14	14	15	15	15	18	167				
Downing, Quincy (USA) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Müller's Anniversary Games (London, GBR) (TV Analysis)			<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																
date	09-Jul-17	time	5.96	9.76	13.48	17.28	21.16		25.16	29.52	34.04	38.64	43.40		48.81	2 / 7			
reaction time	0.144	interval		3.80	3.72	3.80	3.88		4.00	4.36	4.52	4.60	4.76	5.41			11.32	12.24	13.88
		velocity	7.55	9.21	9.41	9.21	9.02		8.75	8.03	7.74	7.61	7.35	7.39	8.20		9.28	8.58	7.56
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	14	15	17.5	160.5				
Rosser, Khallifah (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	26-Jun-21	time	5.77	9.37	13.10	16.96	20.99		25.16	29.48	33.83	38.33	43.06		48.81	8 / 5			
reaction time	0.279	interval		3.60	3.73	3.86	4.03		4.17	4.32	4.35	4.50	4.73	5.75			11.19	12.52	13.58
		velocity	7.80	9.72	9.38	9.07	8.68		8.39	8.10	8.05	7.78	7.40	6.96	8.20		9.38	8.39	7.73
H1 lead leg	R	strides		13	13	13	13		14	14	14	14	15	18	141				
Mägi, Rasmus (EST) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis)			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	04-Jul-21	time	5.88	9.68	13.44	17.32	21.32	23.1	25.44	29.76	34.24	38.76	43.36		48.81	5 / 4			
reaction time	0.128	interval		3.80	3.76	3.88	4.00		4.12	4.32	4.48	4.52	4.60	5.45			11.44	12.44	13.60
		velocity	7.65	9.21	9.31	9.02	8.75	8.66	8.50	8.10	7.81	7.74	7.61	7.34	8.20		9.18	8.44	7.72
H1 lead leg	R	strides		13	13	13	13		13	13	14	14	14	17.2	137.2				
Watrin, Julien (BEL) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2022 European Athletics Championships (Munich, GER)			<i>European Athletics (2022) - european athletics championships race analysis</i>																
date	18-Aug-22	time	5.83	9.49	13.24	17.02	20.86	22.57	24.85	29.05	33.69	38.31	43.08		48.81	4 / 3			
reaction time	0.222	interval		3.66	3.75	3.78	3.84		3.99	4.20	4.64	4.62	4.77	5.73	NR PB		11.19	12.03	14.03
		velocity	7.72	9.56	9.33	9.26	9.11	8.86	8.77	8.33	7.54	7.58	7.34	6.98	8.20		9.38	8.73	7.48
H1 lead leg	R	strides	21	13	13	13	13		13	13	14	14	14	18	159				
Goller, Thomas (GER) (1977)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2000 ISTAF (Berlin, GER)			<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																
date	01-Sep-00	time	5.98	9.68	13.46	17.35	21.40		25.52	29.83	34.16	38.74	43.44		48.82	/ 5			
reaction time		interval		3.70	3.78	3.89	4.05		4.12	4.31	4.33	4.58	4.70	5.38			11.37	12.48	13.61
		velocity	7.53	9.46	9.26	9.00	8.64		8.50	8.12	8.08	7.64	7.45	7.43	8.19		9.23	8.41	7.71
H1 lead leg		strides																	
Tinsley, Michael (USA) (1984)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)			<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																
date	10-Jul-16	time	5.84	9.47	13.18	16.98	20.99		25.12	29.36	33.77	38.40	43.28		48.82	6 / 3			
reaction time	0.180	interval		3.63	3.71	3.80	4.01		4.13	4.24	4.41	4.63	4.88	5.54			11.14	12.38	13.92
		velocity	7.71	9.64	9.43	9.21	8.73		8.47	8.25	7.94	7.56	7.17	7.22	8.19		9.43	8.48	7.54
H1 lead leg	L	strides	21	13	13	13	14		14	14	14	15	16	18.7	165.7				
Warholm, Karsten (NOR) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)			<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																
date	18-Jun-17	time	5.76	9.48	13.24	17.04	21.00		25.20	29.44	33.92	38.68	43.44		48.82	7 / 1			
reaction time	0.139	interval		3.72	3.76	3.80	3.96		4.20	4.24	4.48	4.76	4.76	5.38			11.28	12.40	14.00
		velocity	7.81	9.41	9.31	9.21	8.84		8.33	8.25	7.81	7.35	7.35	7.43	8.19		9.31	8.47	7.50

H1 lead leg	L	strides	20	13	13	13	13	13	13	13	13	15	15	17.7	158.7				
Benjamin, Rai (USA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2024 Olympic Games (Paris, FRA)			Paris 2024 Olympic Games - Results Book (2024)																
date	05-Aug-24	time	5.88	9.62	13.37	17.25	21.31		25.44	29.51	33.73	38.22	42.97		48.82	7 / 1			
reaction time	0.190	interval		3.74	3.75	3.88	4.06		4.13	4.07	4.22	4.49	4.75	5.85			11.37	12.26	13.46
		velocity	7.65	9.36	9.33	9.02	8.62		8.47	8.60	8.29	7.80	7.37	6.84	8.19		9.23	8.56	7.80
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	14	14	17	156				
Chiba, Yoshihiro (JPN) (1979)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2006 Osaka Grand Prix (Osaka, JPN)			Yasunori (2007) - race pattern analysis of top Japanese 400m hurdlers																
date	06-May-06	time	6.04	9.79	13.56	17.45	21.40		25.46	29.61	33.95	38.47	43.22		48.83	1 / 5			
reaction time		interval		3.75	3.77	3.89	3.95		4.06	4.15	4.34	4.52	4.75	5.61			11.41	12.16	13.61
		velocity	7.45	9.33	9.28	9.00	8.86		8.62	8.43	8.06	7.74	7.37	7.13	8.19		9.20	8.63	7.71
H1 lead leg		strides		14	14	14	14		14	15	15	15	15		130				
Mowatt, Kemar (JAM) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 NCAA Championships (Eugene, OR) (TV Analysis)			Henson (2020) - Athlete First: 2018 year end hurdle report																
date	08-Jun-18	time	5.86	9.53	13.23	17.00	21.00		25.13	29.40	33.80	38.36	43.13		48.83	6 / 4			
reaction time		interval		3.67	3.70	3.77	4.00		4.13	4.27	4.40	4.56	4.77	5.70			11.14	12.40	13.73
		velocity	7.68	9.54	9.46	9.28	8.75		8.47	8.20	7.95	7.68	7.34	7.02	8.19		9.43	8.47	7.65
H1 lead leg	L	strides		13	13	13	13		13	14	14	15	15	18.5	141.5				
Clement, Kerron (USA) (1985)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Meeting de Paris (Paris, FRA) (TV Analysis)			Henson (2020) - Athlete First: 2018 year end hurdle report																
date	30-Jun-18	time	5.92	9.64	13.32	17.16	21.16	22.9	25.44	29.80	34.28	38.80	43.48		48.83	8 / 5			
reaction time	0.233	interval		3.72	3.68	3.84	4.00		4.28	4.36	4.48	4.52	4.68	5.35			11.24	12.64	13.68
		velocity	7.60	9.41	9.51	9.11	8.75	8.73	8.18	8.03	7.81	7.74	7.48	7.48	8.19		9.34	8.31	7.68
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16	153				
Grant, Robert (USA) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 NCAA Championships (Austin, TX) (TV Analysis)			Henson (2020) - Athlete First: 2019 year end hurdle report																
date	07-Jun-19	time	6.00	9.80	13.80	17.83	21.96		26.13	30.36	34.73		43.63		48.83	7 / 4			
reaction time	0.186	interval		3.80	4.00	4.03	4.13		4.17	4.23	4.37		8.90	5.20	DQ		11.83	12.53	13.27
		velocity	7.50	9.21	8.75	8.68	8.47		8.39	8.27	8.01		7.87	7.69	8.19		8.88	8.38	7.91
H1 lead leg	R	strides		14	14	14	14		14	16	15			101					
Mägi, Rasmus (EST) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)			Henson (2021) - Athlete First: 2021 year end hurdle report																
date	09-Jul-21	time	5.92	9.64		17.30	21.25	23.0	25.39	29.64	34.10	38.70	43.41		48.83	5 / 3			
reaction time	0.152	interval		3.72		7.66	3.95		4.14	4.25	4.46	4.60	4.71	5.42			11.38	12.34	13.77
		velocity	7.60	9.41		9.14	8.86	8.70	8.45	8.24	7.85	7.61	7.43	7.38	8.19		9.23	8.51	7.63
H1 lead leg	R	strides	20	13			13		13	13	14	14	14		114				
Lahoulou, Abdelmalik (ALG) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)			Henson (2024) - Athlete First: 2021 year end hurdle report																
date	30-Jul-21	time	6.02	9.62	13.30	17.10	21.07		25.18	29.58	34.03	38.63	43.43		48.83	8 / 3			
reaction time	0.149	interval		3.60	3.68	3.80	3.97		4.11	4.40	4.45	4.60	4.80	5.40			11.08	12.48	13.85
		velocity	7.48	9.72	9.51	9.21	8.82		8.52	7.95	7.87	7.61	7.29	7.41	8.19		9.48	8.41	7.58
H1 lead leg	L	strides	22	13	13	13	13		13	15	15	15	15	17.5	164.5				
Rowe, Shawn (JAM) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)			Henson (2024) - Athlete First: 2021 year end hurdle report																
date	01-Aug-21	time	5.90	9.56	13.33	17.13	21.03		25.10	29.35		38.63	43.36		48.83	9 / 6			
reaction time	0.204	interval		3.66	3.77	3.80	3.90		4.07	4.25		9.28	4.73	5.47	PB		11.23	12.22	14.01
		velocity	7.63	9.56	9.28	9.21	8.97		8.60	8.24		7.54	7.40	7.31	8.19		9.35	8.59	7.49
H1 lead leg	L	strides	20	13	13	13	13		13	13			14	17	129				
Preis, Constantin (GER) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Memorial van Damme (Brussels, BEL) (TV Analysis)			Henson (2022) - Athlete First: 2022 year end hurdle report																
date	02-Sep-22	time	6.04	9.74	13.48	17.32	21.29	22.98	25.42	29.69	34.20	38.77	43.44		48.83	8 / 5			
reaction time	0.253	interval		3.70	3.74	3.84	3.97		2.44	4.27	4.51	4.57	4.67	5.39			11.28	12.37	13.75
		velocity	7.45	9.46	9.36	9.11	8.82	8.70	14.34	8.20	7.76	7.66	7.49	7.42	8.19		9.31	8.49	7.64
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	15	15		153				
Copello, Yasmani (TUR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Memorial van Damme (Brussels, BEL) (TV Analysis)			Henson (2022) - Athlete First: 2022 year end hurdle report																
date	02-Sep-22	time	5.90	9.64	13.38		21.22	22.93	25.29	29.66	34.13	38.70	43.37		48.83	3 / 6			
reaction time	0.190	interval		3.74	3.74		7.84		2.36	4.37	4.47	4.57	4.67	5.46					13.71
		velocity	7.63	9.36	9.36		8.93	8.72	14.83	8.01	7.83	7.66	7.49	7.33	8.19				7.66
H1 lead leg	R	strides	20	13	13				13	14	14	14	14	17.2	132.2				
Happio, Wilfried (FRA) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)			Henson (2023) - Athlete First: 2023 year end hurdle report																
date	21-Aug-23	time	5.94	9.67	13.31	16.91	20.72		24.66	28.76	33.40		43.31		48.83	6 / 7			
reaction time	0.176	interval		3.73	3.64	3.60	3.81		3.94	4.10	4.64		9.91	5.52			10.97	11.85	14.55
		velocity	7.58	9.38	9.62	9.72	9.19		8.88	8.54	7.54		7.06	7.25	8.19		9.57	8.86	7.22

H1 lead leg	L	strides	20	13	13	13	13	13	13	14		17.7	129.7						
Deguchi, Haruto (JPN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 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	6.09	9.81	13.63	17.55	21.55		25.86	30.16	34.50	38.97	43.58		48.83	3 / 2			
reaction time	0.206	interval		3.72	3.82	3.92	4.00		4.31	4.30	4.34	4.47	4.61	5.25	PB		11.46	12.61	13.42
		velocity	7.39	9.41	9.16	8.93	8.75		8.12	8.14	8.06	7.83	7.59	7.62	8.19		9.16	8.33	7.82
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	19	165				
Yamauchi, Hiromu (JPN) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Ready Steady Tokyo (Tokyo, JPN)			Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																
date	09-May-21	time	6.01	9.91	13.90	17.90	21.99		26.16	30.30	34.68	39.14	43.68		48.84	7 / 2			
reaction time	0.187	interval		3.90	3.99	4.00	4.09		4.17	4.14	4.38	4.46	4.54	5.16	PB		11.89	12.40	13.38
		velocity	7.49	8.97	8.77	8.75	8.56		8.39	8.45	7.99	7.85	7.71	7.75	8.19		8.83	8.47	7.85
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	18.5	168.5				
Mägi, Rasmus (EST) (1992)			H1	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	6.00				21.44	23.0	25.56	29.84		38.80	43.52		48.84	3 / 4			
reaction time	0.158	interval					15.44		4.12	4.28		8.96	4.72	5.32					13.68
		velocity	7.50				9.07	8.70	8.50	8.18		7.81	7.42	7.52	8.19				7.68
H1 lead leg	R	strides	20						13	13			14	17	77				
Akçam, Berke (TUR) (2002)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2025 Yangtze River Delta Athletics Diamond Gala (Keqiao, CHN)			Omega Timing (2025) - diamond league race analysis																
date	03-May-25	time	5.82	9.51	13.19	16.94	20.84		24.94	29.22	33.67	38.38	43.20		48.84	8 / 4			
reaction time	0.146	interval		3.69	3.68	3.75	3.90		4.10	4.28	4.45	4.71	4.82	5.64			11.12	12.28	13.98
		velocity	7.73	9.49	9.51	9.33	8.97		8.54	8.18	7.87	7.43	7.26	7.09	8.19		9.44	8.55	7.51
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	19	165				
Copello, Yasmani (TUR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Athletissima (Lausanne, SUI) (TV Analysis)			Henson (2020) - Athlete First: 2018 year end hurdle report																
date	05-Jul-18	time	5.80	9.56	13.36		21.12		25.20	29.54	33.92	38.52	43.20		48.85	3 / 3			
reaction time	0.183	interval		3.76	3.80		7.76		4.08	4.34	4.38	4.60	4.68	5.65					13.66
		velocity	7.76	9.31	9.21		9.02		8.58	8.06	7.99	7.61	7.48	7.08	8.19				7.69
H1 lead leg	R	strides	20	13	13				13	14	14	14	14	18	133				
McLaughlin, Taylor (USA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 NCAA Championships (Austin, TX) (TV Analysis)			Henson (2020) - Athlete First: 2019 year end hurdle report																
date	07-Jun-19	time	5.96	9.66	13.40	17.23	21.16		25.20	29.46	33.96	38.50	43.33		48.85	6 / 5-4			
reaction time	0.199	interval		3.70	3.74	3.83	3.93		4.04	4.26	4.50	4.54	4.83	5.52	PB		11.27	12.23	13.87
		velocity	7.55	9.46	9.36	9.14	8.91		8.66	8.22	7.78	7.71	7.25	7.25	8.19		9.32	8.59	7.57
H1 lead leg	R	strides		13	13	13	13		13	13	14	14	15	18	139				
Mägi, Rasmus (EST) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Prefontaine Classic (Eugene, OR)			Omega Timing (2024) - diamond league race analysis																
date	25-May-24	time	6.00	9.81	13.74	17.63	21.54		25.59	29.78	34.23	38.81	43.43		48.85	7 / 2			
reaction time	0.209	interval		3.81	3.93	3.89	3.91		4.05	4.19	4.45	4.58	4.62	5.42			11.63	12.15	13.65
		velocity	7.50	9.19	8.91	9.00	8.95		8.64	8.35	7.87	7.64	7.58	7.38	8.19		9.03	8.64	7.69
H1 lead leg		strides			13	13	13		13	13	14	14	14		107				
James-King, Malik (JAM) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2024 Olympic Games (Paris, FRA)			Paris 2024 Olympic Games - Results Book (2024)																
date	07-Aug-24	time	6.00	9.77	13.46	17.19	21.09		25.13	29.29	33.60	38.08	42.65		48.85	6 / 7			
reaction time	0.222	interval		3.77	3.69	3.73	3.90		4.04	4.16	4.31	4.48	4.57	6.20			11.19	12.10	13.36
		velocity	7.50	9.28	9.49	9.38	8.97		8.66	8.41	8.12	7.81	7.66	6.45	8.19		9.38	8.68	7.86
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	19	172				
Arkhipenko, Vasiliiy (URS) (1957)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1980 Olympic Games (Moscow, URS)			Behm (1999) - Les chiffres: Les podiums de tous les championnats																
date	26-Jul-80	time					21.5								48.86	2 / 2			
reaction time	0.137	interval																	
		velocity					8.60								8.19				
H1 lead leg		strides		15	15	15	15		15	15	15	15	15		135				
Itt, Edgar (FRG) (1967)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1988 Olympic Games (Seoul, KOR)			Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988																
date	24-Sep-88	time	6.08	9.79	13.65	17.56	21.58		25.78	30.14	34.60	39.15	43.69		48.86	2 / 4			
reaction time		interval		3.71	3.86	3.91	4.02		4.20	4.36	4.46	4.55	4.54	5.17			11.48	12.58	13.55
		velocity	7.40	9.43	9.07	8.95	8.71		8.33	8.03	7.85	7.69	7.71	7.74	8.19		9.15	8.35	7.75
H1 lead leg		strides	21	13	13	13	13		14	14	14	14	14	17.3	160.3				
Caristan, Stéphane (FRA) (1964)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1992 Olympic Games (Barcelona, ESP)			Belloc (1992) - Diagona: 45.18 / 48.13 : 3" d'ecart; incompressibles?																
date	06-Aug-92	time	5.90	9.75	13.60	17.50	21.45		25.75	30.00	34.40	38.95	43.50		48.86	1 / 7			
reaction time		interval		3.85	3.85	3.90	3.95		4.30	4.25	4.40	4.55	4.55	5.36	PB		11.60	12.50	13.50
		velocity	7.63	9.09	9.09	8.97	8.86		8.14	8.24	7.95	7.69	7.69	7.46	8.19		9.05	8.40	7.78

H1 lead leg	L	strides	21	13	13	13	13	14	14	15	15	15	18.1	164.1					
Gordon, Jehue (TTO) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2012 Olympic Games (London, GBR)			Hillier (2012) - uka 2012 olympic games report: 400m hurdles																
date	06-Aug-12	time	5.72	9.28	13.07	16.92	20.93	22.73	25.02	29.14	33.40	38.05	43.07		48.86	8 / 6			
reaction time	0.165	interval		3.56	3.79	3.85	4.01		4.09	4.12	4.26	4.65	5.02	5.79			11.20	12.22	13.93
		velocity	7.87	9.83	9.23	9.09	8.73	8.80	8.56	8.50	8.22	7.53	6.97	6.91	8.19		9.38	8.59	7.54
H1 lead leg	L	strides	21	13	13	13	13		13	14	15	15	15		145				
Copello, Yasmani (TUR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Bislett Games (Oslo, NOR) (TV Analysis)			Henson (2021) - Athlete First: 2021 year end hurdle report																
date	01-Jul-21	time	5.82	9.50	13.26	17.14	21.06		25.14		33.56	38.46	43.26		48.86	5 / 3			
reaction time	0.198	interval		3.68	3.76	3.88	3.92		4.08		8.42	4.90	4.80	5.60			11.32		
		velocity	7.73	9.51	9.31	9.02	8.93		8.58		8.31	7.14	7.29	7.14	8.19		9.28		
H1 lead leg	R	strides	20	13	13		13		13	13		14	15		114				
Tamesue, Dai (JPN) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2004 Osaka Grand Prix (Osaka, JPN)			Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers																
date	08-May-04	time	5.77	9.41	13.20	17.07	21.06		25.25	29.45	33.87	38.51	43.31		48.87	1 / 1			
reaction time		interval		3.64	3.79	3.87	3.99		4.19	4.20	4.42	4.64	4.80	5.56			11.30	12.38	13.86
		velocity	7.80	9.62	9.23	9.04	8.77		8.35	8.33	7.92	7.54	7.29	7.19	8.18		9.29	8.48	7.58
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				
Tamesue, Dai (JPN) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 Japanese National Championships (Osaka, JPN)			Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers																
date	30-Jun-07	time	5.86	9.53	13.32	17.22	21.16		25.26	29.51	34.00	38.62	43.36		48.87	1 / 1			
reaction time		interval		3.67	3.79	3.90	3.94		4.10	4.25	4.49	4.62	4.74	5.51			11.36	12.29	13.85
		velocity	7.68	9.54	9.23	8.97	8.88		8.54	8.24	7.80	7.58	7.38	7.26	8.18		9.24	8.54	7.58
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				
Sánchez, Félix (DOM) (1977)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 IAAF World Championships (Daegu, KOR)			Behm (2011) - Le quatrache: Démus enfin!																
date	01-Sep-11	time	5.8	9.5	13.1	16.9	21.0		25.1	29.3	33.7	38.3	43.3		48.87	7 / 4			
reaction time	0.179	interval		3.7	3.6	3.8	4.1		4.1	4.2	4.4	4.6	5.0	5.6			11.10	12.40	14.00
		velocity	7.76	9.46	9.72	9.21	8.54		8.54	8.33	7.95	7.61	7.00	7.18	8.18		9.46	8.47	7.50
H1 lead leg	R	strides	20	13	13	13	13		14	14	15	15	16	19	165				
Clement, Kerron (USA) (1985)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Prefontaine Classic (Eugene, OR) (TV Analysis)			(H8 5m short) Henson (2020) - Athlete First: 2016 year end hurdle report																
date	28-May-16	time	6.08	9.92	13.72	17.72			26.00	30.28	34.04	39.08	43.68		48.87	7 / 2			
reaction time		interval		3.84	3.80	4.00			8.28	4.28	3.76	5.04	4.60	5.19			11.64	12.56	13.40
		velocity	7.40	9.11	9.21	8.75			8.45	8.18	7.98	7.94	7.61	7.71	8.18		9.02	8.36	7.84
H1 lead leg	R	strides	20	13	13	13				13	13		15	17	117				
Toyoda, Masaki (JPN) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Ready Steady Tokyo (Tokyo, JPN)			Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																
date	09-May-21	time	5.92	9.74	13.66	17.75	21.82		26.03	30.31	34.67	39.14	43.69		48.87	4 / 3			
reaction time	0.158	interval		3.82	3.92	4.09	4.07		4.21	4.28	4.36	4.47	4.55	5.18	PB		11.83	12.56	13.38
		velocity	7.60	9.16	8.93	8.56	8.60		8.31	8.18	8.03	7.83	7.69	7.72	8.18		8.88	8.36	7.85
H1 lead leg		strides		14	14	14	14		14	14	15	15	15	18.5	147.5				
Abe, Takatoshi (JPN) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese National Championships (Osaka, JPN)			Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																
date	26-Jun-21	time	5.93	9.57	13.36	17.15	21.02		25.04	29.33	33.77	38.40	43.21		48.87	5 / 2			
reaction time	0.173	interval		3.64	3.79	3.79	3.87		4.02	4.29	4.44	4.63	4.81	5.66			11.22	12.18	13.88
		velocity	7.59	9.62	9.23	9.23	9.04		8.71	8.16	7.88	7.56	7.28	7.07	8.18		9.36	8.62	7.56
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	15	15	18	162				
Rosser, Khalifah (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Bislett Games (Oslo, NOR)			Omega Timing (2023) - diamond league race analysis																
date	15-Jun-23	time	5.71	9.31	12.97	16.74	20.67		24.79	29.09	33.54	38.25	43.09		48.87	3 / 6			
reaction time	0.172	interval		3.60	3.66	3.77	3.93		4.12	4.30	4.45	4.71	4.84	5.78			11.03	12.35	14.00
		velocity	7.88	9.72	9.56	9.28	8.91		8.50	8.14	7.87	7.43	7.23	6.92	8.18		9.52	8.50	7.50
H1 lead leg	R	strides	21			13	13		13			15	15		90				
Gucek, Matic Ian (SLO) (2003)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 European Athletics Championships (Roma, ITA)			European Athletics (2024) - 2024 european athletics championships - results book																
date	11-Jun-24	time	5.84	9.63	13.48	17.36	21.40		25.44	29.73	34.11	38.76	43.40		48.87	2 / 7			
reaction time	0.158	interval		3.79	3.85	3.88	4.04		4.04	4.29	4.38	4.65	4.64	5.47			11.52	12.37	13.67
		velocity	7.71	9.23	9.09	9.02	8.66		8.66	8.16	7.99	7.53	7.54	7.31	8.18		9.11	8.49	7.68
H1 lead leg	R	strides	22	14	14		14		14	14	15	15	15	18.7	155.7				
Abuaku, Joshua (GER) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Repechage 3 - 2024 Olympic Games (Paris, FRA)			Paris 2024 Olympic Games - Results Book (2024)																
date	06-Aug-24	time	5.74	9.38	13.10	16.88	20.83		25.06	29.40	33.96	38.63	43.36		48.87	6 / 2			
reaction time	0.159	interval		3.64	3.72	3.78	3.95		4.23	4.34	4.56	4.67	4.73	5.51			11.14	12.52	13.96
		velocity	7.84	9.62	9.41	9.26	8.86		8.27	8.06	7.68	7.49	7.40	7.26	8.18		9.43	8.39	7.52

H1 lead leg	L	strides	20	13	13	13	13	13	14	14	15	15	18.5	161.5					
Kishimoto, Takayuki (JPN) (1990)																			
FINAL - 2012 Shizuoka International Athletics Meeting (Fukuroi, JPN)										<i>Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions</i>									
date	03-May-12	time	5.77	9.51	13.31	17.25	21.35	25.69	30.04	34.54	39.09	43.69	48.88						
reaction time		interval	3.74	3.80	3.94	4.10	4.34	4.35	4.50	4.55	4.60	5.19					11.48	12.79	13.65
		velocity	7.80	9.36	9.21	8.88	8.54	8.06	8.05	7.78	7.69	7.61	7.71	8.18			9.15	8.21	7.69
H1 lead leg		strides	13	13	13	13	14	14	15	15	15	15	125						
Babineaux, Ricky (USA) (1990)																			
FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)										<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>									
date	10-Jul-16	time	6.00	9.84	13.68	17.62	21.59	25.66	30.03	34.53	39.10	43.74	48.88				4 / 4		
reaction time	0.187	interval	3.84	3.84	3.94	3.97	4.07	4.37	4.50	4.57	4.64	5.14	PB				11.62	12.41	13.71
		velocity	7.50	9.11	9.11	8.88	8.60	8.01	7.78	7.66	7.54	7.78	8.18				9.04	8.46	7.66
H1 lead leg	R	strides	20	13	13	13	13	13	14	14	14	14	17.5	158.5					
Robinson, Byron (USA) (1995)																			
FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis)										<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>									
date	06-Jul-17	time	5.84	9.64	13.68	17.80	21.88	26.00	30.12	34.40	38.80	43.36	48.88				4 / 2		
reaction time	0.151	interval	3.80	4.04	4.12	4.08	4.12	4.12	4.28	4.40	4.56	5.52					11.96	12.32	13.24
		velocity	7.71	9.21	8.66	8.50	8.58	8.50	8.50	8.18	7.95	7.68	7.25	8.18			8.78	8.52	7.93
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	20	177					
Ezekiel, Nathaniel (NGR) (2003)																			
FINAL - 2024 NCAA Championships (Eugene, OR) (TV Analysis)										<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>									
date	07-Jun-24	time	6.00	9.67	13.45	17.26	21.14	25.21	29.48	33.97	38.65	43.34	48.88				5 / 3		
reaction time		interval	3.67	3.78	3.81	3.88	4.07	4.27	4.49	4.68	4.69	5.54					11.26	12.22	13.86
		velocity	7.50	9.54	9.26	9.19	9.02	8.60	8.20	7.80	7.48	7.46	7.22	8.18			9.33	8.59	7.58
H1 lead leg	R	strides	21	13	13	13	13	13	13	14	14	14	17	158					
Ntweng, Victor (BOT) (1995)																			
Repechage 2 - 2024 Olympic Games (Paris, FRA)										<i>Paris 2024 Olympic Games - Results Book (2024)</i>									
date	07-Aug-24	time	5.76	9.54	13.40	17.26	21.22	25.36	29.58	34.06	38.68	43.36	48.88				5 / 3		
reaction time	0.168	interval	3.78	3.86	3.86	3.96	4.14	4.22	4.48	4.62	4.68	5.52					11.50	12.32	13.78
		velocity	7.81	9.26	9.07	9.07	8.84	8.45	8.29	7.81	7.58	7.48	7.25	8.18			9.13	8.52	7.62
H1 lead leg	R	strides	20	13	13	13	13	13	13	14	14	14	17	157					
Dia Bâ, Amadou (SEN) (1958)																			
FINAL - 1987 Meeting BNP D'Athlétisme (Paris, FRA)										<i>Behm (1988) - 45-39</i>									
date	16-Jul-87	time	5.7	9.5	13.3	17.2	21.2	25.3	29.5	34.1		43.3	48.89				1 / 1		
reaction time		interval	3.8	3.8	3.8	4.1	4.0	4.3	4.6		9.20	5.59					11.45	12.36	13.79
		velocity	7.89	9.11	9.26	9.14	8.58	8.71	8.22	7.63		7.61	7.16	8.18			9.17	8.50	7.61
H1 lead leg		strides																	
Kurokawa, Kazuki (JPN) (2001)																			
FINAL - 2022 Japanese National Championships (Osaka, JPN)										<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>									
date	11-Jun-22	time	5.77	9.38	13.10	16.97	20.99	25.23	29.48	34.00	38.64	43.38	48.89				5 / 1		
reaction time	0.192	interval	3.61	3.72	3.87	4.02	4.24	4.25	4.52	4.64	4.74	5.51					11.20	12.51	13.90
		velocity	7.80	9.70	9.41	9.04	8.71	8.25	8.24	7.74	7.54	7.38	7.26	8.18			9.38	8.39	7.55
H1 lead leg	L	strides	21	13	13	13	13	14	14	15	15	15	18.2	164.2					
Happio, Wilfried (FRA) (1998)																			
Semi-Final 1 - 2022 European Athletics Championships (Munich, GER)										<i>European Athletics (2022) - european athletics championships race analysis</i>									
date	18-Aug-22	time	5.81	9.61	13.38	17.28	21.27	22.99	25.31	29.51	33.96	38.52	43.27	48.89				3 / 1	
reaction time	0.197	interval	3.80	3.77	3.90	3.99	4.04	4.20	4.45	4.56	4.75	5.62					11.47	12.23	13.76
		velocity	7.75	9.21	9.28	8.97	8.77	8.70	8.66	8.33	7.87	7.68	7.37	7.12	8.18		9.15	8.59	7.63
H1 lead leg	L	strides	20	13			13		13	13	13	15	15	17	132				
Drummond, Gerald (CRC) (1994)																			
FINAL - 2024 London Athletics Meet (London, GBR)										<i>Omega Timing (2024) - diamond league race analysis</i>									
date	20-Jul-24	time	5.77	9.53	13.37	17.31	21.38	25.62	29.94	34.39	38.97	43.60	48.89				1 / 7		
reaction time	0.205	interval	3.76	3.84	3.94	4.07	4.24	4.32	4.45	4.58	4.63	5.29					11.54	12.63	13.66
		velocity	7.80	9.31	9.11	8.88	8.60	8.25	8.10	7.87	7.64	7.56	7.56	8.18			9.10	8.31	7.69
H1 lead leg	L	strides	21	14	14	14	14			15	15	15	18	140					
Tomov, Toma (BUL) (1958)																			
Semi-Final 2 - 1988 Olympic Games (Seoul, KOR)										<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>									
date	24-Sep-88	time	5.96	9.77	13.65	17.64	21.70	25.90	30.14	34.61	39.23	43.84	48.90				3 / 5		
reaction time		interval	3.81	3.88	3.99	4.06	4.20	4.24	4.47	4.62	4.61	5.06					11.68	12.50	13.70
		velocity	7.55	9.19	9.02	8.77	8.62	8.33	8.25	7.83	7.58	7.59	7.91	8.18			8.99	8.40	7.66
H1 lead leg		strides	21	14	14	14	14	14	14	15	15	15	17.8	167.8					
Rawlinson, Christopher (GBR) (1972)																			
FINAL - 2003 IAAF World Championships (Paris, FRA)										<i>Behm (2003) - Paris 2003:Le quatrache masculin - féminin</i>									
date	29-Aug-03	time	5.9	9.5	13.4	17.3	21.2	25.3	29.4	33.9	38.4	43.0	48.90				2 / 6		
reaction time	0.165	interval	3.6	3.9	3.9	3.9	4.1	4.1	4.5	4.5	4.6	5.90					11.40	12.10	13.60
		velocity	7.63	9.72	8.97	8.97	8.97	8.54	8.54	7.78	7.78	7.61	6.78	8.18			9.21	8.68	7.72

H1 lead leg	R	strides	20	13	13	13	13	13	13	15	15	15	19	162					
Plawgo, Marek (POL) (1981)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 European Cup (Munich, GER)																			
date	23-Jun-07	time	6.04	9.94	13.82	17.78	21.83		25.84	30.34	34.70	39.20	43.84		48.90		Graubner (2007) - http://www.fgs.uni-halle.de		
reaction time	0.151	interval		3.90	3.88	3.96	4.05		4.01	4.50	4.36	4.50	4.64	5.06			11.74	12.56	13.50
		velocity	7.45	8.97	9.02	8.84	8.64		8.73	7.78	8.03	7.78	7.54	7.91	8.18		8.94	8.36	7.78
H1 lead leg		strides																	
Keita, Naman (FRA) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 European Cup (Munich, GER)																			
date	23-Jun-07	time	6.25	9.94	13.60	17.68	21.63		25.72	29.98	34.32	38.73	43.50		48.90		Graubner (2007) - http://www.fgs.uni-halle.de		
reaction time	0.248	interval		3.69	3.66	4.08	3.95		4.09	4.26	4.34	4.41	4.77	5.40			11.43	12.30	13.52
		velocity	7.20	9.49	9.56	8.58	8.86		8.56	8.22	8.06	7.94	7.34	7.41	8.18		9.19	8.54	7.77
H1 lead leg		strides																	
Tinsley, Michael (USA) (1984)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Shanghai Golden Grand Prix (Shanghai, CHN)																			
date	14-May-16	time	5.84	9.52	13.28	17.20	21.24		25.48	29.88	34.36	38.92	43.52		48.90		Henson (2020) - Athlete First: 2016 year end hurdle report		
reaction time	0.198	interval		3.68	3.76	3.92	4.04		4.24	4.40	4.48	4.56	4.60	5.38			11.36	12.68	13.64
		velocity	7.71	9.51	9.31	8.93	8.66		8.25	7.95	7.81	7.68	7.61	7.43	8.18		9.24	8.28	7.70
H1 lead leg		strides																	
Mägi, Rasmus (EST) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis)																			
date	01-Sep-16	time	6.00	9.76	13.52	17.40	21.40		25.52	29.92	34.44	39.12	43.72		48.90		Henson (2020) - Athlete First: 2016 year end hurdle report		
reaction time	0.114	interval		3.76	3.76	3.88	4.00		4.12	4.40	4.52	4.68	4.60	5.18			11.40	12.52	13.80
		velocity	7.50	9.31	9.31	9.02	8.75		8.50	7.95	7.74	7.48	7.61	7.72	8.18		9.21	8.39	7.61
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	16	158				
Kurokawa, Kazuki (JPN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Michitaka Kinami Memorial (Osaka, JPN)																			
date	01-May-22	time	5.91	9.54	13.28	17.08	21.02		25.21	29.48	33.95	38.64	43.44		48.90		Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season		
reaction time	0.157	interval		3.63	3.74	3.80	3.94		4.19	4.27	4.47	4.69	4.80	5.46			11.17	12.40	13.96
		velocity	7.61	9.64	9.36	9.21	8.88		8.35	8.20	7.83	7.46	7.29	7.33	8.18		9.40	8.47	7.52
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				
Lahoulou, Abdelmalik (ALG) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																			
date	17-Jul-22	time	6.03	9.67	13.43	17.16	21.07	22.79	25.17	29.53	33.97	38.63	43.47		48.90		Henson (2022) - Athlete First: 2022 year end hurdle report		
reaction time	0.157	interval		3.64	3.76	3.73	3.91		4.10	4.36	4.44	4.66	4.84	5.43			11.13	12.37	13.94
		velocity	7.46	9.62	9.31	9.38	8.95	8.78	8.54	8.03	7.88	7.51	7.23	7.37	8.18		9.43	8.49	7.53
H1 lead leg	L	strides	22	13	13	13	13		13	14	14	15	15	17.2	162.2				
Lima, Matheus (BRA) (2003)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2024 Olympic Games (Paris, FRA)																			
date	05-Aug-24	time	6.09	9.91	13.78	17.71	21.76		26.01	30.35	34.72	39.22	43.77		48.90		Paris 2024 Olympic Games - Results Book (2024)		
reaction time	0.180	interval		3.82	3.87	3.93	4.05		4.25	4.34	4.37	4.50	4.55	5.13			11.62	12.64	13.42
		velocity	7.39	9.16	9.04	8.91	8.64		8.24	8.06	8.01	7.78	7.69	7.80	8.18		9.04	8.31	7.82
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	14	17	155				
Copello, Yasmani (TUR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)																			
date	10-Jun-18	time	5.80	9.60	13.48	17.44	21.52		25.68	30.00	34.40	38.92	43.48		48.91		Henson (2020) - Athlete First: 2018 year end hurdle report		
reaction time	0.202	interval		3.80	3.88	3.96	4.08		4.16	4.32	4.40	4.52	4.56	5.43			11.64	12.56	13.48
		velocity	7.76	9.21	9.02	8.84	8.58		8.41	8.10	7.95	7.74	7.68	7.37	8.18		9.02	8.36	7.79
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	14	14	17.5	158.5				
Clement, Kerron (USA) (1985)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 USATF Championships (Sacramento, CA) (TV Analysis)																			
date	25-Jun-17	time	6.07	9.90	13.69	17.48	21.41		25.55	29.86	34.21	38.79	43.45		48.91		Henson (2020) - Athlete First: 2017 year end hurdle report		
reaction time		interval		3.83	3.79	3.79	3.93		4.14	4.31	4.35	4.58	4.66	5.46			11.41	12.38	13.59
		velocity	7.41	9.14	9.23	9.23	8.91		8.45	8.12	8.05	7.64	7.51	7.33	8.18		9.20	8.48	7.73
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16.5	153.5				
Hyde, Jaheel (JAM) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Memorial van Damme (Brussels, BEL) (TV Analysis)																			
date	03-Sep-21	time	5.84	9.56	13.36	17.24	21.32	23.1	25.52	29.72	34.04	38.60	43.32		48.91		Henson (2021) - Athlete First: 2021 year end hurdle report		
reaction time	0.166	interval		3.72	3.80	3.88	4.08		4.20	4.20	4.32	4.56	4.72	5.59			11.40	12.48	13.60
		velocity	7.71	9.41	9.21	9.02	8.58	8.66	8.33	8.33	8.10	7.68	7.42	7.16	8.18		9.21	8.41	7.72
H1 lead leg	L	strides	22	13	13	13	13		14	14	14	15	15	18	164				
Watrin, Julien (BEL) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Silesia Kamila Skolimowska Memorial (Chorzów, POL) (TV Analysis)																			
date	06-Aug-22	time	5.86	9.56	13.30	17.10	21.06	22.73			33.93	38.50	43.23		48.91		Henson (2022) - Athlete First: 2022 year end hurdle report		
reaction time	0.225	interval		3.70	3.74	3.80	3.96				12.87	4.57	4.73	5.68			11.24		
		velocity	7.68	9.46	9.36	9.21	8.84	8.80			8.16	7.66	7.40	7.04	8.18		9.34		

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	21	13	13		13					14	15	18	107					
Deguchi, Haruto (JPN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2024 Seiko Golden Grand Prix (Tokyo, JPN)											Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season									
date	19-May-24	time	6.01	9.81	13.66	17.55	21.59		25.88	30.20	34.63	39.12	43.71		48.91	3 / 2				
reaction time	0.189	interval		3.80	3.85	3.89	4.04		4.29	4.32	4.43	4.49	4.59	5.20			11.54	12.65	13.51	
		velocity	7.49	9.21	9.09	9.00	8.66		8.16	8.10	7.90	7.80	7.63	7.69	8.18		9.10	8.30	7.77	
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	18.5	164.5					
Morgan, Dinsdale (JAM) (1972)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1999 IAAF World Championships (Sevilla, ESP)											Sanchez (1999) - Sevilla '99: análisis de la carreras con villas									
date	27-Aug-99	time	5.46	9.27	12.98	16.90	20.94		25.07	29.42	33.81	38.33	43.09		48.92	2 / 7				
reaction time	0.164	interval		3.81	3.71	3.92	4.04		4.13	4.35	4.39	4.52	4.76	5.83			11.44	12.52	13.67	
		velocity	8.24	9.19	9.43	8.93	8.66		8.47	8.05	7.97	7.74	7.35	6.86	8.18		9.18	8.39	7.68	
H1 lead leg	L	strides	22	14	14	14	14		14	15	15	15	16	18.5	171.5					
Narisako, Kenji (JPN) (1984)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 5 - 2007 IAAF World Championships (Osaka, JPN)											Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers									
date	25-Aug-07	time	6.00	9.70	13.44	17.28	21.22		25.32	29.72	34.12	38.72	43.39		48.92	2 / 3				
reaction time	0.172	interval		3.70	3.74	3.84	3.94		4.10	4.40	4.40	4.60	4.67	5.53			11.28	12.44	13.67	
		velocity	7.50	9.46	9.36	9.11	8.88		8.54	7.95	7.95	7.61	7.49	7.23	8.18		9.31	8.44	7.68	
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	15	15	19.2	163.2					
Dutch, Johnny (USA) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)											Henson (2020) - Athlete First: 2016 year end hurdle report									
date	10-Jul-16	time	5.90	9.51	13.24	17.08	20.99		24.99	29.13	33.47	38.04	42.87		48.92	5 / 5				
reaction time	0.227	interval		3.61	3.73	3.84	3.91		4.00	4.14	4.34	4.57	4.83	6.05			11.18	12.05	13.74	
		velocity	7.63	9.70	9.38	9.11	8.95		8.75	8.45	8.06	7.66	7.25	6.61	8.18		9.39	8.71	7.64	
H1 lead leg	R	strides	22	13	13	13	13		14	14	15	15	15	19.7	166.7					
van Zyl, L.J. (RSA) (1985)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2016 London Anniversary Games (London, GBR) (TV Analysis)											Henson (2020) - Athlete First: 2016 year end hurdle report									
date	23-Jul-16	time	5.88	9.60	13.36	17.28	21.36		25.60	29.92	34.28	38.76	43.40		48.92	2 / 4				
reaction time	0.153	interval		3.72	3.76	3.92	4.08		4.24	4.32	4.36	4.48	4.64	5.52			11.40	12.64	13.48	
		velocity	7.65	9.41	9.31	8.93	8.58		8.25	8.10	8.03	7.81	7.54	7.25	8.18		9.21	8.31	7.79	
H1 lead leg	L	strides	22	14	14	14	14		14	15	15	15	15	19	171					
Lahoulou, Abdelmalik (ALG) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2016 Meeting Paris (Saint-Denis, FRA) (TV Analysis)											Henson (2020) - Athlete First: 2016 year end hurdle report									
date	27-Aug-16	time	6.08	9.84	13.60	17.48	21.48		25.60	29.96	34.44	39.08	43.84		48.92	8 / 6				
reaction time	0.191	interval		3.76	3.76	3.88	4.00		4.12	4.36	4.48	4.64	4.76	5.08			11.40	12.48	13.88	
		velocity	7.40	9.31	9.31	9.02	8.75		8.50	8.03	7.81	7.54	7.35	7.87	8.18		9.21	8.41	7.56	
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15		144					
Chen Chieh (TPE) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Asian Athletics Championships (Doha, QAT)											CAA Hurdle Development (2019)									
date	22-Apr-19	time	5.84	9.49	13.19	16.98	20.92		25.00	29.41	33.92	38.57	43.37		48.92	6 / 2				
reaction time	0.195	interval		3.65	3.70	3.79	3.94		4.08	4.41	4.51	4.65	4.80	5.55	PB		11.14	12.43	13.96	
		velocity	7.71	9.59	9.46	9.23	8.88		8.58	7.94	7.76	7.53	7.29	7.21	8.18		9.43	8.45	7.52	
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	17.5	161.5					
Mägi, Rasmus (EST) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2022 World Athletics Championships (Eugene, OR)											Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season									
date	19-Jul-22	time	5.99	9.71	13.50	17.27	21.12	22.71	25.14	29.45	33.87	38.52	43.28		48.92	2 / 8				
reaction time	0.140	interval		3.72	3.79	3.77	3.85		4.02	4.31	4.42	4.65	4.76	5.64			11.28	12.18	13.83	
		velocity	7.51	9.41	9.23	9.28	9.09	8.81	8.71	8.12	7.92	7.53	7.35	7.09	8.18		9.31	8.62	7.59	
H1 lead leg	R	strides		13	13	13	13		13	13	14	14	15	18	139					
Copello, Yasmani (TUR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 5 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)											Henson (2023) - Athlete First: 2023 year end hurdle report									
date	20-Aug-23	time	6.00	9.83	13.66	17.56	21.50		25.63	29.96	34.40	38.93	43.56		48.92	6 / 5				
reaction time	0.244	interval		3.83	3.83	3.90	3.94		4.13	4.33	4.44	4.53	4.63	5.36			11.56	12.40	13.60	
		velocity	7.50	9.14	9.14	8.97	8.88		8.47	8.08	7.88	7.73	7.56	7.46	8.18		9.08	8.47	7.72	
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	14	14	17.5	158.5					
Tsutsue, Kaito (JPN) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
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	6.01	9.68	13.51	17.38	21.37		25.46	29.66	34.03	38.66	43.43		48.92	4 / 1				
reaction time	0.176	interval		3.67	3.83	3.87	3.99		4.09	4.20	4.37	4.63	4.77	5.49			11.37	12.28	13.77	
		velocity	7.49	9.54	9.14	9.04	8.77		8.56	8.33	8.01	7.56	7.34	7.29	8.18		9.23	8.55	7.63	
H1 lead leg		strides		13	13	13	13		14	14	14	15	15		124					
Tsutsue, Kaito (JPN) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2024 Seiko Golden Grand Prix (Tokyo, JPN)											Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season									
date	19-May-24	time	5.99	9.69	13.46	17.28	21.25		25.36	29.71	34.13	38.76	43.48		48.92	5 / 3				
reaction time	0.155	interval		3.70	3.77	3.82	3.97		4.11	4.35	4.42	4.63	4.72	5.44			11.29	12.43	13.77	
		velocity	7.51	9.46	9.28	9.16	8.82		8.52	8.05	7.92	7.56	7.42	7.35	8.18		9.30	8.45	7.63	

H1 lead leg	R	strides	21	13	13	13	13	14	14	14	15	15	18.2	163.2					
Dean, Caleb (USA) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)			<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																
date	28-Jun-24	time	5.81	9.50	13.25	17.04	20.94	22.61	24.83	29.27	33.84	38.56	43.44		48.92	7 / 1			
reaction time		interval		3.69	3.75	3.79	3.90		3.89	4.44	4.57	4.72	4.88	5.48			11.23	12.23	14.17
		velocity	7.75	9.49	9.33	9.23	8.97	8.85	9.00	7.88	7.66	7.42	7.17	7.30	8.18		9.35	8.59	7.41
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	17.7	163.7				
Robinson, Chris (USA) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Long Hurdles - 2025 Grand Slam Track Miami (Miramar, FL)			<i>Grand Slam Track (2025) - results and splits by race</i>																
date	02-May-25	time	5.79	9.57	13.48	17.40	21.49	23.28	25.66	29.97	34.57	39.11	43.66		48.92	2 / 2			
reaction time	0.170	interval		3.78	3.91	3.92	4.09		4.17	4.31	4.60	4.54	4.55	5.26			11.61	12.57	13.69
		velocity	7.77	9.26	8.95	8.93	8.56	8.59	8.39	8.12	7.61	7.71	7.69	7.60	8.18		9.04	8.35	7.67
H1 lead leg		strides			13				13	15	15	15	15	18	104				
Schmid, Harald (FRG) (1957)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 1988 Olympic Games (Seoul, KOR)			<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>																
date	24-Sep-88	time	6.05	9.64	13.56	17.57	21.73		25.93	30.20	34.62	39.18	43.79		48.93	1 / 3			
reaction time		interval		3.59	3.92	4.01	4.16		4.20	4.27	4.42	4.56	4.61	5.14			11.52	12.63	13.59
		velocity	7.44	9.75	8.93	8.73	8.41		8.33	8.20	7.92	7.68	7.59	7.78	8.17		9.11	8.31	7.73
H1 lead leg		strides	21	13	13	13	13		13	13	13	14	14	17	157				
Mori, Fabrizio (ITA) (1969)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1997 European Cup (Munich, GER)			<i>Jung (2003) - http://www.fgs.uni-halle.de</i>																
date	21-Jun-97	time	6.22	10.15	14.12	18.24	22.36		26.67	31.00	35.34	39.71	44.11		48.93	/ 1			
reaction time		interval		3.93	3.97	4.12	4.12		4.31	4.33	4.34	4.37	4.40	4.82			12.02	12.76	13.11
		velocity	7.23	8.91	8.82	8.50	8.50		8.12	8.08	8.06	8.01	7.95	8.30	8.17		8.74	8.23	8.01
H1 lead leg		strides																	
Yoshikata, Masahira (JPN) (1982)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2006 Osaka Grand Prix (Osaka, JPN)			<i>Yasunori (2007) - race pattern analysis of top Japanese 400m hurdlers</i>																
date	06-May-06	time	6.00	9.74	13.58	17.45	21.42		25.56	29.81	34.18	38.70	43.42		48.93	/ 6			
reaction time		interval		3.74	3.84	3.87	3.97		4.14	4.25	4.37	4.52	4.72	5.51			11.45	12.36	13.61
		velocity	7.50	9.36	9.11	9.04	8.82		8.45	8.24	8.01	7.74	7.42	7.26	8.17		9.17	8.50	7.71
H1 lead leg		strides		14	14	14	14		14	15	15	15	15		130				
Phillips, Isa (JAM) (1984)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2009 IAAF World Championships (Berlin, GER)			<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																
date	16-Aug-09	time	5.98	9.52	13.19	17.02	20.93		25.04	29.38	33.78	38.48	43.19		48.93	6 / 4			
reaction time	0.238	interval		3.54	3.67	3.83	3.91		4.11	4.34	4.40	4.70	4.71	5.74			11.04	12.36	13.81
		velocity	7.53	9.89	9.54	9.14	8.95		8.52	8.06	7.95	7.45	7.43	6.97	8.17		9.51	8.50	7.60
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	14	18.7	161.7				
Copello, Yasmani (TUR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Müller Anniversary Games (London, GBR) (TV Analysis)			<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																
date	20-Jul-19	time	5.96	9.72	13.52	17.44	21.48	23.1	25.60		34.40	38.96	43.64		48.93	4 / 2			
reaction time	0.183	interval		3.76	3.80	3.92	4.04		4.12		8.80	4.56	4.68	5.29			11.48		
		velocity	7.55	9.31	9.21	8.93	8.66	8.66	8.50		7.95	7.68	7.48	7.56	8.17		9.15		
H1 lead leg	R	strides	20	13	13	13	13		13			14	14	17.7	130.7				
Mägi, Rasmus (EST) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2019 IAAF World Championships (Doha, QAT)			<i>Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships</i>																
date	28-Sep-19	time	6.15	9.94	13.77	17.70	21.77		25.97	30.34	34.72	39.19	43.72		48.93	7 / 4			
reaction time	0.140	interval		3.79	3.83	3.93	4.07		4.20	4.37	4.38	4.47	4.53	5.21			11.55	12.64	13.38
		velocity	7.32	9.23	9.14	8.91	8.60		8.33	8.01	7.99	7.83	7.73	7.68	8.17		9.09	8.31	7.85
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	17.2	159.2				
Mashchenko, Ruslan (RUS) (1971)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2000 Olympic Games (Sydney, AUS)			<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																
date	25-Sep-00	time	5.88	9.72	13.44	17.24	21.12	22.64	25.16	29.40	33.80	38.40	43.16		48.94	7 / 3			
reaction time	0.177	interval		3.84	3.72	3.80	3.88		4.04	4.24	4.40	4.60	4.76	5.78			11.36	12.16	13.76
		velocity	7.65	9.11	9.41	9.21	9.02	8.83	8.66	8.25	7.95	7.61	7.35	6.92	8.17		9.24	8.63	7.63
H1 lead leg		strides		13	13	13	13		13	14	14	15	15	18.6	141.6				
Mägi, Rasmus (EST) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis)			<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																
date	06-Jul-17	time	6.08	9.92	13.80	17.72	21.68		25.84	30.24	34.64	39.20	43.72		48.94	7 / 3			
reaction time	0.127	interval		3.84	3.88	3.92	3.96		4.16	4.40	4.40	4.56	4.52	5.22			11.64	12.52	13.48
		velocity	7.40	9.11	9.02	8.93	8.84		8.41	7.95	7.95	7.68	7.74	7.66	8.17		9.02	8.39	7.79
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	17.2	159.2				
Holmes, TJ (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Athletissima (Lausanne, SUI) (TV Analysis)			<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																
date	05-Jul-18	time	5.84	9.56	13.28	17.12	21.16		25.40	29.76	34.20	38.92	43.64		48.94	7 / 4			
reaction time	0.188	interval		3.72	3.72	3.84	4.04		4.24	4.36	4.44	4.72	4.72	5.30			11.28	12.64	13.88
		velocity	7.71	9.41	9.41	9.11	8.66		8.25	8.03	7.88	7.42	7.42	7.55	8.17		9.31	8.31	7.56

H1 lead leg	L	strides	20	13	13	13	13	13	13	13	13	14	14	17	156					
McMaster, Kyron (IVB) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Prefontaine Classic (Stanford, CA) (TV Analysis)			Henson (2020) - Athlete First: 2019 year end hurdle report																	
date	30-Jun-19	time	5.93	9.60	13.50	17.53	21.56		25.70	30.00	34.33	38.86	43.40		48.94	6 / 2				
reaction time	0.268	interval		3.67	3.90	4.03	4.03		4.14	4.30	4.33	4.53	4.54	5.54			11.60	12.47	13.40	
		velocity	7.59	9.54	8.97	8.68	8.68		8.45	8.14	8.08	7.73	7.71	7.22	8.17		9.05	8.42	7.84	
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	17.5	159.5					
McMaster, Kyron (IVB) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 Bauhaus Galan (Stockholm, SWE)			Omega Timing (2023) - diamond league race analysis																	
date	02-Jul-23	time	5.66	9.33	13.08	16.92	20.94		25.08	29.37	33.82	38.44	43.20		48.94	7 / 2				
reaction time	0.147	interval		3.67	3.75	3.84	4.02		4.14	4.29	4.45	4.62	4.76	5.74			11.26	12.45	13.83	
		velocity	7.95	9.54	9.33	9.11	8.71		8.45	8.16	7.87	7.58	7.35	6.97	8.17		9.33	8.43	7.59	
H1 lead leg	L	strides	21	13		13	13		14	14	14	14	15	17.7	148.7					
Watrin, Julien (BEL) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)			Henson (2023) - Athlete First: 2023 year end hurdle report																	
date	21-Aug-23	time	5.90	9.66	13.43	17.13	21.00		25.13	29.46	34.16	38.83	43.55		48.94	3 / 5				
reaction time	0.205	interval		3.76	3.77	3.70	3.87		4.13	4.33	4.70	4.67	4.72	5.39			11.23	12.33	14.09	
		velocity	7.63	9.31	9.28	9.46	9.04		8.47	8.08	7.45	7.49	7.42	7.42	8.17		9.35	8.52	7.45	
H1 lead leg	R	strides	20	13	13	13	13		13		14	15	15	18	147					
Thompson, Kemel (JAM) (1974)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 1 - 1999 IAAF World Championships (Sevilla, ESP)			Sanchez (1999) - Sevilla '99: análisis de la carreras con villas																	
date	25-Aug-99	time	5.62	9.40	13.27	17.19	21.30		25.44	29.68	33.99	38.36	42.99		48.95	5 / 4				
reaction time	0.153	interval		3.78	3.87	3.92	4.11		4.14	4.24	4.31	4.37	4.63	5.96			11.57	12.49	13.31	
		velocity	8.01	9.26	9.04	8.93	8.52		8.45	8.25	8.12	8.01	7.56	6.71	8.17		9.08	8.41	7.89	
H1 lead leg	L	strides	22	14	14	14	14		14	15	15	15	15	19.5	171.5					
Shogata, Kazuya (JPN) (1983)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2005 Seiko Super Grand Prix (Yokohama, JPN)			Yasunori (2006) - race pattern analysis of top Japanese 400m hurdlers																	
date	19-Sep-05	time	5.94	9.81	13.80	17.82	21.89		26.03	30.30	34.69	39.18	43.75		48.95	/ 5				
reaction time		interval		3.87	3.99	4.02	4.07		4.14	4.27	4.39	4.49	4.57	5.20	PB		11.88	12.48	13.45	
		velocity	7.58	9.04	8.77	8.71	8.60		8.45	8.20	7.97	7.80	7.66	7.69	8.17		8.84	8.41	7.81	
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131					
Narisako, Kenji (JPN) (1984)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2006 Japanese National Championships (Kobe, JPN)			Yasunori (2007) - race pattern analysis of top Japanese 400m hurdlers																	
date	01-Jul-06	time	6.07	9.82	13.61	17.51	21.46		25.60	30.02	34.52	39.11	43.75		48.95	/ 1				
reaction time		interval		3.75	3.79	3.90	3.95		4.14	4.42	4.50	4.59	4.64	5.20			11.44	12.51	13.73	
		velocity	7.41	9.33	9.23	8.97	8.86		8.45	7.92	7.78	7.63	7.54	7.69	8.17		9.18	8.39	7.65	
H1 lead leg		strides		13	13	13	13		13	14	14	15	15		123					
Barr, Thomas (IRL) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2017 Bislett Games (Oslo, NOR) (TV Analysis)			Henson (2020) - Athlete First: 2017 year end hurdle report																	
date	15-Jun-17	time	6.13	9.83	13.60				25.83	30.23	34.70	39.26	43.80		48.95	1 / 3				
reaction time	0.193	interval		3.70	3.77				12.23	4.40	4.47	4.56	4.54	5.15					13.57	
		velocity	7.34	9.46	9.28				8.59	7.95	7.83	7.68	7.71	7.77	8.17				7.74	
H1 lead leg	L	strides	22	13	13					14	14	14	15	18.5	123.5					
Mägi, Rasmus (EST) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 Bislett Games (Oslo, NOR) (TV Analysis)			Henson (2021) - Athlete First: 2021 year end hurdle report																	
date	01-Jul-21	time	5.90	9.68	13.44	17.30	21.20		25.28		33.98	38.58	43.34		48.95	3 / 4				
reaction time	0.161	interval		3.78	3.76	3.86	3.90		4.08		8.70	4.60	4.76	5.61			11.40			
		velocity	7.63	9.26	9.31	9.07	8.97		8.58		8.05	7.61	7.35	7.13	8.17		9.21			
H1 lead leg	R	strides	20	13	13		13		13	13		14	14		113					
Mowatt, Kemar (JAM) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 1 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)			Henson (2024) - Athlete First: 2021 year end hurdle report																	
date	01-Aug-21	time	5.90	9.56	13.30	17.00	20.98		25.06	29.53		38.57	43.36		48.95	9 / 5				
reaction time	0.166	interval		3.66	3.74	3.70	3.98		4.08	4.47		9.04	4.79	5.59			11.10	12.53	13.83	
		velocity	7.63	9.56	9.36	9.46	8.79		8.58	7.83		7.74	7.31	7.16	8.17		9.46	8.38	7.59	
H1 lead leg	L	strides	21	13	13	13	13		13	14			15	18	133					
Hyde, Jaheel (JAM) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 ISTAF (Berlin, GER) (TV Analysis)			Henson (2021) - Athlete First: 2021 Karsten Warholm 400m Hurdles World Record Season																	
date	12-Sep-21	time	5.80		13.28	17.12			25.32	29.68	34.08	38.68	43.44		48.95	4 / 3				
reaction time	0.180	interval			7.48	3.84			8.20	4.36	4.40	4.60	4.76	5.51			11.32	12.56	13.76	
		velocity			9.36	9.11			8.54	8.03	7.95	7.61	7.35	7.26	8.17		9.28	8.36	7.63	
H1 lead leg	L	strides	21			13				14	14		15	18	95					
Lee, David (USA) (1959)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1982 TAC Naitonal Championships (Knoxville, TN)			Mann (1987) - the elite athlete program biomechanical analysis of the long hurdles: tac championship meet																	
date	20-Jun-82	time	6.36	10.18	14.08	17.94	21.80		25.82	30.00	34.44	38.98	43.80		48.96	/ 3				
reaction time		interval		3.82	3.90	3.86	3.86		4.02	4.18	4.44	4.54	4.82	5.16			11.58	12.06	13.80	
		velocity	7.08	9.16	8.97	9.07	9.07		8.71	8.37	7.88	7.71	7.26	7.75	8.17		9.07	8.71	7.61	

H1 lead leg strides

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Woody, Joey (USA) (1973)																		
FINAL - 1996 USA Olympic Trials (Atlanta, GA)																		
date	16-Jun-96	time	6.08	9.82	13.68	17.60	21.58	22.29	25.72	29.99	34.36	38.76	43.52	48.96	2 / 7			
reaction time		interval	3.74	3.86	3.92	3.98		4.14	4.27	4.37	4.40	4.76	5.44			11.52	12.39	13.53
		velocity	7.40	9.36	9.07	8.93	8.79	8.97	8.45	8.20	8.01	7.95	7.35	7.35	8.17	9.11	8.47	7.76
H1 lead leg	R	strides	21	13	13	13	13	13	14	14	14	15		143				
Al-Nubi, Mubarak Sultan (QAT) (197																		
FINAL - 2002 IAAF World Cup (Madrid, ESP)																		
date	20-Sep-02	time	6.07	9.94	13.80	17.77	21.88		25.99	30.15	34.51	38.87	43.63	48.96	7 / 2			
reaction time	0.158	interval	3.87	3.86	3.97	4.11		4.11	4.16	4.36	4.36	4.76	5.33			11.70	12.38	13.48
		velocity	7.41	9.04	9.07	8.82	8.52	8.52	8.41	8.03	8.03	7.35	7.50	8.17	8.97	8.48	7.79	
H1 lead leg	R	strides	21	13	13	13	13	13	13	13	13	15	16.5	156.5				
Clement, Kerron (USA) (1985)																		
FINAL - 2008 IAAF World Athletics Final (Stuttgart, GER)																		
date	13-Sep-08	time	6.09	9.88	13.72	17.62	21.68		25.82	30.14	34.56	39.06	43.86	48.96	4 / 1			
reaction time	0.175	interval	3.79	3.84	3.90	4.06		4.14	4.32	4.42	4.50	4.80	5.10			11.53	12.52	13.72
		velocity	7.39	9.23	9.11	8.97	8.62	8.45	8.10	7.92	7.78	7.29	7.84	8.17	9.11	8.39	7.65	
H1 lead leg		strides																
Williams, Rhys (GBR) (1984)																		
FINAL - 2010 European Championships (Barcelona, ESP)																		
date	31-Jul-10	time	6.20	10.06	13.96	17.78	21.72		25.72	29.86	34.12	38.62	43.36	48.96	5 / 2			
reaction time	0.195	interval	3.86	3.90	3.82	3.94		4.00	4.14	4.26	4.50	4.74	5.60	PB		11.58	12.08	13.50
		velocity	7.26	9.07	8.97	9.16	8.88	8.75	8.45	8.22	7.78	7.38	7.14	8.17	9.07	8.69	7.78	
H1 lead leg	R	strides	22	14	14	14	14	14	15	15	15	15	19.5	171.5				
Hussein, Kariem (SUI) (1989)																		
FINAL - 2014 European Championships (Zurich, SUI)																		
date	15-Aug-14	time	6.04	9.80	13.72	17.72	21.76		25.88	30.08	34.40	38.80	43.44	48.96	/ 1			
reaction time	0.169	interval	3.76	3.92	4.00	4.04		4.12	4.20	4.32	4.40	4.64	5.52	PB		11.68	12.36	13.36
		velocity	7.45	9.31	8.93	8.75	8.66	8.50	8.33	8.10	7.95	7.54	7.25	8.17	8.99	8.50	7.86	
H1 lead leg	L	strides		13	13	13	13	14	14	14	14	15		123				
Copello, Yasmani (TUR) (1987)																		
FINAL - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)																		
date	25-Aug-15	time	6.00		13.52	17.40	21.40		29.88	34.28	38.84	43.84		48.96	2 / 6			
reaction time	0.204	interval			7.52	3.88	4.00		8.48	4.40	4.56	5.00	5.12			11.40	12.48	13.96
		velocity	7.50		9.31	9.02	8.75		8.25	7.95	7.68	7.00	7.81	8.17	9.21	8.41	7.52	
H1 lead leg	R	strides		13		13	13			14	14	14	17.5	98.5				
Rosser, Khalifah (USA) (1995)																		
FINAL - 2023 Meeting de Paris (Paris, FRA)																		
date	09-Jun-23	time	5.74	9.36	13.06	16.85	20.80		24.88	29.09	33.61	38.26	43.09	48.96	3 / 6			
reaction time	0.143	interval	3.62	3.70	3.79	3.95		4.08	4.21	4.52	4.65	4.83	5.87			11.11	12.24	14.00
		velocity	7.84	9.67	9.46	9.23	8.86	8.58	8.31	7.74	7.53	7.25	6.81	8.17	9.45	8.58	7.50	
H1 lead leg	R	strides	21	13	13	13	13	13	13	14	14	15	18	160				
Toyoda, Ken (JPN) (2002)																		
A FINAL - 2024 Shizuoka International Meeting (Fukuroi, JPN)																		
date	03-May-24	time	5.86	9.51	13.30	17.15	21.14		25.28	29.55	34.00	38.62	43.43	48.96	5 / 2			
reaction time	0.189	interval	3.65	3.79	3.85	3.99		4.14	4.27	4.45	4.62	4.81	5.53			11.29	12.40	13.88
		velocity	7.68	9.59	9.23	9.09	8.77	8.45	8.20	7.87	7.58	7.28	7.23	8.17	9.30	8.47	7.56	
H1 lead leg		strides		13	13	13	13	13	13	13	15	15		121				
Müller, Vít (CZE) (1996)																		
Repechage 1 - 2024 Olympic Games (Paris, FRA)																		
date	07-Aug-24	time	5.90	9.61	13.38	17.22	21.13		25.15	29.35	33.96	38.74	43.53	48.96	7 / 3			
reaction time	0.157	interval	3.71	3.77	3.84	3.91		4.02	4.20	4.61	4.78	4.79	5.43			11.32	12.13	14.18
		velocity	7.63	9.43	9.28	9.11	8.95	8.71	8.33	7.59	7.32	7.31	7.37	8.17	9.28	8.66	7.40	
H1 lead leg	L	strides	20	13	13	13	13	13	13	14	14	15	18	159				
Hann, Mamadou Kasse (FRA) (1986)																		
FINAL - 2017 Bislett Games (Oslo, NOR) (TV Analysis)																		
date	15-Jun-17	time	6.03	9.80	13.53	17.36	21.26		25.46	29.76	34.26	39.00	43.73	48.97	5 / 4			
reaction time	0.176	interval	3.77	3.73	3.83	3.90		4.20	4.30	4.50	4.74	4.73	5.24			11.33	12.40	13.97
		velocity	7.46	9.28	9.38	9.14	8.97	8.33	8.14	7.78	7.38	7.40	7.63	8.17	9.27	8.47	7.52	
H1 lead leg	L	strides	21	13	13	13	13	14	14	15	15	15	17.2	163.2				
Abe, Takatoshi (JPN) (1991)																		
FINAL - 2018 Seiko Golden Grand Prix (Osaka, JPN)																		
date	20-May-18	time	5.91	9.51	13.16	16.90	20.74		24.74	29.03	33.60	38.47	43.41	48.97	7 / 1			
reaction time	0.194	interval	3.60	3.65	3.74	3.84		4.00	4.29	4.57	4.87	4.94	5.56			10.99	12.13	14.38
		velocity	7.61	9.72	9.59	9.36	9.11	8.75	8.16	7.66	7.19	7.09	7.19	8.17	9.55	8.66	7.30	

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	20	13	13	13	13	13	13	14	16	15	18	161					
Abe, Takatoshi (JPN) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT)			<i>Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships</i>																
date	28-Sep-19	time	5.90	9.63	13.42	17.28	21.31		25.44	29.82	34.30	38.88	43.53		48.97	4 / 3			
reaction time	0.161	interval		3.73	3.79	3.86	4.03		4.13	4.38	4.48	4.58	4.65	5.44			11.38	12.54	13.71
		velocity	7.63	9.38	9.23	9.07	8.68		8.47	7.99	7.81	7.64	7.53	7.35	8.17		9.23	8.37	7.66
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	15	15	18	162				
Bengtström, Carl (SWE) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis)			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	30-Jun-22	time	5.82	9.58	13.38	17.32	21.36	23.06	25.58	29.90	34.32	38.92	43.70		48.97	7 / 5			
reaction time	0.178	interval		3.76	3.80	3.94	4.04		4.22	4.32	4.42	4.60	4.78	5.27			11.50	12.58	13.80
		velocity	7.73	9.31	9.21	8.88	8.66	8.67	8.29	8.10	7.92	7.61	7.32	7.59	8.17		9.13	8.35	7.61
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	15	15	19	172				
Deguchi, Haruto (JPN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2024 Shizuoka International Meeting (Fukuroi, JPN)			<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season</i>																
date	03-May-24	time	6.06	9.88	13.73	17.67	21.71		25.98	30.20	34.60	39.04	43.72		48.97	7 / 1			
reaction time	0.209	interval		3.82	3.85	3.94	4.04		4.27	4.22	4.40	4.44	4.68	5.25	PB		11.61	12.53	13.52
		velocity	7.43	9.16	9.09	8.88	8.66		8.20	8.29	7.95	7.88	7.48	7.62	8.17		9.04	8.38	7.77
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				
Drummond, Gerald (CRC) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 USATF LA Grand Prix (Los Angeles, CA) (TV Analysis)			<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>																
date	18-May-24	time	5.97	9.74	13.61	17.50	21.52		25.66	29.93	34.33	38.93	43.71		48.97	1 / 4			
reaction time	0.245	interval		3.77	3.87	3.89	4.02		4.14	4.27	4.40	4.60	4.78	5.26			11.53	12.43	13.78
		velocity	7.54	9.28	9.04	9.00	8.71		8.45	8.20	7.95	7.61	7.32	7.60	8.17		9.11	8.45	7.62
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	18	168				
Matete, Samuel (ZAM) (1968)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 7 - 2000 Olympic Games (Sydney, AUS)			<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																
date	24-Sep-00	time	5.92	9.64	13.52	17.80	21.64		25.80	30.16	34.52	39.04	43.60		48.98	1 / 1			
reaction time	0.184	interval		3.72	3.88	4.28	3.84		4.16	4.36	4.36	4.52	4.56	5.38			11.88	12.36	13.44
		velocity	7.60	9.41	9.02	8.18	9.11		8.41	8.03	8.03	7.74	7.68	7.43	8.17		8.84	8.50	7.81
H1 lead leg		strides	21	13	13	13	13		13	13	15	15	15	17.8	161.8				
Matete, Samuel (ZAM) (1968)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2000 Olympic Games (Sydney, AUS)			<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																
date	25-Sep-00	time	6.06	9.82	13.70	17.66	21.66	23.18	25.74	29.98	34.38	38.90	43.50		48.98	6 / 3			
reaction time	0.228	interval		3.76	3.88	3.96	4.00		4.08	4.24	4.40	4.52	4.60	5.48			11.60	12.32	13.52
		velocity	7.43	9.31	9.02	8.84	8.75	8.63	8.58	8.25	7.95	7.74	7.61	7.30	8.17		9.05	8.52	7.77
H1 lead leg		strides	21	13	13	13	13		13	13	13	15	15	18	160				
Plawgo, Marek (POL) (1981)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2001 European Championships (Bremen, GER)			<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>																
date	23-Jun-01	time	5.94	9.68	13.54	17.50	21.52		25.60	29.46	34.48	39.10	43.86		48.98	/ 2			
reaction time		interval		3.74	3.86	3.96	4.02		4.08	3.86	5.02	4.62	4.76	5.12			11.56	11.96	14.40
		velocity	7.58	9.36	9.07	8.84	8.71		8.58	9.07	6.97	7.58	7.35	7.81	8.17		9.08	8.78	7.29
H1 lead leg		strides																	
Greene, David (Dai) (GBR) (1986)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2012 Olympic Games (London, GBR)			<i>Hillier (2012) - uka 2012 olympic games report: 400m hurdles</i>																
date	03-Aug-12	time	6.02	9.76	13.59	17.48	21.52	23.12	25.75	30.04	34.44	39.01	43.64		48.98	1 / 1			
reaction time	0.167	interval		3.74	3.83	3.89	4.04		4.23	4.29	4.40	4.57	4.63	5.34			11.46	12.56	13.60
		velocity	7.48	9.36	9.14	9.00	8.66	8.65	8.27	8.16	7.95	7.66	7.56	7.49	8.17		9.16	8.36	7.72
H1 lead leg	R	strides	22	14	14	14	14		14	15	15	15	15		152				
Cato, Roxroy (JAM) (1988)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Racers Grand Prix (Kingston, JAM) (TV Analysis)			<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																
date	11-Jun-16	time	5.73	9.57		17.60	21.93		26.23	30.47	34.72	39.07			48.98	7 / 2			
reaction time		interval		3.84		8.03	4.33		4.30	4.24	4.25	4.35					11.87	12.87	
		velocity	7.85	9.11		8.72	8.08		8.14	8.25	8.24	8.05			8.17		8.85	8.16	
H1 lead leg	L	strides	22	14			14		15	15	15	15			110				
Copello, Yasmani (TUR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 European Championships (Amsterdam, NED) (TV Analysis)			<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																
date	08-Jul-16	time	5.88	9.56	13.44	17.44	21.48		25.60	29.80	34.24	39.80	43.52		48.98	6 / 1			
reaction time	0.175	interval		3.68	3.88	4.00	4.04		4.12	4.20	4.44	5.56	3.72	5.46			11.56	12.36	13.72
		velocity	7.65	9.51	9.02	8.75	8.66		8.50	8.33	7.88	6.29	9.41	7.33	8.17		9.08	8.50	7.65
H1 lead leg	R	strides	20	13	13	13	13		13		14	14	14	18	145				
Lattin, Amere (USA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Pan American Games (Lima, PER) (TV Analysis)			<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																
date	08-Aug-19	time	5.80	9.57	13.38	17.25	21.15		25.36	29.69	34.06				48.98	7 / 2			
reaction time	0.175	interval		3.77	3.81	3.87	3.90		4.21	4.33	4.37						11.45	12.44	
		velocity	7.76	9.28	9.19	9.04	8.97		8.31	8.08	8.01				8.17		9.17	8.44	

H1 lead leg	L	strides	20	13	13	13		13	14	14					100				
Kendziera, Dave (USA) (1994)																			
FINAL - 2019 Weltklasse (Zürich, SUI) (TV Analysis)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																			
date	29-Aug-19	time	5.80	9.52		17.30	21.28	22.9	25.40	29.68		38.80	43.56		48.98	3 / 5			
reaction time	0.156	interval		3.72		7.78	3.98		4.12	4.28		9.12	4.76	5.42			11.50	12.38	13.88
		velocity	7.76	9.41		9.00	8.79	8.73	8.50	8.18		7.68	7.35	7.38	8.17		9.13	8.48	7.56
H1 lead leg	R	strides	20	13		13		13	13				14		86				
Watrin, Julien (BEL) (1992)																			
FINAL - 2022 European Athletics Championships (Munich, GER)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<i>European Athletics (2022) - european athletics championships race analysis</i>																			
date	19-Aug-22	time	5.85	9.51	13.24	17.01	20.89	22.63	24.95	29.19	33.79	38.38	43.23		48.98	2 / 6			
reaction time	0.173	interval		3.66	3.73	3.77	3.88		4.06	4.24	4.60	4.59	4.85	5.75			11.16	12.18	14.04
		velocity	7.69	9.56	9.38	9.28	9.02	8.84	8.62	8.25	7.61	7.63	7.22	6.96	8.17		9.41	8.62	7.48
H1 lead leg	R	strides	21	13		13		13	13	14	14	14	15	18	135				
Chalmers, Alastair (GBR) (2000)																			
Heat 5 - 2024 Olympic Games (Paris, FRA)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																			
date	05-Aug-24	time	5.87	9.57	13.30	17.12	21.12		25.29	29.67	34.19	38.88	43.57		48.98	9 / 3			
reaction time	0.179	interval		3.70	3.73	3.82	4.00		4.17	4.38	4.52	4.69	4.69	5.41			11.25	12.55	13.90
		velocity	7.67	9.46	9.38	9.16	8.75		8.39	7.99	7.74	7.46	7.46	7.39	8.17		9.33	8.37	7.55
H1 lead leg	L	strides	20	13	13	13	13		14	14	15	15	15	18	163				
Iakovákis, Periklís (GRE) (1979)																			
Semi-Final 1 - 2002 European Championships (Munich, GER)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																			
date	08-Aug-02	time	6.15	9.99	13.87	17.82	21.83		25.95	30.15	34.53	39.05	43.71		48.99	/ 4			
reaction time		interval		3.84	3.88	3.95	4.01		4.12	4.20	4.38	4.52	4.66	5.28			11.67	12.33	13.56
		velocity	7.32	9.11	9.02	8.86	8.73		8.50	8.33	7.99	7.74	7.51	7.58	8.16		9.00	8.52	7.74
H1 lead leg		strides																	
Narisako, Kenji (JPN) (1984)																			
Race A - 2009 Shizuoka International Athletics Meeting (Fukuroi, JPN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<i>Yasuho (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>																			
date	03-May-09	time	6.06	9.76	13.61	17.48	21.47		25.54	29.81	34.13	38.68	43.43		48.99	/ 1			
reaction time		interval		3.70	3.85	3.87	3.99		4.07	4.27	4.32	4.55	4.75	5.56			11.42	12.33	13.62
		velocity	7.43	9.46	9.09	9.04	8.77		8.60	8.20	8.10	7.69	7.37	7.19	8.16		9.19	8.52	7.71
H1 lead leg		strides		13	13	13	13		13	14	14	15	15		123				
Phillips, Isa (JAM) (1984)																			
Heat 1 - 2009 IAAF World Championships (Berlin, GER)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																			
date	15-Aug-09	time	6.05	9.66	13.33	17.18	21.19		25.38	29.79	34.23	38.85	43.55		48.99	8 / 1			
reaction time	0.224	interval		3.61	3.67	3.85	4.01		4.19	4.41	4.44	4.62	4.70	5.44			11.13	12.61	13.76
		velocity	7.44	9.70	9.54	9.09	8.73		8.35	7.94	7.88	7.58	7.45	7.35	8.16		9.43	8.33	7.63
H1 lead leg		strides																	
Culson, Javier (PUR) (1984)																			
FINAL - 2016 Bislett Games (Oslo, NOR) (TV Analysis)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>																			
date	09-Jun-16	time	5.76	9.40	13.08	17.00	21.04		25.28	29.48	33.84	38.36	43.24		48.99	8 / 2			
reaction time	0.175	interval		3.64	3.68	3.92	4.04		4.24	4.20	4.36	4.52	4.88	5.75			11.24	12.48	13.76
		velocity	7.81	9.62	9.51	8.93	8.66		8.25	8.33	8.03	7.74	7.17	6.96	8.16		9.34	8.41	7.63
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	14	14	17.5	156.5				
Green, Jack (GBR) (1991)																			
FINAL - 2016 London Anniversary Games (London, GBR) (TV Analysis)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																			
date	23-Jul-16	time	6.12	10.00	13.84	17.80	21.92		26.12	30.40	34.72	39.20	43.76		48.99	9 / 5			
reaction time	0.187	interval		3.88	3.84	3.96	4.12		4.20	4.28	4.32	4.48	4.56	5.23			11.68	12.60	13.36
		velocity	7.35	9.02	9.11	8.84	8.50		8.33	8.18	8.10	7.81	7.68	7.65	8.16		8.99	8.33	7.86
H1 lead leg	R	strides	22	14	13	13	14		14	15	15	15	15	18.7	168.7				
Mowatt, Kemar (JAM) (1995)																			
FINAL - 2017 IAAF World Championships (London, GBR) (TV Analysis)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																			
date	09-Aug-17	time	5.92	9.72	13.52	17.40	21.40		25.64	29.92	34.36	39.00	43.64		48.99	3 / 4			
reaction time	0.189	interval		3.80	3.80	3.88	4.00		4.24	4.28	4.44	4.64	4.64	5.35			11.48	12.52	13.72
		velocity	7.60	9.21	9.21	9.02	8.75		8.25	8.18	7.88	7.54	7.54	7.48	8.16		9.15	8.39	7.65
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	18	164				
Barr, Thomas (IRL) (1992)																			
FINAL - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																			
date	21-Jul-18	time	6.04	9.84	13.76	17.76	21.80		25.96	30.40	34.80	39.28	43.80		48.99	8 / 3			
reaction time	0.186	interval		3.80	3.92	4.00	4.04		4.16	4.44	4.40	4.48	4.52	5.19			11.72	12.64	13.40
		velocity	7.45	9.21	8.93	8.75	8.66		8.41	7.88	7.95	7.81	7.74	7.71	8.16		8.96	8.31	7.84
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	18	160				
Kendziera, Dave (USA) (1994)																			
FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																			
date	06-Jun-19	time	5.82	9.65	13.49	17.50	21.55		25.76	29.99	34.46	39.01	43.67		48.99	9 / 2			
reaction time	0.142	interval		3.83	3.84	4.01	4.05		4.21	4.23	4.47	4.55	4.66	5.32			11.68	12.49	13.68
		velocity	7.73	9.14	9.11	8.73	8.64		8.31	8.27	7.83	7.69	7.51	7.52	8.16		8.99	8.41	7.68

H1 lead leg	R	strides	20	13	13	13	13	13	13	13	14	14	14	17	157					
Kenziera, Dave (USA) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 The Match - Europe v USA (Minsk, BLR) (TV Analysis)			<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																	
date	10-Sep-19	time	5.80	9.56	13.40	17.23	21.20		25.33	29.73	34.16	38.76	43.46		48.99	6 / 1				
reaction time	0.157	interval		3.76	3.84	3.83	3.97		4.13	4.40	4.43	4.60	4.70	5.53			11.43	12.50	13.73	
		velocity	7.76	9.31	9.11	9.14	8.82		8.47	7.95	7.90	7.61	7.45	7.23	8.16		9.19	8.40	7.65	
H1 lead leg	R	strides		13	13	13	13		13	13	14	14	14	18.2	138.2					
Zazini, Sokwakhana (RSA) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 1 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)			<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>																	
date	01-Aug-21	time	6.02	9.86	13.80	17.66	21.66		25.77	30.00	34.43	38.96	43.75		48.99	8 / 6				
reaction time	0.150	interval		3.84	3.94	3.86	4.00		4.11	4.23	4.43	4.53	4.79	5.24			11.64	12.34	13.75	
		velocity	7.48	9.11	8.88	9.07	8.75		8.52	8.27	7.90	7.73	7.31	7.63	8.16		9.02	8.51	7.64	
H1 lead leg	L	strides	22	15	15	15	15		15	15		16	16	20	164					
Allen, CJ (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2024 Prefontaine Classic (Eugene, OR)			<i>Omega Timing (2024) - diamond league race analysis</i>																	
date	25-May-24	time	5.70	9.45	13.40	17.31	21.24		25.24	29.38	33.76	38.41	43.24		48.99	6 / 3				
reaction time	0.114	interval		3.75	3.95	3.91	3.93		4.00	4.14	4.38	4.65	4.83	5.75			11.61	12.07	13.86	
		velocity	7.89	9.33	8.86	8.95	8.91		8.75	8.45	7.99	7.53	7.25	6.96	8.16		9.04	8.70	7.58	
H1 lead leg		strides			13	13	13		13	13	14	15	15	109						
Edlund, Oskar (SWE) (2002)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Repechage 1 - 2024 Olympic Games (Paris, FRA)			<i>Paris 2024 Olympic Games - Results Book (2024)</i>																	
date	07-Aug-24	time	5.83	9.49	13.29	17.13	21.09		25.23	29.58	34.23	38.87	43.51		48.99	8 / 4				
reaction time	0.168	interval		3.66	3.80	3.84	3.96		4.14	4.35	4.65	4.64	4.64	5.48			11.30	12.45	13.93	
		velocity	7.72	9.56	9.21	9.11	8.84		8.45	8.05	7.53	7.54	7.54	7.30	8.16		9.29	8.43	7.54	
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	18	162					
Bédi, Tibor (HUN) (1974)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 2 - 1999 IAAF World Championships (Sevilla, ESP)			<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>																	
date	25-Aug-99	time	5.65	9.53	13.57	17.62	21.72		25.93	30.16	34.50	38.85	43.28		49.00	8 / 6				
reaction time	0.215	interval		3.88	4.04	4.05	4.10		4.21	4.23	4.34	4.35	4.43	5.72	PB		11.97	12.54	13.12	
		velocity	7.96	9.02	8.66	8.64	8.54		8.31	8.27	8.06	8.05	7.90	6.99	8.16		8.77	8.37	8.00	
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	19.5	171.5					
Diagana, Stéphane (FRA) (1969)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 1 - 2003 IAAF World Championships (Paris, FRA)			<i>Behm (2003) - Paris 2003:Le quatrache masculn - féminin</i>																	
date	26-Aug-03	time	5.8	9.5	13.3	17.1	20.9		25.1	29.4	34.1	38.7	43.5		49.00	7 / 3				
reaction time	0.186	interval		3.7	3.8	3.8	3.8		4.2	4.3	4.7	4.6	4.8	5.50			11.30	12.30	14.10	
		velocity	7.76	9.46	9.21	9.21	9.21		8.33	8.14	7.45	7.61	7.29	7.27	8.16		9.29	8.54	7.45	
H1 lead leg		strides	21	13	13	13	13		13	14	14	15	15	18	162					
Plawgo, Marek (POL) (1981)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2004 Olympic Games (Athina, GRE)			<i>Behm (2005) - Athènes 2004: Les Haies Basses</i>																	
date	26-Aug-04	time	6.0	9.6	13.3	17.2	21.2		25.3	29.8	34.3	38.9	43.7		49.00	3 / 6				
reaction time	0.242	interval		3.6	3.7	3.9	4.0		4.1	4.5	4.5	4.6	4.8	5.30			11.20	12.60	13.90	
		velocity	7.50	9.72	9.46	8.97	8.75		8.54	7.78	7.78	7.61	7.29	7.55	8.16		9.38	8.33	7.55	
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	15	15	143						
Narisako, Kenji (JPN) (1984)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 2 - 2005 IAAF World Championships (Helsinki, FIN)			<i>Yasunori (2006) - race pattern analysis of top Japanese 400m hurdlers</i>																	
date	07-Aug-05	time	6.08	9.88	13.77	17.69	21.66		25.75	30.07	34.47	39.02	43.64		49.00	1 / 3				
reaction time	0.158	interval		3.80	3.89	3.92	3.97		4.09	4.32	4.40	4.55	4.62	5.36			11.61	12.38	13.57	
		velocity	7.40	9.21	9.00	8.93	8.82		8.56	8.10	7.95	7.69	7.58	7.46	8.16		9.04	8.48	7.74	
H1 lead leg		strides		13	13	13	13		13	14	14	15	15	123						
Narisako, Kenji (JPN) (1984)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2008 Osaka Grand Prix (Osaka, JPN)			<i>Yasunori (2009) - race pattern analysis of prestigious Japanese 400m hurdlers</i>																	
date	10-May-08	time	5.97	9.59	13.36	17.16	21.11		25.21	29.56	33.98	38.58	43.37		49.00	9 / 1				
reaction time		interval		3.62	3.77	3.80	3.95		4.10	4.35	4.42	4.60	4.79	5.63			11.19	12.40	13.81	
		velocity	7.54	9.67	9.28	9.21	8.86		8.54	8.05	7.92	7.61	7.31	7.10	8.16		9.38	8.47	7.60	
H1 lead leg		strides		13	13	13	13		13	14	14	15	15	123						
McFarlane, Danny (JAM) (1972)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2008 IAAF World Athletics Final (Stuttgart, GER)			<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																	
date	13-Sep-08	time	6.05	9.78	13.61	17.52	21.54		25.59	29.94	34.33	38.89	43.62		49.00	5 / 2				
reaction time	0.166	interval		3.73	3.83	3.91	4.02		4.05	4.35	4.39	4.56	4.73	5.38			11.47	12.42	13.68	
		velocity	7.44	9.38	9.14	8.95	8.71		8.64	8.05	7.97	7.68	7.40	7.43	8.16		9.15	8.45	7.68	
H1 lead leg		strides																		
Holmes, TJ (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2017 IAAF World Championships (London, GBR) (TV Analysis)			<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																	
date	09-Aug-17	time	6.04	9.88	13.84	17.80	21.84		25.92	30.24	34.64	39.20	43.72		49.00	7 / 5				
reaction time	0.210	interval		3.84	3.96	3.96	4.04		4.08	4.32	4.40	4.56	4.52	5.28			11.76	12.44	13.48	
		velocity	7.45	9.11	8.84	8.84	8.66		8.58	8.10	7.95	7.68	7.74	7.58	8.16		8.93	8.44	7.79	

H1 lead leg	L	strides	20	13	13	13	13	13	14	14	14	14	17.2	158.2					
Holmes, TJ (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																			
date	31-May-18	time	5.96	9.72	13.60	17.56	21.60		25.88	30.20	34.68	39.40	43.92		49.00	3 / 4			
reaction time	0.194	interval		3.76	3.88	3.96	4.04		4.28	4.32	4.48	4.72	4.52	5.08			11.60	12.64	13.72
		velocity	7.55	9.31	9.02	8.84	8.66		8.18	8.10	7.81	7.42	7.74	7.87	8.16		9.05	8.31	7.65
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	14	14	17	156				
Copello, Yasmani (TUR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																			
date	30-Jul-21	time	6.00	9.70	13.50	17.33	21.46		25.53	29.93	34.38	38.92	43.43		49.00	5 / 2			
reaction time	0.188	interval		3.70	3.80	3.83	4.13		4.07	4.40	4.45	4.54	4.51	5.57			11.33	12.60	13.50
		velocity	7.50	9.46	9.21	9.14	8.47		8.60	7.95	7.87	7.71	7.76	7.18	8.16		9.27	8.33	7.78
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	14	15	17.5	159.5				
Agyekum, Emil (GER) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																			
date	20-Aug-23	time	6.16		13.83		21.43			29.86	34.33	39.03	43.76		49.00	1 / 6			
reaction time	0.232	interval			7.67		7.60			8.43	4.47	4.70	4.73	5.24					13.90
		velocity	7.31		9.13		9.21			8.30	7.83	7.45	7.40	7.63	8.16				7.55
H1 lead leg	R	strides	20						13		14	15	15	18	95				
Abuaku, Joshua (GER) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2024 Olympic Games (Paris, FRA)																			
date	05-Aug-24	time	5.77	9.42	13.14	16.94	20.90		25.06	29.42	33.98	38.67	43.49		49.00	7 / 4			
reaction time	0.151	interval		3.65	3.72	3.80	3.96		4.16	4.36	4.56	4.69	4.82	5.51			11.17	12.48	14.07
		velocity	7.80	9.59	9.41	9.21	8.84		8.41	8.03	7.68	7.46	7.26	7.26	8.16		9.40	8.41	7.46
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	14	18	159				
Horbenko, Hennadiy (UKR) (1975)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2000 Olympic Games (Sydney, AUS)																			
date	27-Sep-00	time	6.26	10.02	13.90	17.70	21.70	23.18		25.70	29.90	34.34	38.90	43.58		49.01	7 / 8		
reaction time	0.395	interval		3.76	3.88	3.80	4.00		4.00	4.20	4.44	4.56	4.68	5.43			11.44	12.20	13.68
		velocity	7.19	9.31	9.02	9.21	8.75	8.63	8.75	8.33	7.88	7.68	7.48	7.37	8.16		9.18	8.61	7.68
H1 lead leg		strides	20	13	13	13	13		13	13	14	14	14	140					
Diagana, Stéphane (FRA) (1969)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2002 European Championships (Munich, GER)																			
date	08-Aug-02	time	5.97	9.66	13.44	17.26	21.20		25.32	29.69	34.14	38.82	43.53		49.01	1 / 1			
reaction time		interval		3.69	3.78	3.82	3.94		4.12	4.37	4.45	4.68	4.71	5.48			11.29	12.43	13.84
		velocity	7.54	9.49	9.26	9.16	8.88		8.50	8.01	7.87	7.48	7.43	7.30	8.16		9.30	8.45	7.59
H1 lead leg		strides																	
Jackson, Bershawn (USA) (1983)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Championships (Palo Alto, CA)																			
date	22-Jun-03	time	5.97	9.84	13.85	17.92	22.04		26.18	30.30	34.47	38.91	43.56		49.01	4 / 2 1			
reaction time		interval		3.87	4.01	4.07	4.12		4.14	4.12	4.17	4.44	4.65	5.45			11.95	12.38	13.26
		velocity	7.54	9.04	8.73	8.60	8.50		8.45	8.50	8.39	7.88	7.53	7.34	8.16		8.79	8.48	7.92
H1 lead leg		strides																	
Narisako, Kenji (JPN) (1984)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 Japanese National Championships (Osaka, JPN)																			
date	30-Jun-07	time	5.99	9.68	13.42	17.24	21.16		25.23	29.55	34.00	38.59	43.31		49.01	1 / 2			
reaction time		interval		3.69	3.74	3.82	3.92		4.07	4.32	4.45	4.59	4.72	5.70			11.25	12.31	13.76
		velocity	7.51	9.49	9.36	9.16	8.93		8.60	8.10	7.87	7.63	7.42	7.02	8.16		9.33	8.53	7.63
H1 lead leg		strides		13	13	13	13		13	14	14	15	15	123					
Narisako, Kenji (JPN) (1984)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2010 Japanese National Championships (Marugame, JPN)																			
date	05-Jun-10	time	6.07	9.86	13.71	17.60	21.59		25.73	30.07	34.51	39.01	43.58		49.01	1 / 1			
reaction time	0.165	interval		3.79	3.85	3.89	3.99		4.14	4.34	4.44	4.50	4.57	5.43			11.53	12.47	13.51
		velocity	7.41	9.23	9.09	9.00	8.77		8.45	8.06	7.88	7.78	7.66	7.37	8.16		9.11	8.42	7.77
H1 lead leg		strides		13	13	13	13		13	14	14	15	15	123					
Dobek, Patryk (POL) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Shanghai Golden Grand Prix (Shanghai, CHN)																			
date	14-May-16	time	5.92	9.68	13.52	17.52	21.56		25.72	30.08	34.48	39.08	43.68		49.01	1 / 2			
reaction time	0.178	interval		3.76	3.84	4.00	4.04		4.16	4.36	4.40	4.60	4.60	5.33			11.60	12.56	13.60
		velocity	7.60	9.31	9.11	8.75	8.66		8.41	8.03	7.95	7.61	7.61	7.50	8.16		9.05	8.36	7.72
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	17.5	159.5				
Samuel, Cameron (USA) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)																			
date	25-Jun-21	time	6.00	9.87	13.78	17.77	21.80		26.06	30.49	35.00	39.47	43.94		49.01	5 / 2			
reaction time	0.154	interval		3.87	3.91	3.99	4.03		4.26	4.43	4.51	4.47	4.47	5.07			11.77	12.72	13.45
		velocity	7.50	9.04	8.95	8.77	8.68		8.22	7.90	7.76	7.83	7.83	7.89	8.16		8.92	8.25	7.81

H1 lead leg	R	strides	14	14	14	14		15	15	15	15	18	134						
Happio, Wilfried (FRA) (1998)																			
FINAL - 2022 Bislett Games (Oslo, NOR) (TV Analysis)										<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>									
date	16-Jun-22	time	5.76	9.40	13.22	17.12	21.10	22.81	25.28	29.72	34.12	38.80	43.48		49.01	3 / 3			
reaction time	0.150	interval		3.64	3.82	3.90	3.98		4.18	4.44	4.40	4.68	4.68	5.53	PB		11.36	12.60	13.76
		velocity	7.81	9.62	9.16	8.97	8.79	8.77	8.37	7.88	7.95	7.48	7.48	7.23	8.16		9.24	8.33	7.63
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	15	15	18	161				
Watrin, Julien (BEL) (1992)																			
FINAL - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis)										<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>									
date	30-Jun-22	time	5.92	9.58	13.38	17.24	21.22	22.87	25.32	29.62	34.06	38.66	43.42		49.01	2 / 6			
reaction time	0.216	interval		3.66	3.80	3.86	3.98		4.10	4.30	4.44	4.60	4.76	5.59			11.32	12.38	13.80
		velocity	7.60	9.56	9.21	9.07	8.75		8.54	8.14	7.88	7.61	7.35	7.16	8.16		9.28	8.48	7.61
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	15	15	17.7	161.7				
Allen, CJ (USA) (1995)																			
FINAL - 2022 Silesia Kamila Skolimowska Memorial (Chorzów, POL) (TV Analysis)										<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>									
date	06-Aug-22	time	5.86	9.56	13.50	17.46	21.53	23.21	25.66	29.93	34.30	38.83	43.53		49.01	7 / 6			
reaction time	0.152	interval		3.70	3.94	3.96	4.07		4.13	4.27	4.37	4.53	4.70	5.48			11.60	12.47	13.60
		velocity	7.68	9.46	8.88	8.84	8.60	8.62	8.47	8.20	8.01	7.73	7.45	7.30	8.16		9.05	8.42	7.72
H1 lead leg	L	strides	20	13	13	13	13		13	14	14		15	18	146				
Kodama, Yusaka (JPN) (2000)																			
A FINAL - 2023 Shizuoka International Meeting (Fukuroi, JPN)										<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>									
date	03-May-23	time	5.91	9.71	13.55	17.42	21.47		25.61	29.93	34.34	38.88	43.58		49.01	3 / 1			
reaction time	0.171	interval		3.80	3.84	3.87	4.05		4.14	4.32	4.41	4.54	4.70	5.43	PB		11.51	12.51	13.65
		velocity	7.61	9.21	9.11	9.04	8.64		8.45	8.10	7.94	7.71	7.45	7.37	8.16		9.12	8.39	7.69
H1 lead leg	R	strides	21	13	13	13	14		14	15	15	15	15	19	167				
Bassitt, Trevor (USA) (1998)																			
FINAL - 2024 USATF LA Grand Prix (Los Angeles, CA) (TV Analysis)										<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>									
date	18-May-24	time	6.03	9.84	13.64	17.51	21.58		29.99	34.46	39.07	43.84		49.01	8 / 5				
reaction time	0.218	interval		3.81	3.80	3.87	4.07		8.41	4.47	4.61	4.77	5.17				11.48	12.48	13.85
		velocity	7.46	9.19	9.21	9.04	8.60		8.32	7.83	7.59	7.34	7.74	8.16			9.15	8.41	7.58
H1 lead leg	R	strides	21	13	13	13	13			13	14	14	16.5	130.5					
Silva, Carlos (POR) (1974)																			
FINAL - 1998 European Championships (Budapest, HUN)										<i>Behm (1998) - analyse et commentaires: le 400m haies: Pavel la surprise!</i>									
date	20-Aug-98	time	6.1	9.8	13.6	17.5	21.5		25.6	29.7	34.0	38.5	43.3		49.02	6 / 4			
reaction time		interval		3.7	3.8	3.9	4.0		4.1	4.1	4.3	4.5	4.8	5.72			11.40	12.20	13.60
		velocity	7.38	9.46	9.21	8.97	8.75		8.54	8.54	8.14	7.78	7.29	6.99	8.16		9.21	8.61	7.72
H1 lead leg	L	strides	20	13	13	13	14		14	15	15	15	15	19.5	166.5				
Tinsley, Michael (USA) (1984)																			
FINAL - 2016 Bislett Games (Oslo, NOR) (TV Analysis)										<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>									
date	09-Jun-16	time	5.84	9.52	13.28	17.20	21.32		25.64	29.96	34.40	38.92	43.60		49.02	5 / 3			
reaction time	0.121	interval		3.68	3.76	3.92	4.12		4.32	4.32	4.44	4.52	4.68	5.42			11.36	12.76	13.64
		velocity	7.71	9.51	9.31	8.93	8.50		8.10	8.10	7.88	7.74	7.48	7.38	8.16		9.24	8.23	7.70
H1 lead leg	L	strides	21	13	13	13	14		14	14	14	15	15	18	164				
Kendziera, Dave (USA) (1994)																			
FINAL - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)										<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>									
date	21-Jul-18	time	5.80	9.64		21.60		25.72	30.04	34.52	39.04	43.64		49.02	3 / 4				
reaction time	0.167	interval		3.84		11.96		4.12	4.32	4.48	4.52	4.60	5.38					13.60	
		velocity	7.76	9.11		8.78		8.50	8.10	7.81	7.74	7.61	7.43	8.16				7.72	
H1 lead leg	R	strides	20	13				13	13	14	14	15	18	120					
Barr, Thomas (IRL) (1992)																			
Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT)										<i>Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships</i>									
date	28-Sep-19	time	5.87	9.62	13.44	17.31	21.34		25.47	29.85	34.28	38.83	43.51		49.02	7 / 4			
reaction time	0.131	interval		3.75	3.82	3.87	4.03		4.13	4.38	4.43	4.55	4.68	5.51			11.44	12.54	13.66
		velocity	7.67	9.33	9.16	9.04	8.68		8.47	7.99	7.90	7.69	7.48	7.26	8.16		9.18	8.37	7.69
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	18.2	160.2				
Barr, Thomas (IRL) (1992)																			
Heat 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)										<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>									
date	30-Jul-21	time	6.10	9.82	13.63	17.63	21.64		25.85	30.27	34.76	39.30	43.82		49.02	7 / 2			
reaction time	0.147	interval		3.72	3.81	4.00	4.01		4.21	4.42	4.49	4.54	4.52	5.20			11.53	12.64	13.55
		velocity	7.38	9.41	9.19	8.75	8.73		8.31	7.92	7.80	7.71	7.74	7.69	8.16		9.11	8.31	7.75
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	14	17.2	158.2				
Valliant, Ludvy (FRA) (1995)																			
Semi-Final 1 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)										<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>									
date	01-Aug-21	time	5.90	9.56	13.36	17.17	21.17		25.26	29.62		38.63	43.50		49.02	3 / 7			
reaction time	0.162	interval		3.66	3.80	3.81	4.00		4.09	4.36		9.01	4.87	5.52			11.27	12.45	13.88
		velocity	7.63	9.56	9.21	9.19	8.75		8.56	8.03		7.77	7.19	7.25	8.16		9.32	8.43	7.56

H1 lead leg	R	strides	21	13	13	13	13	13	14	14	14	14	17.7	145.7					
Bassitt, Trevor (USA) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2024 USA Olympic Trials (Eugene, OR)			<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																
date	28-Jun-24	time	5.91	9.62	13.40	17.27	21.26	23.03	25.26	29.47	33.88	38.58	43.38		49.02	8 / 1			
reaction time		interval		3.71	3.78	3.87	3.99		4.00	4.21	4.41	4.70	4.80	5.64			11.36	12.20	13.91
		velocity	7.61	9.43	9.26	9.04	8.77	8.68	8.75	8.31	7.94	7.45	7.29	7.09	8.16		9.24	8.61	7.55
H1 lead leg	R	strides		13	13	13	13		13	13	13	14	14	16	135				
Kharlov, Aleksandr (URS) (1958)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1983 IAAF World Championships (Helsinki, FIN)			<i>McFarlane (1988) - The Science of Hurdling</i>																
date	09-Aug-83	time	5.79	9.58	13.75		21.80		25.80	29.97	34.47	39.05	43.76		49.03	1 / 3			
reaction time		interval		3.79	4.17		8.05		4.00	4.17	4.50	4.58	4.71	5.27					13.79
		velocity	7.77	9.23	8.39		8.70		8.75	8.39	7.78	7.64	7.43	7.59	8.16				7.61
H1 lead leg	L	strides	21	13	13	13	13		13	13	13	13	13	17	155				
Moses, Edwin (USA) (1955)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 1987 IAAF World Championships (Rome, ITA)			<i>Sušanka (1990) - time analysis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)</i>																
date	30-Aug-87	time	5.90	9.75	13.69	17.62	21.68		25.77	30.07	34.44	38.96	43.60		49.03	2 / 1			
reaction time		interval		3.85	3.94	3.93	4.06		4.09	4.30	4.37	4.52	4.64	5.43			11.72	12.45	13.53
		velocity	7.63	9.09	8.88	8.91	8.62		8.56	8.14	8.01	7.74	7.54	7.37	8.16		8.96	8.43	7.76
H1 lead leg	L	strides	19	13	13	13	13		13	13	13	13	13	15.8	151.8				
Meng Yan (CHN) (1980)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2006 Asian Grand Prix (Bengaluru, IND)			<i>Meng (2009) - a comparative study on rhythm changes between hurdles of chinese and foreign 400m hurdlers</i>																
date	22-May-06	time	5.85	9.60	13.47	17.52	21.62		25.87	30.25	34.70	39.20	43.83		49.03	/ 1			
reaction time		interval		3.75	3.87	4.05	4.10		4.25	4.38	4.45	4.50	4.63	5.20	NR PB		11.67	12.73	13.58
		velocity	7.69	9.33	9.04	8.64	8.54		8.24	7.99	7.87	7.78	7.56	7.69	8.16		9.00	8.25	7.73
H1 lead leg		strides	21	13	13	13	13		13	14	14	15	15	18	162				
Selmon, Kenny (USA) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Doha Diamond League (Doha, QAT) (TV Analysis)			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	28-May-21	time	6.17	9.91	13.85	17.78	21.85	23.5	25.96	30.23	34.57	39.07	43.71		49.03	7 / 5			
reaction time	0.314	interval		3.74	3.94	3.93	4.07		4.11	4.27	4.34	4.50	4.64	5.32			11.61	12.45	13.48
		velocity	7.29	9.36	8.88	8.91	8.60	8.51	8.52	8.20	8.06	7.78	7.54	7.52	8.16		9.04	8.43	7.79
H1 lead leg	R	strides	21	13	13	13			13	13	13	14	14		127				
Selmon, Kenny (USA) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	24-Jun-21	time	6.00	9.78	13.68	17.65	21.72			30.13	34.50	39.10	43.71		49.03	3 / 1			
reaction time	0.190	interval		3.78	3.90	3.97	4.07			8.41	4.37	4.60	4.61	5.32			11.65	12.48	13.58
		velocity	7.50	9.26	8.97	8.82	8.60			8.32	8.01	7.61	7.59	7.52	8.16		9.01	8.41	7.73
H1 lead leg	R	strides		13	13	13	13				13	14	14	16.7	109.7				
Kurokawa, Kazuki (JPN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Seiko Golden Grand Prix (Yokohama, JPN)			<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																
date	21-May-23	time	5.79	9.39	13.11	17.02	21.12		25.36	29.65	34.03	38.64	43.39		49.03	5 / 2			
reaction time	0.141	interval		3.60	3.72	3.91	4.10		4.24	4.29	4.38	4.61	4.75	5.64			11.23	12.63	13.74
		velocity	7.77	9.72	9.41	8.95	8.54		8.25	8.16	7.99	7.59	7.37	7.09	8.16		9.35	8.31	7.64
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	18.5	164.5				
Jackson, Bershaw (USA) (1983)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Prefontaine Classic (Eugene, OR) (TV Analysis)			<i>(H8 5m short) Henson (2020) - Athlete First: 2016 year end hurdle report</i>																
date	28-May-16	time	5.76	9.60	13.72	17.96	22.24		26.40	30.48	34.24	39.16	43.72		49.04	4 / 3			
reaction time		interval		3.84	4.12	4.24	4.28		4.16	4.08	3.76	4.92	4.56	5.32			12.20	12.52	13.24
		velocity	7.81	9.11	8.50	8.25	8.18		8.41	8.58	7.98	8.13	7.68	7.52	8.16		8.61	8.39	7.93
H1 lead leg	L	strides	22	15	15	15	15		15			17	15	19	148				
Jackson, Bershaw (USA) (1983)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis)			<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																
date	06-Jul-17	time	5.72	9.64	13.84	18.12	22.32		26.44	30.56	34.76	39.12	43.64		49.04	3 / 4			
reaction time	0.140	interval		3.92	4.20	4.28	4.20		4.12	4.12	4.20	4.36	4.52	5.40			12.40	12.44	13.08
		velocity	7.87	8.93	8.33	8.18	8.33		8.50	8.50	8.33	8.03	7.74	7.41	8.16		8.47	8.44	8.03
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19	176				
Santos, Juander (DOM) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 IAAF World Championships (London, GBR) (TV Analysis)			<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																
date	09-Aug-17	time	5.84	9.64	13.52	17.40	21.32		25.44	29.76	34.28	38.84	43.52		49.04	2 / 6			
reaction time	0.158	interval		3.80	3.88	3.88	3.92		4.12	4.32	4.52	4.56	4.68	5.52			11.56	12.36	13.76
		velocity	7.71	9.21	9.02	9.02	8.93		8.50	8.10	7.74	7.68	7.48	7.25	8.16		9.08	8.50	7.63
H1 lead leg	R	strides	22	14	14	14	14		14	15	15	15	15	19	171				
Mägi, Rasmus (EST) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Athletissima (Lausanne, SUI) (TV Analysis)			<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																
date	05-Jul-18	time	6.00		9.80		13.72	21.64	25.72	30.16	34.56	39.12	43.72		49.04	2 / 5			
reaction time	0.159	interval		3.80	3.92		7.92		4.08	4.44	4.40	4.56	4.60	5.32					13.56
		velocity	7.50	9.21	8.93		8.84		8.58	7.88	7.95	7.68	7.61	7.52	8.16				7.74

H1 lead leg	L	strides	21	13	13			13	14		14	14	17	119					
Holmes, TJ (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Meeting de Paris (Paris, FRA) (TV Analysis)															Henson (2020) - Athlete First: 2019 year end hurdle report				
date	24-Aug-19	time	5.86	9.56	13.30	17.32	21.46	23.2	25.62	29.94	34.40	39.12	43.80		49.04	6 / 5			
reaction time	0.197	interval		3.70	3.74	4.02	4.14		4.16	4.32	4.46	4.72	4.68	5.24			11.46	12.62	13.86
		velocity	7.68	9.46	9.36	8.71	8.45	8.62	8.41	8.10	7.85	7.42	7.48	7.63	8.16		9.16	8.32	7.58
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	14	14	17	156				
Copello, Yasmani (TUR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)															Henson (2020) - Athlete First: 2020 year end hurdle report				
date	14-Aug-20	time	5.81	9.44	13.25	17.15	21.12		25.25	29.63	34.07	38.67	43.44		49.04	5 / 2			
reaction time	0.192	interval		3.63	3.81	3.90	3.97		4.13	4.38	4.44	4.60	4.77	5.60			11.34	12.48	13.81
		velocity	7.75	9.64	9.19	8.97	8.82		8.47	7.99	7.88	7.61	7.34	7.14	8.16		9.26	8.41	7.60
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	14	14	18	159				
Rosser, Khallifah (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)															Henson (2021) - Athlete First: 2021 year end hurdle report				
date	25-Jun-21	time	5.93	9.63	13.37	17.17	21.13			29.63	33.97	38.58	43.43		49.04	4 / 2			
reaction time	0.209	interval		3.70	3.74	3.80	3.96			8.50	4.34	4.61	4.85	5.61			11.24	12.46	13.80
		velocity	7.59	9.46	9.36	9.21	8.84			8.24	8.06	7.59	7.22	7.13	8.16		9.34	8.43	7.61
H1 lead leg	R	strides		13	13	13	13		14		14	15	15	18.5	128.5				
Mägi, Rasmus (EST) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Bauhaus Galan (Stockholm, SWE)															Omega Timing (2023) - diamond league race analysis				
date	02-Jul-23	time	5.92	9.69	13.48	17.27	21.16		25.20	29.50	34.02	38.65	43.38		49.04	3 / 3			
reaction time	0.165	interval		3.77	3.79	3.79	3.89		4.04	4.30	4.52	4.63	4.73	5.66			11.35	12.23	13.88
		velocity	7.60	9.28	9.23	9.23	9.00		8.66	8.14	7.74	7.56	7.40	7.07	8.16		9.25	8.59	7.56
H1 lead leg	R	strides	21	13		13	13		13	14		14	15	18	134				
Mori, Fabrizio (ITA) (1969)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2002 European Championships (Munich, GER)															Graubner (2009) - http://www.fgs.uni-halle.de				
date	09-Aug-02	time	6.24	10.16	14.14	18.20	22.22		26.36	30.64	35.02	39.42	43.88		49.05	1 / 4			
reaction time	0.133	interval		3.92	3.98	4.06	4.02		4.14	4.28	4.38	4.40	4.46	5.17			11.96	12.44	13.24
		velocity	7.21	8.93	8.79	8.62	8.71		8.45	8.18	7.99	7.95	7.85	7.74	8.15		8.78	8.44	7.93
H1 lead leg		strides																	
Toyoda, Masaki (JPN) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Japanese National Championships (Fukuoka, JPN)															Yamanaka (2019) - research on athlete performance and technique- 2019 data book				
date	29-Jun-19	time	5.92	9.74	13.61	17.65	21.69		25.88	30.16	34.53	38.99	43.68		49.05	7 / 2			
reaction time	0.172	interval		3.82	3.87	4.04	4.04		4.19	4.28	4.37	4.46	4.69	5.37	PB		11.73	12.51	13.52
		velocity	7.60	9.16	9.04	8.66	8.66		8.35	8.18	8.01	7.85	7.46	7.45	8.15		8.95	8.39	7.77
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	18.5	168.5				
Kendziera, Dave (USA) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)															Henson (2021) - Athlete First: 2021 year end hurdle report				
date	25-Jun-21	time	6.00	9.82	13.70	17.58	21.55		25.72	30.10	34.56	39.10	43.91		49.05	8 / 3			
reaction time	0.190	interval		3.82	3.88	3.88	3.97		4.17	4.38	4.46	4.54	4.81	5.14			11.58	12.52	13.81
		velocity	7.50	9.16	9.02	9.02	8.82		8.39	7.99	7.85	7.71	7.28	7.78	8.15		9.07	8.39	7.60
H1 lead leg	R	strides		13	13	13	13		13	13	14	14	14	18	138				
Abuaku, Joshua (GER) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2022 European Athletics Championships (Munich, GER)															European Athletics (2022) - european athletics championships race analysis				
date	18-Aug-22	time	5.79	9.49	13.28	17.07	20.99	22.65	24.99	29.31	33.98	38.58	43.32		49.05	5 / 2			
reaction time	0.188	interval		3.70	3.79	3.79	3.92		4.00	4.32	4.67	4.60	4.74	5.73			11.28	12.24	14.01
		velocity	7.77	9.46	9.23	9.23	8.93	8.83	8.75	8.10	7.49	7.61	7.38	6.98	8.15		9.31	8.58	7.49
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	15	18	160				
Lambrugh, Mario (ITA) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)															Henson (2023) - Athlete First: 2023 year end hurdle report				
date	20-Aug-23	time	5.90	9.86	13.66	17.56	21.40		25.53		34.40	39.03	43.73		49.05	1 / 6			
reaction time	0.129	interval		3.96	3.80	3.90	3.84		4.13		8.87	4.63	4.70	5.32			11.66		
		velocity	7.63	8.84	9.21	8.97	9.11		8.47		7.89	7.56	7.45	7.52	8.15		9.01		
H1 lead leg	R	strides	22	14	14	14	14		14			15	15	18.5	140.5				
Morgan, Dinsdale (JAM) (1972)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1997 IAAF World Championships (Athens, GRE)															Hommel (1999) - biomechanical research project, athens 1997: final report				
date	04-Aug-97	time	5.96	9.68	13.52	17.45	21.48		25.56	29.86	34.32	38.96	43.70		49.06	7 / 7			
reaction time	0.152	interval		3.72	3.84	3.93	4.03		4.08	4.30	4.46	4.64	4.74	5.36			11.49	12.41	13.84
		velocity	7.55	9.41	9.11	8.91	8.68		8.58	8.14	7.85	7.54	7.38	7.46	8.15		9.14	8.46	7.59
H1 lead leg		strides																	
Zellner, Torrance (USA) (1970)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1999 IAAF World Championships (Sevilla, ESP)															Sanchez (1999) - Sevilla '99: análisis de la carreras con villas				
date	27-Aug-99	time	5.66	9.38	13.10	16.88	20.68		24.72	28.92	33.49	38.05	42.86		49.06	1 / 8			
reaction time	0.133	interval		3.72	3.72	3.78	3.80		4.04	4.20	4.57	4.56	4.81	6.20			11.22	12.04	13.94
		velocity	7.95	9.41	9.41	9.26	9.21		8.66	8.33	7.66	7.68	7.28	6.45	8.15		9.36	8.72	7.53

H1 lead leg	L	strides	20	13	13	13	13	13	13	14	14	15	18	159					
Mägi, Rasmus (EST) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2014 European Championships (Zurich, SUI)															Green (2015) - twitter.com/jackpgreen (from Behm?)				
date	15-Aug-14	time	6.10	9.90	13.78	17.70	21.74		25.86	30.26	34.70	39.30	43.90		49.06	/ 2			
reaction time	0.156	interval		3.80	3.88	3.92	4.04		4.12	4.40	4.44	4.60	4.60	5.16			11.60	12.56	13.64
		velocity	7.38	9.21	9.02	8.93	8.66		8.50	7.95	7.88	7.61	7.61	7.75	8.15		9.05	8.36	7.70
H1 lead leg	L	strides		13	13	13	13		13	14	14	14	14		121				
Fernández, Sérgio (ESP) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 European Championships (Amsterdam, NED) (TV Analysis)															Henson (2020) - Athlete First: 2016 year end hurdle report				
date	08-Jul-16	time	6.04	9.88	13.84	17.96	22.04		26.16	30.28	34.68	39.20	43.84		49.06	5 / 2			
reaction time	0.138	interval		3.84	3.96	4.12	4.08		4.12	4.12	4.40	4.52	4.64	5.22			11.92	12.32	13.56
		velocity	7.45	9.11	8.84	8.50	8.58		8.50	8.50	7.95	7.74	7.54	7.66	8.15		8.81	8.52	7.74
H1 lead leg	L	strides	20	13	13	13	13		13		14	14	14	17.5	144.5				
Livingston, Isaiah (USA) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)															Henson (2021) - Athlete First: 2021 year end hurdle report				
date	24-Jun-21	time	5.97	9.84	13.81	17.85	21.99		26.20	30.46	34.80	39.20	43.78		49.06	8 / 2			
reaction time	0.192	interval		3.87	3.97	4.04	4.14		4.21	4.26	4.34	4.40	4.58	5.28			11.88	12.61	13.32
		velocity	7.54	9.04	8.82	8.66	8.45		8.31	8.22	8.06	7.95	7.64	7.58	8.15		8.84	8.33	7.88
H1 lead leg	L	strides		13	13	13	13		13	13	13	13	13	16	133				
Mowatt, Kemar (JAM) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)															Henson (2024) - Athlete First: 2021 year end hurdle report				
date	30-Jul-21	time	5.80	9.48	13.28	17.24	21.40		25.56	30.00	34.47	39.05	43.78		49.06	4 / 4			
reaction time	0.139	interval		3.68	3.80	3.96	4.16		4.16	4.44	4.47	4.58	4.73	5.28			11.44	12.76	13.78
		velocity	7.76	9.51	9.21	8.84	8.41		8.41	7.88	7.83	7.64	7.40	7.58	8.15		9.18	8.23	7.62
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	17.7	161.7				
Benjamin, Rai (USA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)															Henson (2022) - Athlete First: 2022 year end hurdle report				
date	16-Jul-22	time	6.00	9.77	13.66	17.60	21.67	23.39	25.77	29.87	34.17	38.63	43.33		49.06	4 / 1			
reaction time	0.156	interval		3.77	3.89	3.94	4.07		4.10	4.10	4.30	4.46	4.70	5.73			11.60	12.27	13.46
		velocity	7.50	9.28	9.00	8.88	8.60	8.55	8.54	8.54	8.14	7.85	7.45	6.98	8.15		9.05	8.56	7.80
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16.5	153.5				
Kurokawa, Kazuki (JPN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2023 Shizuoka International Meeting (Fukuroi, JPN)															Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season				
date	03-May-23	time	5.91	9.71	13.54	17.43	21.44		25.64	29.88	34.36	38.99	43.71		49.06	5 / 1			
reaction time	0.191	interval		3.80	3.83	3.89	4.01		4.20	4.24	4.48	4.63	4.72	5.35			11.52	12.45	13.83
		velocity	7.61	9.21	9.14	9.00	8.73		8.33	8.25	7.81	7.56	7.42	7.48	8.15		9.11	8.43	7.59
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	18	164				
Gucek, Matic Ian (SLO) (2003)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Repechage 2 - 2024 Olympic Games (Paris, FRA)															Paris 2024 Olympic Games - Results Book (2024)				
date	07-Aug-24	time	5.86	9.63	13.48	17.40	21.43		25.56	29.82	34.26	38.88	43.57		49.06	7 / 4			
reaction time	0.146	interval		3.77	3.85	3.92	4.03		4.13	4.26	4.44	4.62	4.69	5.49			11.54	12.42	13.75
		velocity	7.68	9.28	9.09	8.93	8.68		8.47	8.22	7.88	7.58	7.46	7.29	8.15		9.10	8.45	7.64
H1 lead leg	R	strides	22	14	14	14	14		14	14	15	15	15	18.5	169.5				
Mori, Fabrizio (ITA) (1969)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 1999 IAAF World Championships (Sevilla, ESP)															Sanchez (1999) - Sevilla '99: análisis de la carreras con villas				
date	24-Aug-99	time	5.96	9.84	13.78	17.68	21.72		25.92	30.22	34.70	39.11	43.59		49.07	6 / 1			
reaction time	0.152	interval		3.88	3.94	3.90	4.04		4.20	4.30	4.48	4.41	4.48	5.48			11.72	12.54	13.37
		velocity	7.55	9.02	8.88	8.97	8.66		8.33	8.14	7.81	7.94	7.81	7.30	8.15		8.96	8.37	7.85
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18	169				
Diagana, Stéphane (FRA) (1969)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2001 European Championships (Bremen, GER)															Graubner (2007) - http://www.fgs.uni-halle.de				
date	23-Jun-01	time	6.03	9.78	13.62	17.52	21.41		25.46	29.60	34.16	38.90	43.73		49.07	/ 3			
reaction time		interval		3.75	3.84	3.90	3.89		4.05	4.14	4.56	4.74	4.83	5.34			11.49	12.08	14.13
		velocity	7.46	9.33	9.11	8.97	9.00		8.64	8.45	7.68	7.38	7.25	7.49	8.15		9.14	8.69	7.43
H1 lead leg		strides																	
Mužik, Jirí (CZE) (1976)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2001 IAAF World Championships (Edmonton, CAN)															Behm (2001) - Edmonton: Le quatrache: les finales				
date	10-Aug-01	time	5.9	9.8	13.4	17.3	21.3		25.3	29.5	34.0	38.5	43.2		49.07	8 / 7			
reaction time	0.203	interval		3.9	3.6	3.9	4.0		4.0	4.2	4.5	4.5	4.7	5.87			11.40	12.20	13.70
		velocity	7.63	8.97	9.72	8.97	8.75		8.75	8.33	7.78	7.78	7.45	6.81	8.15		9.21	8.61	7.66
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15		146				
Iakovákis, Periklís (GRE) (1979)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2002 European Championships (Munich, GER)															Graubner (2009) - http://www.fgs.uni-halle.de				
date	09-Aug-02	time	6.11	9.91	13.75	17.69	21.67		25.75	30.05	34.42	39.02	43.78		49.07	/ 5			
reaction time	0.163	interval		3.80	3.84	3.94	3.98		4.08	4.30	4.37	4.60	4.76	5.29			11.58	12.36	13.73
		velocity	7.36	9.21	9.11	8.88	8.79		8.58	8.14	8.01	7.61	7.35	7.56	8.15		9.07	8.50	7.65

H1 lead leg strides

Myburgh, Alwyn (RSA) (1980)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2004 Olympic Games (Athina, GRE)																		
date	26-Aug-04	time	5.9	9.5	13.2	17.0	21.2	25.3	29.4	33.9	38.5	43.3		49.07	1 / 7			
reaction time	0.150	interval		3.6	3.7	3.8	4.2	4.1	4.1	4.5	4.6	4.8	5.77			11.10	12.40	13.90
		velocity	7.63	9.72	9.46	9.21	8.33	8.54	8.54	7.78	7.61	7.29	6.93	8.15		9.46	8.47	7.55
H1 lead leg	R	strides	21	14	14	14	14	14	14	15	15	15	19	169				
Narisako, Kenji (JPN) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2004 Seiko Super Grand Prix (Yokohama, JPN)																		
date	23-Sep-04	time	5.99	9.63	13.43	17.37	21.37	25.52	29.91	34.36	38.91	43.58		49.07	/ 4			
reaction time		interval		3.64	3.80	3.94	4.00	4.15	4.39	4.45	4.55	4.67	5.49	PB		11.38	12.54	13.67
		velocity	7.51	9.62	9.21	8.88	8.75	8.43	7.97	7.87	7.69	7.49	7.29	8.15		9.23	8.37	7.68
H1 lead leg		strides		13	13	13	13	13	15	15	15	15		125				
Carter, James (USA) (1978)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2007 USATF National Championships (Indianapolis, IN)																		
date	21-Jun-07	time	5.97	9.68	13.56	17.58	21.65	25.86	30.24	34.65	39.22	43.91		49.07	8 / 1			
reaction time		interval		3.71	3.88	4.02	4.07	4.21	4.38	4.41	4.57	4.69	5.16			11.61	12.66	13.67
		velocity	7.54	9.43	9.02	8.71	8.60	8.31	7.99	7.94	7.66	7.46	7.75	8.15		9.04	8.29	7.68
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	14	14		142				
Nozawa, Keisuke (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Shizuoka International Athletics Meeting (Fukuroi, JPN)																		
date	03-May-16	time	5.94	9.56	13.26	17.10	21.09	25.13	29.38	33.93	38.68	43.53		49.07	/ 1			
reaction time		interval		3.62	3.70	3.84	3.99	4.04	4.25	4.55	4.75	4.85	5.54	PB		11.16	12.28	14.15
		velocity	7.58	9.67	9.46	9.11	8.77	8.66	8.24	7.69	7.37	7.22	7.22	8.15		9.41	8.55	7.42
H1 lead leg		strides		13	13	14	14	14	14	15	15	15		127				
Smidt, Nick (NED) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Silesia Kamila Skolimowska Memorial (Chorzów, POL) (TV Analysis)																		
date	06-Aug-22	time	5.93	9.70	13.53	17.53	21.56	25.73	30.03		38.90	43.56		49.07	9 / 7			
reaction time	0.154	interval		3.77	3.83	4.00	4.03	4.17	4.30		8.87	4.66	5.51	PB		11.60	12.50	13.53
		velocity	7.59	9.28	9.14	8.75	8.68	8.59	8.39	8.14	7.89	7.51	7.26	8.15		9.05	8.40	7.76
H1 lead leg	L	strides	20	13	13		13		14	14		14		101				
Clarke, Roshawn (JAM) (2004)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Prefontaine Classic (Eugene, OR)																		
date	25-May-24	time	5.63	9.33	13.19	16.99	20.96	24.99	29.13	33.54	38.28	43.16		49.07	5 / 4			
reaction time	0.186	interval		3.70	3.86	3.80	3.97	4.03	4.14	4.41	4.74	4.88	5.91			11.36	12.14	14.03
		velocity	7.99	9.46	9.07	9.21	8.82	8.68	8.45	7.94	7.38	7.17	6.77	8.15		9.24	8.65	7.48
H1 lead leg		strides			14	14	14		14	14	15	16	15	116				
Keita, Naman (FRA) (1978)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2003 IAAF World Championships (Paris, FRA)																		
date	26-Aug-03	time	5.7	9.7	13.4	17.3	21.3	25.5	29.7	34.2	38.8	43.6		49.08	5 / 5			
reaction time	0.232	interval		4.0	3.7	3.9	4.0	4.2	4.2	4.5	4.6	4.8	5.48			11.60	12.40	13.90
		velocity	7.89	8.75	9.46	8.97	8.75	8.33	8.33	7.78	7.61	7.29	7.30	8.15		9.05	8.47	7.55
H1 lead leg		strides	21	12	12	13	12	13	13	13	13	14	17.5	153.5				
Clement, Kerron (USA) (1985)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2013 IAAF World Championships (Moscow, RUS) (TV Analysis)																		
date	15-Aug-13	time	5.93	9.70	13.53	17.33	21.27	25.37	29.50	34.03	38.70	43.50		49.08	1 / 8			
reaction time	0.165	interval		3.77	3.83	3.80	3.94	4.10	4.13	4.53	4.67	4.80	5.58			11.40	12.17	14.00
		velocity	7.59	9.28	9.14	9.21	8.88	8.54	8.47	7.73	7.49	7.29	7.17	8.15		9.21	8.63	7.50
H1 lead leg	R	strides	20	13	13	13	13	13	13		15	15	16.7	144.7				
Jackson, Bershawn (USA) (1983)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Doha Diamond League (Doha, QAT) (TV Analysis)																		
date	04-May-18	time	5.72	9.56	13.64	17.84	22.04	26.20	30.32	34.56	39.00	43.60		49.08	2 / 2			
reaction time	0.176	interval		3.84	4.08	4.20	4.20	4.16	4.12	4.24	4.44	4.60	5.48			12.12	12.48	13.28
		velocity	7.87	9.11	8.58	8.33	8.33	8.41	8.50	8.25	7.88	7.61	7.30	8.15		8.66	8.41	7.91
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	19	161				
Copello, Yasmani (TUR) (1987)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Müller Grand Prix (Birmingham, GBR) (TV Analysis)																		
date	18-Aug-19	time	5.88	9.68	13.52	17.40	21.40	23.2	25.60	30.08	34.56	39.12	43.68		49.08	6 / 1		
reaction time	0.173	interval		3.80	3.84	3.88	4.00	4.20	4.48	4.48	4.56	4.56	5.40			11.52	12.68	13.60
		velocity	7.65	9.21	9.11	9.02	8.75	8.33	7.81	7.81	7.68	7.68	7.41	8.15		9.11	8.28	7.72
H1 lead leg	R	strides	20	13	13	13	13	13	14	14	14	14	18	159				
Samba, Abderrahmane (QAT) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)																		
date	27-Sep-19	time	6.04	9.92	13.84	17.84	21.96	26.16	30.36	34.76	39.20	43.76		49.08	8 / 1			
reaction time	0.183	interval		3.88	3.92	4.00	4.12	4.20	4.20	4.40	4.44	4.56	5.32			11.80	12.52	13.40
		velocity	7.45	9.02	8.93	8.75	8.50	8.33	8.33	7.95	7.88	7.68	7.52	8.15		8.90	8.39	7.84

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	21	13	13	13	14		14	14	14	15	15	18	164					
Mowatt, Kemar (JAM) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Pan American Games (Lima, PER) (TV Analysis)																				
date	08-Aug-19	time	5.77	9.47	13.21	17.08			25.09	29.46	33.93	38.64	43.50		49.09	4 / 3				
reaction time	0.177	interval		3.70	3.74	3.87			8.01	4.37	4.47	4.71	4.86	5.59			11.31	12.38	14.04	
		velocity	7.80	9.46	9.36	9.04			8.74	8.01	7.83	7.43	7.20	7.16	8.15		9.28	8.48	7.48	
H1 lead leg	L	strides	21	13	13	13				14	14	15	15	18	136					
Hyde, Jaheel (JAM) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																				
date	17-Jul-22	time	5.77	9.46	13.33	17.27	21.33	23.13	25.53	29.80	34.30	38.90	43.60		49.09	8 / 2				
reaction time	0.149	interval		3.69	3.87	3.94	4.06		4.20	4.27	4.50	4.60	4.70	5.49			11.50	12.53	13.80	
		velocity	7.80	9.49	9.04	8.88	8.62	8.65	8.33	8.20	7.78	7.61	7.45	7.29	8.15		9.13	8.38	7.61	
H1 lead leg	L	strides	22	13	13	13	13		14	14	14	14	15	18	163					
Zbinden, Carlos (CHI) (1976)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1998 European Championships (Budapest, HUN)																				
date	20-Aug-98	time	6.05				21.57						43.70		49.10	4 / 5				
reaction time		interval					15.52						22.13	5.40						
		velocity	7.44				9.02						7.91	7.41	8.15					
H1 lead leg	L	strides	19	13	13	13	13		13	13	13	14	14	17	155					
Matsushita, Yuki (JPN) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2016 Seiko Golden Grand Prix (Kawasaki, JPN)																				
date	08-May-16	time	6.02	9.82	13.66	17.58	21.57		25.77	30.17	34.69	39.26	43.88		49.10	3 / 3				
reaction time	0.191	interval		3.80	3.84	3.92	3.99		4.20	4.40	4.52	4.57	4.62	5.22			11.56	12.59	13.71	
		velocity	7.48	9.21	9.11	8.93	8.77		8.33	7.95	7.74	7.66	7.58	7.66	8.15		9.08	8.34	7.66	
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	18.5	164.5					
Hussein, Kariem (SUI) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2016 European Championships (Amsterdam, NED) (TV Analysis)																				
date	08-Jul-16	time	5.88	9.64	13.52	17.60	21.72		25.88	29.92	34.36	38.92	43.68		49.10	3 / 3				
reaction time	0.134	interval		3.76	3.88	4.08	4.12		4.16	4.04	4.44	4.56	4.76	5.42			11.72	12.32	13.76	
		velocity	7.65	9.31	9.02	8.58	8.50		8.41	8.66	7.88	7.68	7.35	7.38	8.15		8.96	8.52	7.63	
H1 lead leg	L	strides	20	13	13	13	13		14	14	14	15	15	18	162					
Mägi, Rasmus (EST) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2017 Bislett Games (Oslo, NOR) (TV Analysis)																				
date	15-Jun-17	time	6.03	9.83	13.70	17.66	21.73		25.86	30.33	34.73	39.23	43.80		49.10	3 / 5				
reaction time	0.147	interval		3.80	3.87	3.96	4.07		4.13	4.47	4.40	4.50	4.57	5.30			11.63	12.67	13.47	
		velocity	7.46	9.21	9.04	8.84	8.60		8.47	7.83	7.95	7.78	7.66	7.55	8.15		9.03	8.29	7.80	
H1 lead leg	L	strides	21	13	13	13	13			14	14	14	14	17.2	146.2					
Gibson, Jeffery (BAH) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2018 Commonwealth Games (Gold Coast, AUS) (TV Analysis)																				
date	12-Apr-18	time	6.00	9.84	13.68	17.58	21.55		25.69	30.06	34.53	39.17	43.77		49.10	8 / 2				
reaction time	0.146	interval		3.84	3.84	3.90	3.97		4.14	4.37	4.47	4.64	4.60	5.33			11.58	12.48	13.71	
		velocity	7.50	9.11	9.11	8.97	8.82		8.45	8.01	7.83	7.54	7.61	7.50	8.15		9.07	8.41	7.66	
H1 lead leg	R	strides		13	13	13	13		13	14	14	14	14	17.7	138.7					
Valliant, Ludvy (FRA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT)																				
date	28-Sep-19	time	6.00	9.59	13.30	17.08	21.03		25.17	29.52	33.98	38.66	43.45		49.10	5 / 4				
reaction time	0.209	interval		3.59	3.71	3.78	3.95		4.14	4.35	4.46	4.68	4.79	5.65			11.08	12.44	13.93	
		velocity	7.50	9.75	9.43	9.26	8.86		8.45	8.05	7.85	7.48	7.31	7.08	8.15		9.48	8.44	7.54	
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	14	14	17.7	159.7					
Preis, Constantin (GER) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																				
date	01-Aug-21	time	6.06	9.93	13.80	17.78	21.80		26.06	30.46	34.93	39.44	43.97		49.10	2 / 4				
reaction time	0.186	interval		3.87	3.87	3.98	4.02		4.26	4.40	4.47	4.51	4.53	5.13			11.72	12.68	13.51	
		velocity	7.43	9.04	9.04	8.79	8.71		8.22	7.95	7.83	7.76	7.73	7.80	8.15		8.96	8.28	7.77	
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	15	15	18.2	171.2					
Bonvin, Julien (SUI) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 2 - 2022 European Athletics Championships (Munich, GER)																				
date	18-Aug-22	time	5.67	9.41	13.22	17.09	21.10	22.85	25.18	29.44	33.97	38.52	43.43		49.10	7 / 4				
reaction time	0.198	interval		3.74	3.81	3.87	4.01		4.08	4.26	4.53	4.55	4.91	5.67			11.42	12.35	13.99	
		velocity	7.94	9.36	9.19	9.04	8.73	8.75	8.58	8.22	7.73	7.69	7.13	7.05	8.15		9.19	8.50	7.51	
H1 lead leg	L	strides	21	13			13		13	14	14	15	15	18	136					
Copello, Yasmani (TUR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2022 Weltklasse (Zürich, SUI) (TV Analysis)																				
date	08-Sep-22	time	5.90	9.54		17.28	21.29	22.88	25.42	29.86	34.29	38.94	43.61		49.10	4 / 6				
reaction time	0.172	interval		3.64		7.74	4.01		4.13	4.44	4.43	4.65	4.67	5.49			11.38	12.58	13.75	
		velocity	7.63	9.62		9.04	8.73	8.74	8.47	7.88	7.90	7.53	7.49	7.29	8.15		9.23	8.35	7.64	

H1 lead leg	R	strides	20	13		13	13	14	14	14	14	17.5	132.5						
Mukhobe, Wiseman Were (KEN) (199)																			
Heat 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)										<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>									
date	20-Aug-23	time	5.93			17.63		25.83		34.63	39.23	43.83		49.10		1 / 4			
reaction time	0.199	interval			11.70		8.20		8.80	4.60	4.60	5.27					11.70		
		velocity	7.59		8.97		8.54		7.95	7.61	7.61	7.59		8.15			8.97		
H1 lead leg	R	strides	20								15	15	19		69				
Happio, Wilfried (FRA) (1998)																			
FINAL - 2024 Seashore Doha Meeting (Doha, QAT)										<i>Omega Timing (2024) - diamond league race analysis</i>									
date	10-May-24	time	5.80	9.50	13.28	17.16	21.19	25.31	29.53	33.98	38.72	43.54		49.10		4 / 3			
reaction time	0.151	interval		3.70	3.78	3.88	4.03	4.12	4.22	4.45	4.74	4.82	5.56				11.36	12.37	14.01
		velocity	7.76	9.46	9.26	9.02	8.68	8.50	8.29	7.87	7.38	7.26	7.19	8.15			9.24	8.49	7.49
H1 lead leg	L	strides	20	13	13	13	13	13				15	15	17.7		132.7			
Gibson, Jeffery (BAH) (1990)																			
FINAL - 2016 Shanghai Golden Grand Prix (Shanghai, CHN)										<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>									
date	14-May-16	time	5.92	9.68	13.56	17.52	21.56	25.72	30.08	34.60	39.16	43.76		49.11		4 / 3			
reaction time	0.213	interval		3.76	3.88	3.96	4.04	4.16	4.36	4.52	4.56	4.60	5.35				11.60	12.56	13.68
		velocity	7.60	9.31	9.02	8.84	8.66	8.41	8.03	7.74	7.68	7.61	7.48	8.14			9.05	8.36	7.68
H1 lead leg	R	strides	20	13	13	13	13	13	13	14	14	14	17.5		157.5				
Mägi, Rasmus (EST) (1992)																			
FINAL - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)										<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>									
date	21-Jul-18	time	5.96	9.84	13.68	17.60	21.56	25.76	30.16	34.56	39.16	43.76		49.11		9 / 5			
reaction time	0.158	interval		3.88	3.84	3.92	3.96	4.20	4.40	4.40	4.60	4.60	5.35				11.64	12.56	13.60
		velocity	7.55	9.02	9.11	8.93	8.84	8.33	7.95	7.95	7.61	7.61	7.48	8.14			9.02	8.36	7.72
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	14	14	17.2		159.2				
Barr, Thomas (IRL) (1992)																			
FINAL - 2019 Bislett Games (Oslo, NOR) (TV Analysis)										<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>									
date	13-Jun-19	time	5.98	9.71	13.53		21.45	23.2	25.68	29.99	34.43	39.00	43.73		49.11		3 / 2		
reaction time	0.175	interval		3.73	3.82		7.92		4.23	4.31	4.44	4.57	4.73	5.38				29.99	13.74
		velocity	7.53	9.38	9.16		8.84	8.62	8.27	8.12	7.88	7.66	7.40	7.43	8.14			3.50	7.64
H1 lead leg	L	strides	21	13	13				13	14	14	14	15	18	135				
Copello, Yasmani (TUR) (1987)																			
FINAL - 2021 Doha Diamond League (Doha, QAT) (TV Analysis)										<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>									
date	28-May-21	time	5.84	9.54	13.45	17.52	21.69	23.4		34.77	39.30	43.81		49.11		2 / 6			
reaction time	0.203	interval		3.70	3.91	4.07	4.17			13.08	4.53	4.51	5.30				11.68		
		velocity	7.71	9.46	8.95	8.60	8.39	8.55		8.03	7.73	7.76	7.55	8.14			8.99		
H1 lead leg	R	strides	20	13	13	13					14	14	17.5		104.5				
Sibilio, Alessandro (ITA) (1999)																			
Heat 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)										<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>									
date	30-Jul-21	time	6.13	9.87	13.83	17.80		26.30	30.70	35.20	39.63	44.20		49.11		3 / 3			
reaction time	0.126	interval		3.74	3.96	3.97		8.50	4.40	4.50	4.43	4.57	4.91				11.67	12.90	13.50
		velocity	7.34	9.36	8.84	8.82		8.24	7.95	7.78	7.90	7.66	8.15	8.14			9.00	8.14	7.78
H1 lead leg	R	strides	21	13	13	13	13			14	15	15	15	17.5		149.5			
Sibilio, Alessandro (ITA) (1999)																			
FINAL - 2023 Bauhaus Galan (Stockholm, SWE)										<i>Omega Timing (2023) - diamond league race analysis</i>									
date	02-Jul-23	time	5.90	9.71	13.60	17.45	21.41	25.44	29.81	34.33	38.88	43.38		49.11		5 / 4			
reaction time	0.150	interval		3.81	3.89	3.85	3.96	4.03	4.37	4.52	4.55	4.50	5.73				11.55	12.36	13.57
		velocity	7.63	9.19	9.00	9.09	8.84	8.68	8.01	7.74	7.69	7.78	6.98	8.14			9.09	8.50	7.74
H1 lead leg	R	strides	21	13		13	13	13			15	15	18.7		136.7				
Horbenko, Hennadiy (UKR) (1975)																			
Heat 7 - 2000 Olympic Games (Sydney, AUS)										<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>									
date	24-Sep-00	time	6.08	9.88	13.80	17.76	21.76	25.84	30.12	34.48	39.00	43.72		49.12		5 / 2			
reaction time	0.406	interval		3.80	3.92	3.96	4.00	4.08	4.28	4.36	4.52	4.72	5.40				11.68	12.36	13.60
		velocity	7.40	9.21	8.93	8.84	8.75	8.58	8.18	8.03	7.74	7.42	7.41	8.14			8.99	8.50	7.72
H1 lead leg		strides	20	13	13	13	13	13	13	14	14	14	17.4		157.4				
Woody, Joey (USA) (1973)																			
FINAL - 2006 USATF National Championships (Indianapolis, IN)										<i>USATF Men's Hurdle Development (2006)</i>									
date	24-Jun-06	time	6.09	9.78	13.55	17.38	21.34	25.39	29.70	34.12	38.67	43.47		49.12		5 / 4			
reaction time		interval		3.69	3.77	3.83	3.96	4.05	4.31	4.42	4.55	4.80	5.65				11.29	12.32	13.77
		velocity	7.39	9.49	9.28	9.14	8.84	8.64	8.12	7.92	7.69	7.29	7.08	8.14			9.30	8.52	7.63
H1 lead leg	R	strides	21	13	13	13	13	13	14	14	15	15	19		163				
Williams, Rhys (GBR) (1984)																			
FINAL - 2006 European Championships (Göteborg, SWE)										<i>Behm (2006) - Göteborg 2006: Le quatrache</i>									
date	10-Aug-06	time	5.9	9.7	13.5	17.7	21.8	26.0	30.2	34.6	39.2	43.8		49.12		/ 3			
reaction time		interval		3.8	3.8	4.2	4.1	4.2	4.2	4.4	4.6	4.6	5.32				11.80	12.50	13.60
		velocity	7.63	9.21	9.21	8.33	8.54	8.33	8.33	7.95	7.61	7.61	7.52	8.14			8.90	8.40	7.72

H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	19	171					
Derevyagin, Aleksandr (RUS) (1979)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 European Cup (Munich, GER)			Graubner (2007) - http://www.fgs.uni-halle.de																
date	23-Jun-07	time	6.17	10.12	14.14	18.12	22.21		26.30	30.52	34.80	39.20	43.74		49.12	4 / 4			
reaction time	0.162	interval		3.95	4.02	3.98	4.09		4.09	4.22	4.28	4.40	4.54	5.38	PB		11.95	12.40	13.22
		velocity	7.29	8.86	8.71	8.79	8.56		8.56	8.29	8.18	7.95	7.71	7.43	8.14		8.79	8.47	7.94
H1 lead leg		strides																	
Iakovákis, Periklís (GRE) (1979)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2009 IAAF World Championships (Berlin, GER)			Graubner (2009) - biomechanical analyses at the 12th IAAF world championships																
date	15-Aug-09	time	6.13	9.87	13.68	17.52	21.43		25.53	29.80	34.14	38.74	43.53		49.12	4 / 2			
reaction time	0.179	interval		3.74	3.81	3.84	3.91		4.10	4.27	4.34	4.60	4.79	5.59			11.39	12.28	13.73
		velocity	7.34	9.36	9.19	9.11	8.95		8.54	8.20	8.06	7.61	7.31	7.16	8.14		9.22	8.55	7.65
H1 lead leg		strides																	
Fredericks, Cornel (RSA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 IAAF World Championships (Daegu, KOR)			Behm (2011) - Le quatrace: Démus enfin!																
date	01-Sep-11	time	5.8	9.5	13.3	17.2	21.3		25.3	29.5	34.0	38.6	43.4		49.12	4 / 5			
reaction time	0.170	interval		3.7	3.8	3.9	4.1		4.0	4.2	4.5	4.6	4.8	5.7			11.40	12.30	13.90
		velocity	7.76	9.46	9.21	8.97	8.54		8.75	8.33	7.78	7.61	7.29	6.99	8.14		9.21	8.54	7.55
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	16	16	20	174				
Green, Leford (JAM) (1986)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2012 Olympic Games (London, GBR)			Hillier (2012) - uka 2012 olympic games report: 400m hurdles																
date	06-Aug-12	time	5.98	9.75	13.31	17.20	21.32	23.12	25.69	30.12	34.71	39.27	42.88		49.12	9 / 7			
reaction time	0.194	interval		3.77	3.56	3.89	4.12		4.37	4.43	4.59	4.56	3.61	6.24			11.22	12.92	12.76
		velocity	7.53	9.28	9.83	9.00	8.50	8.65	8.01	7.90	7.63	7.68	9.70	6.41	8.14		9.36	8.13	8.23
H1 lead leg	L	strides	21	13	13	13	13		13	14	15	15	15		145				
Lahoulou, Abdelmalik (ALG) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)			Henson (2021) - Athlete First: 2018 year end hurdle report																
date	08-Sep-18	time	6.04	9.76	13.44	17.24	21.16		25.32	29.68	34.24	38.96	43.76		49.12	6 / 5			
reaction time	0.179	interval		3.72	3.68	3.80	3.92		4.16	4.36	4.56	4.72	4.80	5.36			11.20	12.44	14.08
		velocity	7.45	9.41	9.51	9.21	8.93		8.41	8.03	7.68	7.42	7.29	7.46	8.14		9.38	8.44	7.46
H1 lead leg	L	strides	23	13	13	13	13			14	15	15	15	17.2	151.2				
McMaster, Kyron (IVB) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Bislett Games (Oslo, NOR) (TV Analysis)			Henson (2020) - Athlete First: 2019 year end hurdle report																
date	13-Jun-19	time	5.68	9.24	12.88	16.66	20.61	22.3	24.74	29.01	33.45	38.03	43.00		49.12	6 / 3			
reaction time	0.219	interval		3.56	3.64	3.78	3.95		4.13	4.27	4.44	4.58	4.97	6.12			10.98	12.35	13.99
		velocity	7.92	9.83	9.62	9.26	8.86	8.97	8.47	8.20	7.88	7.64	7.04	6.54	8.14		9.56	8.50	7.51
H1 lead leg	R	strides	20	13	12	13	13		13	14	14	14	15	18	159				
Lattin, Amere (USA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 The Match - Europe v USA (Minsk, BLR) (TV Analysis)			Henson (2020) - Athlete First: 2019 year end hurdle report																
date	10-Sep-19	time	5.90	9.63	13.53	17.46	21.60		25.90	30.26	34.76	39.20	43.93		49.12	4 / 2			
reaction time	0.171	interval		3.73	3.90	3.93	4.14		4.30	4.36	4.50	4.44	4.73	5.19			11.56	12.80	13.67
		velocity	7.63	9.38	8.97	8.91	8.45		8.14	8.03	7.78	7.88	7.40	7.71	8.14		9.08	8.20	7.68
H1 lead leg	L	strides		13	13	13			14	14	14	14	15	17.2	127.2				
Benjamin, Rai (USA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)			Henson (2021) - Athlete First: 2021 year end hurdle report																
date	24-Jun-21	time	5.80	9.51	13.31	17.38	21.45		25.69	30.03	34.37	38.80	43.61		49.12	6 / 1			
reaction time	0.252	interval		3.71	3.80	4.07	4.07		4.24	4.34	4.34	4.43	4.81	5.51			11.58	12.65	13.58
		velocity	7.76	9.43	9.21	8.60	8.60		8.25	8.06	8.06	7.90	7.28	7.26	8.14		9.07	8.30	7.73
H1 lead leg	R	strides	20	13	12	14	13		13	13	13	13	14	17	155				
Happio, Wilfried (FRA) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Doha Diamond League (Doha, QAT)			Omega Timing (2023) - diamond league race analysis																
date	05-May-23	time	5.85	9.55	13.30	17.17	21.14		25.24	29.53	33.96	38.65	43.56		49.12	5 / 3			
reaction time	0.156	interval		3.70	3.75	3.87	3.97		4.10	4.29	4.43	4.69	4.91	5.56			11.32	12.36	14.03
		velocity	7.69	9.46	9.33	9.04	8.82		8.54	8.16	7.90	7.46	7.13	7.19	8.14		9.28	8.50	7.48
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	15	15	18	159				
Akçam, Berke (TUR) (2002)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2024 Olympic Games (Paris, FRA)			Paris 2024 Olympic Games - Results Book (2024)																
date	07-Aug-24	time	5.83	9.48	13.21	17.01	20.88		24.91	29.23	33.78	38.50	43.32		49.12	2 / 8			
reaction time	0.158	interval		3.65	3.73	3.80	3.87		4.03	4.32	4.55	4.72	4.82	5.80			11.18	12.22	14.09
		velocity	7.72	9.59	9.38	9.21	9.04		8.68	8.10	7.69	7.42	7.26	6.90	8.14		9.39	8.59	7.45
H1 lead leg	L	strides	21			13	13		13	14	14	15	15	19	137				
Keïta, Naman (FRA) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2006 European Championships (Göteborg, SWE)			Behm (2006) - Göteborg 2006: Le quatrace																
date	10-Aug-06	time	5.9	9.4	13.1	17.0	20.9		25.0	29.5	34.0	38.7	43.5		49.13	1 / 4			
reaction time		interval		3.5	3.7	3.9	3.9		4.1	4.5	4.5	4.7	4.8	5.63			11.10	12.50	14.00
		velocity	7.63	10.00	9.46	8.97	8.97		8.54	7.78	7.78	7.45	7.29	7.10	8.14		9.46	8.40	7.50

H1 lead leg	R	strides	20	12	12	12	12		13	13	14	14	14		136				
van Zyl, L.J. (RSA) (1985)																			
FINAL	- 2016 Shanghai Golden Grand Prix (Shanghai, CHN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	14-May-16	time	5.92	9.60	13.48	17.52	21.64		25.92	30.24	34.56	39.04	43.60		49.13	8 / 4			
reaction time	0.168	interval		3.68	3.88	4.04	4.12		4.28	4.32	4.32	4.48	4.56	5.53			11.60	12.72	13.36
		velocity	7.60	9.51	9.02	8.66	8.50		8.18	8.10	8.10	7.81	7.68	7.23	8.14		9.05	8.25	7.86
H1 lead leg	L	strides	22	14	14	14	14		14	15	15	15	15	19	171				
Mägi, Rasmus (EST) (1992)																			
FINAL	- 2021 Memorial van Damme (Brussels, BEL) (TV Analysis)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	03-Sep-21	time	6.00	9.80	13.64	17.60	21.64	23.4	25.80	30.12	34.64	39.24	43.92		49.13	3 / 5			
reaction time	0.178	interval		3.80	3.84	3.96	4.04		4.16	4.32	4.52	4.60	4.68	5.21			11.60	12.52	13.80
		velocity	7.50	9.21	9.11	8.84	8.66	8.55	8.41	8.10	7.74	7.61	7.48	7.68	8.14		9.05	8.39	7.61
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	14	14	17	158				
Gucek, Matic Ian (SLO) (2003)																			
FINAL	- 2024 Bauhaus Galan (Stockholm, SWE) (TV Analysis)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	02-Jun-24	time	5.97	9.76	13.53	17.40	21.46		25.63	29.96	34.50	39.06	43.76		49.13	8 / 6			
reaction time	0.151	interval		3.79	3.77	3.87	4.06		4.17	4.33	4.54	4.56	4.70	5.37			11.43	12.56	13.80
		velocity	7.54	9.23	9.28	9.04	8.62		8.39	8.08	7.71	7.68	7.45	7.45	8.14		9.19	8.36	7.61
H1 lead leg	R	strides	22	14	14	14	14		14	14	15	15	15	18.5	169.5				
Abuaku, Joshua (GER) (1996)																			
Semi-Final 2	- 2024 European Athletics Championships (Roma, ITA)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	10-Jun-24	time	5.82	9.55	13.38	17.24	21.26		25.56	29.87	34.32	39.14	43.80		49.13	5 / 4			
reaction time	0.170	interval		3.73	3.83	3.86	4.02		4.30	4.31	4.45	4.82	4.66	5.33			11.42	12.63	13.93
		velocity	7.73	9.38	9.14	9.07	8.71		8.14	8.12	7.87	7.26	7.51	7.50	8.14		9.19	8.31	7.54
H1 lead leg	L	strides	20	13	13	13	13		14	14	14	15	15	18	162				
Whitney, Ron (USA) (1942)																			
Heat 3	- 1968 Olympic Games (Mexico City, MEX) (Altitude)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	13-Oct-68	time	6.1	10.0	13.9	18.1	22.2	23.8	26.3	30.9	35.2	39.5	44.0		49.0	1 / 1			
reaction time		interval		3.9	3.9	4.2	4.1		4.1	4.6	4.3	4.3	4.5	5.0	OR		12.00	12.80	13.10
		velocity	7.38	8.97	8.97	8.33	8.54	8.40	8.54	7.61	8.14	8.14	7.78	8.00	8.16	(49.06)	8.75	8.20	8.02
H1 lead leg		strides																	
Hennige, Gerhard (FRG) (1940)																			
FINAL	- 1968 Olympic Games (Mexico City, MEX) (Altitude)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	15-Oct-68	time	6.0	9.9	13.8	17.8	21.9	23.8	26.1	30.5	34.9	39.4	44.0		49.0	2 / 2			
reaction time		interval		3.9	3.9	4.0	4.1		4.2	4.4	4.4	4.5	4.6	5.0	(49.02)		11.80	12.70	13.50
		velocity	7.50	8.97	8.97	8.75	8.54	8.40	8.33	7.95	7.95	7.78	7.61	8.00	8.16		8.90	8.27	7.78
H1 lead leg	L	strides	21	13	13	13	13		13	15	15	15	15	18.2	164.2				
Sherwood, John (GBR) (1945)																			
FINAL	- 1968 Olympic Games (Mexico City, MEX) (Altitude)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	15-Oct-68	time	6.0	9.8	13.7	17.7	21.8	23.7	26.0	30.2	34.7	39.4	43.9		49.0	8 / 3			
reaction time		interval		3.80	3.90	4.00	4.10		4.20	4.20	4.50	4.70	4.50	5.10	(49.03)		11.70	12.50	13.70
		velocity	7.50	9.21	8.97	8.75	8.54	8.44	8.33	8.33	7.78	7.45	7.78	7.84	8.16		8.97	8.40	7.66
H1 lead leg	L	strides	21	13	13	13	13		13	15	15	15	15	146					
Vanderstock, Geoff (USA) (1946)																			
FINAL	- 1968 Olympic Games (Mexico City, MEX) (Altitude)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	15-Oct-68	time	5.9	9.7	13.8	17.8	21.8	23.7	25.9	30.2	34.5	38.9	43.5		49.0	3 / 4			
reaction time		interval		3.8	4.1	4.0	4.0		4.1	4.3	4.3	4.4	4.6	5.5	(49.07)		11.90	12.40	13.30
		velocity	7.63	9.21	8.54	8.75	8.75	8.44	8.54	8.14	8.14	7.95	7.61	7.27	8.16		8.82	8.47	7.89
H1 lead leg	R	strides	21	15	15	15	15		15	15	15	15	15	18.7	174.7				
Beck, Volker (GDR) (1956)																			
FINAL	- 1981 USSR vs. GDR (Tbilisi, URS)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	26-Jun-81	time	6.27	9.95	13.83	17.68	21.92		25.91	30.27	34.70	39.13	44.01		49.14	1 / 1			
reaction time		interval		3.68	3.88	3.85	4.24		3.99	4.36	4.43	4.43	4.88	5.13			11.41	12.59	13.74
		velocity	7.18	9.51	9.02	9.09	8.25		8.77	8.03	7.90	7.90	7.17	7.80	8.14		9.20	8.34	7.64
H1 lead leg		strides	20	13	13	13	13		13	13	14	14	14	18	158				
Dobek, Patryk (POL) (1994)																			
FINAL	- 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	25-Aug-15	time	6.00		13.64	17.48	21.52		25.68	30.04	34.52	39.16	43.84		49.14	3 / 7			
reaction time	0.176	interval			7.64	3.84	4.04		4.16	4.36	4.48	4.64	4.68	5.30			11.48	12.56	13.80
		velocity	7.50		9.16	9.11	8.66		8.41	8.03	7.81	7.54	7.48	7.55	8.14		9.15	8.36	7.61
H1 lead leg	L	strides		13		13	13			14	14	14	14	95					
Copello, Yasmani (TUR) (1987)																			
FINAL	- 2016 Shanghai Golden Grand Prix (Shanghai, CHN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	14-May-16	time	5.76	9.44	13.28	17.16	21.12		25.24	29.64	34.08	38.80	43.52		49.14	2 / 5			
reaction time	0.162	interval		3.68	3.84	3.88	3.96		4.12	4.40	4.44	4.72	4.72	5.62			11.40	12.48	13.88
		velocity	7.81	9.51	9.11	9.02	8.84		8.50	7.95	7.88	7.42	7.42	7.12	8.14		9.21	8.41	7.56

H1 lead leg	R	strides	20	13	13	13	13		13	14	14	15	15	18	161				
Nozawa, Keisuke (JPN) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Japanese National Championships (Nagoya, JPN)																			
date	24-Jun-16	time	5.98	9.63	13.43	17.30	21.27		25.47	29.71	34.16	38.73	43.57		49.14	5 / 1			
reaction time	0.174	interval		3.65	3.80	3.87	3.97		4.20	4.24	4.45	4.57	4.84	5.57			11.32	12.41	13.86
		velocity	7.53	9.59	9.21	9.04	8.82		8.33	8.25	7.87	7.66	7.23	7.18	8.14		9.28	8.46	7.58
H1 lead leg		strides		13	13	13	14		14	14	14	15	15		125				
Touati, Mohamed Amin (TUN) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2019 IAAF World Championships (Doha, QAT)																			
date	28-Sep-19	time	6.20	10.04	13.92	17.80	21.88		26.06	30.28	34.63	39.11	43.76		49.14	4 / 5			
reaction time	0.179	interval		3.84	3.88	3.88	4.08		4.18	4.22	4.35	4.48	4.65	5.38	PB		11.60	12.48	13.48
		velocity	7.26	9.11	9.02	9.02	8.58		8.37	8.29	8.05	7.81	7.53	7.43	8.14		9.05	8.41	7.79
H1 lead leg	R	strides	22	14	14	13	14		14	14	14	15	15	17.7	166.7				
Happio, Wilfried (FRA) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Bauhaus Galan (Stockholm, SWE) (TV Analysis)																			
date	23-Aug-20	time	5.86		13.48	17.44	21.40	23.2	25.54		34.36	38.94	43.64		49.14	5 / 2			
reaction time	0.141	interval			7.62	3.96	3.96		4.14		8.82	4.58	4.70	5.50			11.58		
		velocity	7.68		9.19	8.84	8.84	8.62	8.45		7.94	7.64	7.45	7.27	8.14		9.07		
H1 lead leg	L	strides	20	13		13	13		13			15	15	18.5	120.5				
Valliant, Ludvy (FRA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Golden Spike (Ostrava, CZE) (TV Analysis)																			
date	08-Sep-20	time	5.97	9.71		17.41	21.35		25.49	29.83		38.94	43.68		49.14	6 / 2			
reaction time	0.192	interval		3.74		7.70	3.94		4.14	4.34		9.11	4.74	5.46			11.44	12.42	13.85
		velocity	7.54	9.36		9.09	8.88		8.45	8.06		7.68	7.38	7.33	8.14		9.18	8.45	7.58
H1 lead leg	R	strides	21	13			13			14			14	17.7	92.7				
Lahoulou, Abdelmalik (ALG) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																			
date	01-Aug-21	time	5.96	9.56	13.30	16.97	20.86		24.90	29.36	33.92	38.66	43.50		49.14	5 / 5			
reaction time	0.125	interval		3.60	3.74	3.67	3.89		4.04	4.46	4.56	4.74	4.84	5.64			11.01	12.39	14.14
		velocity	7.55	9.72	9.36	9.54	9.00		8.66	7.85	7.68	7.38	7.23	7.09	8.14		9.54	8.47	7.43
H1 lead leg	L	strides	22	13	13	13	13		13	14	14	15	15	17.7	162.7				
McLaughlin, Taylor (USA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 USATF National Championships (Eugene, OR) (TV Analysis)																			
date	09-Jul-23	time	5.97	9.71	13.51	17.38	21.32		25.39		34.06	38.77	43.57		49.14	1 / 5			
reaction time		interval		3.74	3.80	3.87	3.94		4.07		8.67	4.71	4.80	5.57			11.41		
		velocity	7.54	9.36	9.21	9.04	8.88		8.60		8.07	7.43	7.29	7.18	8.14		9.20		
H1 lead leg	R	strides	21	13	13	13	13		13			15	15	18	134				
Young, Kevin (USA) (1966)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 1996 USA Olympic Trials (Atlanta, GA)																			
date	14-Jun-96	time	5.72	9.92	13.46	17.34	21.27		25.47	29.73	34.09	38.57	43.27		49.15	/ 3			
reaction time		interval		4.20	3.54	3.88	3.93		4.20	4.26	4.36	4.48	4.70	5.88			11.62	12.39	13.54
		velocity	7.87	8.33	9.89	9.02	8.91		8.33	8.22	8.03	7.81	7.45	6.80	8.14		9.04	8.47	7.75
H1 lead leg		strides																	
Ottoz, Laurent (ITA) (1970)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1998 European Championships (Budapest, HUN)																			
date	20-Aug-98	time	6.11				21.69						43.62		49.15	2 / 6			
reaction time		interval					15.58						21.93	5.53					
		velocity	7.36				8.99						7.98	7.23	8.14				
H1 lead leg	R	strides	22	14	14	14	14		14	14	15	15	15	18	169				
Clement, Kerron (USA) (1985)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2012 Olympic Games (London, GBR)																			
date	06-Aug-12	time	5.87	9.54	13.10	16.86	20.78	22.58	24.89	29.20	33.78	38.56	43.44		49.15	2 / 8			
reaction time	0.148	interval		3.67	3.56	3.76	3.92		4.11	4.31	4.58	4.78	4.88	5.71			10.99	12.34	14.24
		velocity	7.67	9.54	9.83	9.31	8.93	8.86	8.52	8.12	7.64	7.32	7.17	7.01	8.14		9.55	8.51	7.37
H1 lead leg	R	strides	21	13	13	13	13		13	13	15	15	15		144				
Barr, Thomas (IRL) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																			
date	16-Jul-22	time	6.23	10.16	14.10	17.96	21.96	23.65	26.17	30.53	34.93	39.46	44.06		49.15	8 / 2			
reaction time	0.160	interval		3.93	3.94	3.86	4.00		4.21	4.36	4.40	4.53	4.60	5.09			11.73	12.57	13.53
		velocity	7.22	8.91	8.88	9.07	8.75	8.46	8.31	8.03	7.95	7.73	7.61	7.86	8.14		8.95	8.35	7.76
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	14	17.7	158.7				
Xie Zhiyu (CHN) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Michitaka Kinami Memorial (Osaka, JPN)																			
date	12-May-24	time	6.14	9.81	13.63	17.55	21.55		25.79	30.11	34.48	39.11	43.83		49.15	5 / 3			
reaction time	0.232	interval		3.67	3.82	3.92	4.00		4.24	4.32	4.37	4.63	4.72	5.32			11.41	12.56	13.72
		velocity	7.33	9.54	9.16	8.93	8.75		8.25	8.10	8.01	7.56	7.42	7.52	8.14		9.20	8.36	7.65

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 strides

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Tamesue, Dai (JPN) (1978)																		
FINAL - 2008 Japanese National Championships (Kawasaki, JPN)																		
date	27-Jun-08	time	5.82	9.49	13.38	17.32	21.31	25.45	29.69	34.13	38.78	43.65		49.17	1			
reaction time		interval		3.67	3.89	3.94	3.99	4.14	4.24	4.44	4.65	4.87	5.52			11.50	12.37	13.96
		velocity	7.73	9.54	9.00	8.88	8.77	8.45	8.25	7.88	7.53	7.19	7.25	8.14		9.13	8.49	7.52
H1 lead leg		strides		13	13	13	13	14	14	15	15	15		125				
Barr, Thomas (IRL) (1992)																		
FINAL - 2019 Weltklasse (Zürich, SUI) (TV Analysis)																		
date	29-Aug-19	time	5.98	9.76		17.60	21.62	23.3	25.72	30.06		39.16	43.84	49.17	1 / 6			
reaction time	0.127	interval		3.78		7.84	4.02		4.10	4.34		9.10	4.68	5.33		11.62	12.46	13.78
		velocity	7.53	9.26		8.93	8.71	8.58	8.54	8.06		7.69	7.48	7.50	8.14	9.04	8.43	7.62
H1 lead leg	L	strides	21	13			13		13	14			14	88				
Bassitt, Trevor (USA) (1998)																		
Heat 4 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																		
date	16-Jul-22	time	6.03	9.93		13.86	17.76	21.80	23.45	30.16	34.66	39.26	43.90	49.17	3 / 4			
reaction time	0.146	interval		3.90	3.93	3.90	4.04		8.36	4.50	4.60	4.64	5.27			11.73	12.40	13.74
		velocity	7.46	8.97	8.91	8.97	8.66	8.53	8.37	7.78	7.61	7.54	7.59	8.14		8.95	8.47	7.64
H1 lead leg	R	strides	20	13	13	13	13			13	13	13	16	127				
Smidt, Nick (NED) (1997)																		
FINAL - 2023 FBK Games (Hengelo, NED)																		
date	04-Jun-23	time	5.83	9.55	13.35	17.17	21.08	25.11	29.38	33.82	38.49	43.40		49.17	5 / 2			
reaction time	0.186	interval		3.72	3.80	3.82	3.91	4.03	4.27	4.44	4.67	4.91	5.77			11.34	12.21	14.02
		velocity	7.72	9.41	9.21	9.16	8.95	8.68	8.20	7.88	7.49	7.13	6.93	8.14		9.26	8.60	7.49
H1 lead leg	L	strides	21	13				13	14	14	14	15	18	122				
Griffith, Rasheeme (BAR) (2000)																		
FINAL - 2023 NCAA Championships (Austin, TX) (TV Analysis)																		
date	09-Jun-23	time	6.05	9.74	13.60	17.52	21.54		30.06	34.48	39.09	43.91		49.17	3 / 5			
reaction time		interval		3.69	3.86	3.92	4.02		8.52	4.42	4.61	4.82	5.26			11.47	12.54	13.85
		velocity	7.44	9.49	9.07	8.93	8.71		8.22	7.92	7.59	7.26	7.60	8.14		9.15	8.37	7.58
H1 lead leg	L	strides	21	13	13	13	13	13		14	14	15	18	147				
Rawlinson, Christopher (GBR) (1972)																		
FINAL - 2002 IAAF World Cup (Madrid, ESP)																		
date	20-Sep-02	time	5.83	9.55	13.30	17.13	21.07	25.07	29.44	34.01	38.65	43.46		49.18	3 / 3			
reaction time	0.172	interval		3.72	3.75	3.83	3.94	4.00	4.37	4.57	4.64	4.81	5.72			11.30	12.31	14.02
		velocity	7.72	9.41	9.33	9.14	8.88	8.75	8.01	7.66	7.54	7.28	6.99	8.13		9.29	8.53	7.49
H1 lead leg	R	strides	22	14	14	14	14	14	14	15	15	15	19	170				
McCoy, Reuben (USA) (1986)																		
FINAL - 2008 USA Olympic Trials (Eugene, OR)																		
date	29-Jun-08	time	6.07	9.88	13.68	17.67	21.81	26.01	30.31	34.70	39.12	43.71		49.18	6 / 7			
reaction time		interval		3.81	3.80	3.99	4.14	4.20	4.30	4.39	4.42	4.59	5.47			11.60	12.64	13.40
		velocity	7.41	9.19	9.21	8.77	8.45	8.33	8.14	7.97	7.92	7.63	7.31	8.13		9.05	8.31	7.84
H1 lead leg	R	strides	21	13	13	13	13	14	14	15	15	15		146				
Copello, Yasmani (TUR) (1987)																		
FINAL - 2017 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)																		
date	18-Jun-17	time	6.00	9.72		17.48	21.56	25.72	30.12	34.60	39.20	43.84		49.18	6 / 3			
reaction time	0.178	interval		3.72		7.76	4.08	4.16	4.40	4.48	4.60	4.64	5.34			11.48	12.64	13.72
		velocity	7.50	9.41		9.02	8.58	8.41	7.95	7.81	7.61	7.54	7.49	8.13		9.15	8.31	7.65
H1 lead leg	R	strides	20	13		13		13	14	14	14	14	17.7	132.7				
Green, Jack (GBR) (1991)																		
FINAL - 2018 Commonwealth Games (Gold Coast, AUS) (TV Analysis)																		
date	12-Apr-18	time	6.17	9.97	13.74	17.65	21.75	25.99	30.30	34.70	39.24	43.77		49.18	7 / 4			
reaction time	0.185	interval		3.80	3.77	3.91	4.10	4.24	4.31	4.40	4.54	4.53	5.41			11.48	12.65	13.47
		velocity	7.29	9.21	9.28	8.95	8.54	8.25	8.12	7.95	7.71	7.73	7.39	8.13		9.15	8.30	7.80
H1 lead leg	R	strides	22	14	13	13	14	14	14	14	15	15	19.2	167.2				
Lattin, Amere (USA) (1997)																		
FINAL - 2019 Müller Anniversary Games (London, GBR) (TV Analysis)																		
date	20-Jul-19	time	5.88	9.56	13.32	17.16	21.12	22.9	25.28		34.20	38.96	43.80	49.18	8 / 3			
reaction time	0.140	interval		3.68	3.76	3.84	3.96		4.16		8.92	4.76	4.84	5.38		11.28		
		velocity	7.65	9.51	9.31	9.11	8.84	8.73	8.41		7.85	7.35	7.23	7.43	8.13	9.31		
H1 lead leg	L	strides	21	13	13	13	13		13	13		15	15	17.7	146.7			
McAlister, Chris (GBR) (1995)																		
Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT)																		
date	28-Sep-19	time	6.13	9.96	13.84	17.76	21.82	26.01	30.33	34.80	39.32	43.94		49.18	9 / 5			
reaction time	0.165	interval		3.83	3.88	3.92	4.06	4.19	4.32	4.47	4.52	4.62	5.24	PB		11.63	12.57	13.61
		velocity	7.34	9.14	9.02	8.93	8.62	8.35	8.10	7.83	7.74	7.58	7.63	8.13		9.03	8.35	7.71

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

H1 lead leg	R	strides	22	14	14	14	14	14	15	15	15	15	19	171					
Valliant, Ludvy (FRA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Bauhaus Galan (Stockholm, SWE) (TV Analysis)																			
date	23-Aug-20	time	5.86		13.58	17.68	21.90	23.7	26.14		34.86	39.36	43.92		49.18	3 / 3			
reaction time	0.169	interval			7.72	4.10	4.22		4.24		8.72	4.50	4.56	5.26			11.82		
		velocity	7.68		9.07	8.54	8.29	8.44	8.25		8.03	7.78	7.68	7.60	8.13		8.88		
H1 lead leg	R	strides	21	13		13	14		14		14	14	14	17	134				
Rowe, Shawn (JAM) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																			
date	30-Jul-21	time	5.95	9.66	13.42	17.24	21.23		25.26	29.70	34.16	38.96	43.70		49.18	4 / 3			
reaction time	0.157	interval		3.71	3.76	3.82	3.99		4.03	4.44	4.46	4.80	4.74	5.48			11.29	12.46	14.00
		velocity	7.56	9.43	9.31	9.16	8.77		8.68	7.88	7.85	7.29	7.38	7.30	8.13		9.30	8.43	7.50
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	14	17	158				
Smith, James (USA) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 USA Olympic Trials (Eugene, OR)																			
date	30-Jun-24	time	5.91	9.70	13.65	17.62	21.70	23.49	25.91	30.18	34.54	39.13	43.67		49.18	1 / 5			
reaction time		interval		3.79	3.95	3.97	4.08		4.21	4.27	4.36	4.59	4.54	5.51			11.71	12.56	13.49
		velocity	7.61	9.23	8.86	8.82	8.58	8.51	8.31	8.20	8.03	7.63	7.71	7.26	8.13		8.97	8.36	7.78
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	18	164				
Diagana, Stéphane (FRA) (1969)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1997 European Cup (Munich, GER)																			
date	21-Jun-97	time	6.03	9.80	13.72	17.60	21.60		25.70	30.19	34.74	39.28	43.92		49.19	/ 2			
reaction time		interval		3.77	3.92	3.88	4.00		4.10	4.49	4.55	4.54	4.64	5.27			11.57	12.59	13.73
		velocity	7.46	9.28	8.93	9.02	8.75		8.54	7.80	7.69	7.71	7.54	7.59	8.13		9.08	8.34	7.65
H1 lead leg		strides																	
Williams, Rhys (GBR) (1984)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2010 Commonwealth Games (Dehli, IND)																			
date	10-Oct-10	time	6.2	10.2	14.2	18.3	22.5	24.3	26.8	31.1	35.4	39.9	44.2		49.19	5 / 3			
reaction time	0.214	interval		4.00	4.00	4.10	4.20		4.30	4.30	4.30	4.50	4.30	4.99			12.10	12.80	13.10
		velocity	7.26	8.75	8.75	8.54	8.33	8.23	8.14	8.14	8.14	7.78	8.14	8.02	8.13		8.68	8.20	8.02
H1 lead leg	R	strides	22	14	14	14	14		14	15	15	15	15	18.5	170.5				
Mägi, Rasmus (EST) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																			
date	31-May-18	time	6.04	9.92	13.76	17.68	21.72		25.88	30.28	34.72	39.32	43.92		49.19	9 / 5			
reaction time	0.140	interval		3.88	3.84	3.92	4.04		4.16	4.40	4.44	4.60	4.60	5.27			11.64	12.60	13.64
		velocity	7.45	9.02	9.11	8.93	8.66		8.41	7.95	7.88	7.61	7.61	7.59	8.13		9.02	8.33	7.70
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	17	159				
Kendziera, Dave (USA) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)																			
date	24-Jun-21	time	5.94	9.74	13.61	17.58	21.65		25.89	30.23	34.67	39.17	43.78		49.19	8 / 2			
reaction time	0.250	interval		3.80	3.87	3.97	4.07		4.24	4.34	4.44	4.50	4.61	5.41			11.64	12.65	13.55
		velocity	7.58	9.21	9.04	8.82	8.60		8.25	8.06	7.88	7.78	7.59	7.39	8.13		9.02	8.30	7.75
H1 lead leg	R	strides		13	13	13	13		13	13	14	14	14	17.5	137.5				
Campbell, Luke (GER) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																			
date	30-Jul-21	time	5.77	9.50	13.30	17.26	21.13		25.35	29.67	34.12	38.77	43.56		49.19	4 / 4			
reaction time	0.145	interval		3.73	3.80	3.96	3.87		4.22	4.32	4.45	4.65	4.79	5.63			11.49	12.41	13.89
		velocity	7.80	9.38	9.21	8.84	9.04		8.29	8.10	7.87	7.53	7.31	7.10	8.13		9.14	8.46	7.56
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	18	164				
Nezir, Ismail (TUR) (2003)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 European Athletics U23 Championships (Espoo, FIN)																			
date	16-Jul-23	time	6.10	9.97	13.80	17.67	21.60		25.71	29.87	34.65	38.88	43.67		49.19	5 / 1			
reaction time	0.180	interval		3.87	3.83	3.87	3.93		4.11	4.16	4.78	4.23	4.79	5.52			11.57	12.20	13.80
		velocity	7.38	9.04	9.14	9.04	8.91		8.52	8.41	7.32	8.27	7.31	7.25	8.13		9.08	8.61	7.61
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	14	15	18	158				
Bonvin, Julien (SUI) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																			
date	20-Aug-23	time	5.96	9.73	13.46	17.13	21.13		25.40	29.73	34.23	38.97			49.19	5 / 3			
reaction time	0.188	interval		3.77	3.73	3.67	4.00		4.27	4.33	4.50	4.74		10.22			11.17	12.60	
		velocity	7.55	9.28	9.38	9.54	8.75		8.20	8.08	7.78	7.38		7.34	8.13		9.40	8.33	
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15			131				
McMaster, Kyron (IVB) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2025 Yangtze River Delta Athletics Diamond Gala (Keqiao, CHN)																			
date	03-May-25	time	5.71	9.33	13.03	16.84	20.77		24.92	29.21	33.74	38.54	43.37		49.19	5 / 5			
reaction time	0.139	interval		3.62	3.70	3.81	3.93		4.15	4.29	4.53	4.80	4.83	5.82			11.13	12.37	14.16
		velocity	7.88	9.67	9.46	9.19	8.91		8.43	8.16	7.73	7.29	7.25	6.87	8.13		9.43	8.49	7.42

H1 lead leg	L	strides	20	13	13	13	14	14	14	15	15	17.7	148.7						
Young, Blair (AUS) (1971)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2000 Olympic Games (Sydney, AUS)			<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																
date	25-Sep-00	time	6.12	9.96	13.84	17.68	21.60	23.24	25.84	30.16	34.60	39.24		49.20	8 / 4				
reaction time	0.255	interval	3.84	3.88	3.84	3.92		4.24	4.32	4.44	4.64					11.56	12.48		
		velocity	7.35	9.11	9.02	9.11	8.93	8.61	8.25	8.10	7.88	7.54		8.13		9.08	8.41		
H1 lead leg		strides		13	13	13	13		14	14	15	15		110					
Mori, Fabrizio (ITA) (1969)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2002 European Championships (Munich, GER)			<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																
date	07-Aug-02	time	6.37	10.33	14.29	18.25	22.28		26.41	30.85	35.82	39.49	43.99		49.20	/ 2			
reaction time		interval		3.96	3.96	3.96	4.03		4.13	4.44	4.97	3.67	4.50	5.21			11.88	12.60	13.14
		velocity	7.06	8.84	8.84	8.84	8.68		8.47	7.88	7.04	9.54	7.78	7.68	8.13		8.84	8.33	7.99
H1 lead leg		strides																	
Narisako, Kenji (JPN) (1984)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 Osaka Grand Prix (Osaka, JPN)			<i>Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers</i>																
date	05-May-07	time	5.97	9.66	13.38	17.20	21.14		25.21	29.46	34.08	38.85	43.55		49.20	/ 4			
reaction time		interval		3.69	3.72	3.82	3.94		4.07	4.25	4.62	4.77	4.70	5.65			11.23	12.26	14.09
		velocity	7.54	9.49	9.41	9.16	8.88		8.60	8.24	7.58	7.34	7.45	7.08	8.13		9.35	8.56	7.45
H1 lead leg		strides		13	13	13	13		13	14	14	15	15	123					
Abe, Takatoshi (JPN) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Seiko Golden Grand Prix (Kawasaki, JPN)			<i>Morioka (2018) - Analysis of the race patterns of the top 400m hurdles in Japan</i>																
date	21-May-17	time	5.97	9.67	13.49	17.34	21.31		25.38	29.75	34.22	38.89	43.66		49.20	2 / 2			
reaction time	0.191	interval		3.70	3.82	3.85	3.97		4.07	4.37	4.47	4.67	4.77	5.54			11.37	12.41	13.91
		velocity	7.54	9.46	9.16	9.09	8.82		8.60	8.01	7.83	7.49	7.34	7.22	8.13		9.23	8.46	7.55
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	15	15	18	161				
Clement, Kerron (USA) (1985)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Weltklasse (Zürich, SUI) (TV Analysis)			<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																
date	24-Aug-17	time	5.96	9.68	13.44	17.28	21.32		25.52	29.80	34.16	38.72	43.56		49.20	7 / 4			
reaction time	0.167	interval		3.72	3.76	3.84	4.04		4.20	4.28	4.36	4.56	4.84	5.64			11.32	12.52	13.76
		velocity	7.55	9.41	9.31	9.11	8.66		8.33	8.18	8.03	7.68	7.23	7.09	8.13		9.28	8.39	7.63
H1 lead leg	R	strides	20	13	13	13	13		13	13	13		15	17	143				
dos Santos, Alison Brendon (BRA) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Müller Grand Prix (Birmingham, GBR) (TV Analysis)			<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																
date	18-Aug-19	time	5.96	9.92	13.80	17.80	21.80	23.6	25.92	30.24	34.72	39.36	43.88		49.20	4 / 2			
reaction time	0.152	interval		3.96	3.88	4.00	4.00		4.12	4.32	4.48	4.64	4.52	5.32			11.84	12.44	13.64
		velocity	7.55	8.84	9.02	8.75	8.75	8.47	8.50	8.10	7.81	7.54	7.74	7.52	8.13		8.87	8.44	7.70
H1 lead leg	L	strides	20	13	13	13	13		13	13	14	14	14	17	157				
Valliant, Ludvy (FRA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 The Match - Europe v USA (Minsk, BLR) (TV Analysis)			<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																
date	10-Sep-19	time	6.06	9.80	13.63	17.50	21.56		25.70	30.03	34.53	39.13	43.73		49.20	5 / 3			
reaction time	0.199	interval		3.74	3.83	3.87	4.06		4.14	4.33	4.50	4.60	4.60	5.47			11.44	12.53	13.70
		velocity	7.43	9.36	9.14	9.04	8.62		8.45	8.08	7.78	7.61	7.61	7.31	8.13		9.18	8.38	7.66
H1 lead leg	R	strides		13	13	13	13		13	14	14	14	14	17.5	138.5				
Lattin, Amere (USA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2019 IAAF World Championships (Doha, QAT)			<i>Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships</i>																
date	28-Sep-19	time	5.93	9.71	13.64	17.66	21.74		25.91	30.29	34.66	39.27	43.85		49.20	2 / 6			
reaction time	0.152	interval		3.78	3.93	4.02	4.08		4.17	4.38	4.37	4.61	4.58	5.35			11.73	12.63	13.56
		velocity	7.59	9.26	8.91	8.71	8.58		8.39	7.99	8.01	7.59	7.64	7.48	8.13		8.95	8.31	7.74
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	14	17	158				
Bailey, Aldrich (USA) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	25-Jun-21	time	6.10	9.94	13.84	17.71	21.84		25.99	30.46	34.92	39.50	44.11		49.20	2 / 4			
reaction time	0.188	interval		3.84	3.90	3.87	4.13		4.15	4.47	4.46	4.58	4.61	5.09	PB		11.61	12.75	13.65
		velocity	7.38	9.11	8.97	9.04	8.47		8.43	7.83	7.85	7.64	7.59	7.86	8.13		9.04	8.24	7.69
H1 lead leg	L	strides		13	13	13	13			14	14	14	14	17	125				
Cavanaugh, Caleb (USA) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 NCAA Championships (Austin, TX) (TV Analysis)			<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																
date	09-Jun-23	time	5.85	9.50	13.30	17.18	21.17		25.39	29.86	34.47	39.10	43.84		49.20	9 / 6			
reaction time		interval		3.65	3.80	3.88	3.99		4.22	4.47	4.61	4.63	4.74	5.36			11.33	12.68	13.98
		velocity	7.69	9.59	9.21	9.02	8.77		8.29	7.83	7.59	7.56	7.38	7.46	8.13		9.27	8.28	7.51
H1 lead leg	R	strides	20	13	13	13	13		13	15	15	15	15	17.7	162.7				
Kodama, Yusaka (JPN) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Michitaka Kinami Memorial (Osaka, JPN)			<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season</i>																
date	12-May-24	time	5.91	9.61	13.43	17.33	21.40		25.61	29.91	34.37	38.96	43.74		49.20	6 / 4			
reaction time	0.175	interval		3.70	3.82	3.90	4.07		4.21	4.30	4.46	4.59	4.78	5.46			11.42	12.58	13.83
		velocity	7.61	9.46	9.16	8.97	8.60		8.31	8.14	7.85	7.63	7.32	7.33	8.13		9.19	8.35	7.59

H1 lead leg	R	strides	21	13	13	13	14		14	15	15	15	15	19	167					
Müller, Vít (CZE) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2024 Kamila Skolimowska Memorial (Silesia, POL)															Omega Timing (2024) - diamond league race analysis					
date	25-Aug-24	time	5.88	9.58	13.37	17.26	21.24		25.31	29.60	34.19	38.93	43.68		49.20	1 / 8				
reaction time	0.163	interval		3.70	3.79	3.89	3.98		4.07	4.29	4.59	4.74	4.75	5.52			11.38	12.34	14.08	
		velocity	7.65	9.46	9.23	9.00	8.79		8.60	8.16	7.63	7.38	7.37	7.25	8.13		9.23	8.51	7.46	
H1 lead leg	L	strides	20	13	13	13	13		13				14	15	17.5	131.5				
Hussein, Kariem (SUI) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis)															Henson (2020) - Athlete First: 2016 year end hurdle report					
date	01-Sep-16	time	5.76	9.40	13.12	16.96	20.92		25.00	29.32	33.72	38.40	43.32		49.21	7 / 5				
reaction time	0.147	interval		3.64	3.72	3.84	3.96		4.08	4.32	4.40	4.68	4.92	5.89			11.20	12.36	14.00	
		velocity	7.81	9.62	9.41	9.11	8.84		8.58	8.10	7.95	7.48	7.11	6.79	8.13		9.38	8.50	7.50	
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	15	15	18	161					
Yamauchi, Hiromu (JPN) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)															Henson (2024) - Athlete First: 2021 year end hurdle report					
date	30-Jul-21	time	6.03	9.82	13.73	17.70	21.70		25.87	30.06		39.13	43.80		49.21	8 / 3				
reaction time	0.184	interval		3.79	3.91	3.97	4.00		4.17	4.19		9.07	4.67	5.41			11.67	12.36	13.74	
		velocity	7.46	9.23	8.95	8.82	8.75		8.39	8.35		7.72	7.49	7.39	8.13		9.00	8.50	7.64	
H1 lead leg	L	strides	21	14	14	14	14		14	14	15		15	18.7	153.7					
Elliott, Cass (USA) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 NCAA Championships (Austin, TX) (TV Analysis)															Henson (2023) - Athlete First: 2023 year end hurdle report					
date	09-Jun-23	time	6.14	9.89	13.80	17.76	21.89			30.43	34.88	39.39	44.01		49.21	2 / 7				
reaction time		interval		3.75	3.91	3.96	4.13			8.54	4.45	4.51	4.62	5.20			11.62	12.67	13.58	
		velocity	7.33	9.33	8.95	8.84	8.47			8.20	7.87	7.76	7.58	7.69	8.13		9.04	8.29	7.73	
H1 lead leg	L	strides	21	14	14	14	14				15	15	16	18.5	141.5					
Smith, James (USA) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 NCAA Championships (Austin, TX) (TV Analysis)															Henson (2023) - Athlete First: 2023 year end hurdle report					
date	09-Jun-23	time	5.99	9.76	13.60	17.48	21.50		25.74	30.03	34.47	39.00	43.76		49.21	4 / 8				
reaction time		interval		3.77	3.84	3.88	4.02		4.24	4.29	4.44	4.53	4.76	5.45	PB		11.49	12.55	13.73	
		velocity	7.51	9.28	9.11	9.02	8.71		8.25	8.16	7.88	7.73	7.35	7.34	8.13		9.14	8.37	7.65	
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	18.2	164.2					
Robinson, Chris (USA) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
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	5.92	9.52	13.16	17.04	21.06		25.18	29.62	34.06	38.68	43.46		49.21	2 / 6				
reaction time	0.150	interval		3.60	3.64	3.88	4.02		4.12	4.44	4.44	4.62	4.78	5.75			11.12	12.58	13.84	
		velocity	7.60	9.72	9.62	9.02	8.71		8.50	7.88	7.88	7.58	7.32	6.96	8.13		9.44	8.35	7.59	
H1 lead leg	R	strides	21	13	14	14	14		14	15	15	15	15	19	169					
Akabusi, Kriss (GBR) (1958)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 1 - 1988 Olympic Games (Seoul, KOR)															Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988					
date	24-Sep-88	time	6.14	9.93	13.81	17.74	21.78		25.87	30.11	34.49	39.20	43.92		49.22	6 / 4				
reaction time		interval		3.79	3.88	3.93	4.04		4.09	4.24	4.38	4.71	4.72	5.30			11.60	12.37	13.81	
		velocity	7.33	9.23	9.02	8.91	8.66		8.56	8.25	7.99	7.43	7.42	7.55	8.13		9.05	8.49	7.60	
H1 lead leg		strides	20	13	13	13	13		14	14	14	15	15	18	162					
Woody, Joey (USA) (1973)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2003 USATF National Championships (Palo Alto, CA)															USATF Women's Sprint Development (2003)					
date	22-Jun-03	time	5.87	9.66	13.50	17.47	21.54		25.68	30.06	34.42	38.96	43.61		49.22	3 / 2				
reaction time		interval		3.79	3.84	3.97	4.07		4.14	4.38	4.36	4.54	4.65	5.61			11.60	12.59	13.55	
		velocity	7.67	9.23	9.11	8.82	8.60		8.45	7.99	8.03	7.71	7.53	7.13	8.13		9.05	8.34	7.75	
H1 lead leg		strides																		
Phillips, Isa (JAM) (1984)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2008 IAAF World Athletics Final (Stuttgart, GER)															Graubner (2009) - http://www.fgs.uni-halle.de					
date	13-Sep-08	time	6.09	9.79	13.63	17.63	21.80		26.11	30.35	34.80	39.34	44.00		49.22	2 / 3				
reaction time	0.185	interval		3.70	3.84	4.00	4.17		4.31	4.24	4.45	4.54	4.66	5.22			11.54	12.72	13.65	
		velocity	7.39	9.46	9.11	8.75	8.39		8.12	8.25	7.87	7.71	7.51	7.66	8.13		9.10	8.25	7.69	
H1 lead leg		strides																		
Fernández, Sérgio (ESP) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2016 Athletissime (Laussane, SUI) (TV Analysis)															Henson (2020) - Athlete First: 2016 year end hurdle report					
date	25-Aug-16	time	5.96	9.80	13.73	17.70	21.76		25.93	30.26	34.73	39.26	43.80		49.22	3 / 3				
reaction time	0.146	interval		3.84	3.93	3.97	4.06		4.17	4.33	4.47	4.53	4.54	5.42			11.74	12.56	13.54	
		velocity	7.55	9.11	8.91	8.82	8.62		8.39	8.08	7.83	7.73	7.71	7.38	8.13		8.94	8.36	7.75	
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	14	17	158					
Mägi, Rasmus (EST) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 ISTAF (Berlin, GER) (TV Analysis)															Henson (2020) - Athlete First: 2020 year end hurdle report					
date	13-Sep-20	time	6.00		13.52	17.40		25.60	29.92	34.36	38.92	43.72		49.22	6 / 2					
reaction time	0.238	interval			7.52	3.88		8.20	4.32	4.44	4.56	4.80	5.50				11.40	12.52	13.80	
		velocity	7.50		9.31	9.02		8.54	8.10	7.88	7.68	7.29	7.27	8.13			9.21	8.39	7.61	

H1 lead leg	R	strides	20			13			13	14	14	14		88					
Nathaniel, Ezekiel (NGR) (2003)																			
Semi-Final 1	- 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																		
date	21-Aug-23	time	6.06	9.97	13.63	17.33	21.26	25.40	29.73	34.23		43.67		49.22		9 / 6			
reaction time	0.209	interval		3.91	3.66	3.70	3.93	4.14	4.33	4.50		9.44	5.55				11.27	12.40	13.94
		velocity	7.43	8.95	9.56	9.46	8.91	8.45	8.08	7.78		7.42	7.21	8.13			9.32	8.47	7.53
H1 lead leg	R	strides	21	13	13	13	13	13	14	14			17	131					
Ogawa, Daiki (JPN) (2003)																			
FINAL	- 2024 Michitaka Kinami Memorial (Osaka, JPN)																		
date	12-May-24	time	6.02	9.83	13.71	17.63	21.69	25.89	30.15	34.52	39.04	43.76		49.22		9 / 5			
reaction time	0.171	interval		3.81	3.88	3.92	4.06	4.20	4.26	4.37	4.52	4.72	5.46				11.61	12.52	13.61
		velocity	7.48	9.19	9.02	8.93	8.62	8.33	8.22	8.01	7.74	7.42	7.33	8.13			9.04	8.39	7.71
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	20	172					
Kendziera, Dave (USA) (1994)																			
Semi-Final 3	- 2024 USA Olympic Trials (Eugene, OR)																		
date	28-Jun-24	time	5.90	9.58	13.34	17.21	21.08	25.24	29.53	34.05	38.86	43.58		49.22		8 / 4			
reaction time		interval		3.68	3.76	3.87	3.87	4.16	4.29	4.52	4.81	4.72	5.64	PB			11.31	12.32	14.05
		velocity	7.63	9.51	9.31	9.04	9.04	8.73	8.41	8.16	7.74	7.28	7.42	7.09	8.13		9.28	8.52	7.47
H1 lead leg	R	strides		13	13	13	13	13	13	14	14	14	17.5	137.5					
Mukhobe, Wiseman (KEN) (1997)																			
Semi-Final 3	- 2024 Olympic Games (Paris, FRA)																		
date	07-Aug-24	time	5.82	9.51	13.36	17.21	21.28	25.47	29.83	34.35	39.04	43.74		49.22		4 / 5			
reaction time	0.217	interval		3.69	3.85	3.85	4.07	4.19	4.36	4.52	4.69	4.70	5.48				11.39	12.62	13.91
		velocity	7.73	9.49	9.09	9.09	8.60	8.35	8.03	7.74	7.46	7.45	7.30	8.13			9.22	8.32	7.55
H1 lead leg	R	strides	22	14	14	14	14	14	14	15	15	15	19	170					
Mužik, Jiri (CZE) (1976)																			
Semi-Final 2	- 2000 Olympic Games (Sydney, AUS)																		
date	25-Sep-00	time	5.96	9.88	13.72	17.64	21.76	25.96	30.24	34.68	39.20	43.92		49.23		5 / 5			
reaction time	0.227	interval		3.92	3.84	3.92	4.12	4.20	4.28	4.44	4.52	4.72	5.31				11.68	12.60	13.68
		velocity	7.55	8.93	9.11	8.93	8.50	8.33	8.18	7.88	7.74	7.42	7.53	8.13			8.99	8.33	7.68
H1 lead leg		strides		13	13	13	14	14	14	15	15	15	19.2	145.2					
Carter, James (USA) (1978)																			
FINAL	- 2003 USATF National Championships (Palo Alto, CA)																		
date	22-Jun-03	time	5.82	9.64	13.61	17.68	22.01	26.39	30.70	35.10	39.52	44.03		49.23		6 / 4-3			
reaction time		interval		3.82	3.97	4.07	4.33	4.38	4.31	4.40	4.42	4.51	5.20				11.86	13.02	13.33
		velocity	7.73	9.16	8.82	8.60	8.08	7.99	8.12	7.95	7.92	7.76	7.69	8.13			8.85	8.06	7.88
H1 lead leg		strides																	
Copello, Yasmani (TUR) (1987)																			
FINAL	- 2017 Weltklasse (Zürich, SUI) (TV Analysis)																		
date	24-Aug-17	time	5.84	9.56	13.36		21.28	25.48	29.88	34.40	39.08	43.80		49.23		5 / 5			
reaction time	0.181	interval		3.72	3.80		7.92	4.20	4.40	4.52	4.68	4.72	5.43						13.92
		velocity	7.71	9.41	9.21		8.84	8.33	7.95	7.74	7.48	7.42	7.37	8.13					7.54
H1 lead leg	R	strides	20	13	13			13	14	14		14	17.5	118.5					
Mägi, Rasmus (EST) (1992)																			
FINAL	- 2020 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)																		
date	14-Aug-20	time	6.00	9.74	13.61	17.55		25.79	30.16	34.60	39.24	43.88		49.23		4 / 3			
reaction time	0.146	interval		3.74	3.87	3.94		8.24	4.37	4.44	4.64	4.64	5.35				11.55	12.61	13.72
		velocity	7.50	9.36	9.04	8.88		8.50	8.01	7.88	7.54	7.54	7.48	8.13			9.09	8.33	7.65
H1 lead leg	L	strides	21	13	13	13			14	14	14	14	17.2	133.2					
Valliant, Ludvy (FRA) (1995)																			
Heat 1	- 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																		
date	30-Jul-21	time	5.83	9.53	13.40	17.30	21.40	25.57	29.90	34.40	38.98	43.78		49.23		5 / 5			
reaction time	0.152	interval		3.70	3.87	3.90	4.10	4.17	4.33	4.50	4.58	4.80	5.45				11.47	12.60	13.88
		velocity	7.72	9.46	9.04	8.97	8.54	8.39	8.08	7.78	7.64	7.29	7.34	8.13			9.15	8.33	7.56
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	14	17	159					
Kendziera, Dave (USA) (1994)																			
Heat 4	- 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																		
date	30-Jul-21	time	6.00	9.76	13.56	17.50	21.53	25.70	30.10		39.15	43.85		49.23		6 / 4			
reaction time	0.192	interval		3.76	3.80	3.94	4.03	4.17	4.40		9.05	4.70	5.38				11.50	12.60	13.75
		velocity	7.50	9.31	9.21	8.88	8.68	8.39	7.95		7.73	7.45	7.43	8.13			9.13	8.33	7.64
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	14	18	145					
Abuaku, Joshua (GER) (1996)																			
FINAL	- 2023 FBK Games (Hengelo, NED)																		
date	04-Jun-23	time	5.83	9.51	13.27	17.07	21.02	25.23	29.62	34.17	38.87	43.70		49.23		8 / 3			
reaction time	0.207	interval		3.68	3.76	3.80	3.95	4.21	4.39	4.55	4.70	4.83	5.53				11.24	12.55	14.08
		velocity	7.72	9.51	9.31	9.21	8.86	8.31	7.97	7.69	7.45	7.25	7.23	8.13			9.34	8.37	7.46

H1 lead leg	L	strides	20	13	13	13	13		13	14	14	15	15	18	161					
Edlund, Oskar (SWE) (2002)																				
FINAL - 2024 NCAA Championships (Eugene, OR) (TV Analysis)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	07-Jun-24	time	5.95	9.61	13.35	17.16	21.09		25.27	29.66	34.16	38.80	43.64		49.23	9 / 5				
reaction time		interval		3.66	3.74	3.81	3.93		4.18	4.39	4.50	4.64	4.84	5.59			11.21	12.50	13.98	
		velocity	7.56	9.56	9.36	9.19	8.91		8.37	7.97	7.78	7.54	7.23	7.16	8.13		9.37	8.40	7.51	
H1 lead leg	L	strides		13	13	13	13		14	14	15	15	15	18.5	143.5					
Akçam, Berke (TUR) (2002)																				
FINAL - 2024 Meeting de Paris (Paris, FRA)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	07-Jul-24	time	5.84	9.80	13.82	17.74	21.82		26.00	30.31	34.69	39.25	43.81		49.23	8 / 8				
reaction time	0.144	interval		3.96	4.02	3.92	4.08		4.18	4.31	4.38	4.56	4.56	5.42			11.90	12.57	13.50	
		velocity	7.71	8.84	8.71	8.93	8.58		8.37	8.12	7.99	7.68	7.68	7.38	8.13		8.82	8.35	7.78	
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15		146					
Schubert, Rainer (FRG) (1941)																				
Heat 3 - 1968 Olympic Games (Mexico City, MEX) (Altitude)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	13-Oct-68	time	6.1	9.9	13.7	17.7	21.7	23.4	26.0	30.4	34.8	39.1	43.6		49.1	1 / 2				
reaction time		interval		3.8	3.8	4.0	4.0		4.3	4.4	4.4	4.3	4.5	5.5	PB		11.60	12.70	13.20	
		velocity	7.38	9.21	9.21	8.75	8.75	8.55	8.14	7.95	7.95	8.14	7.78	7.27	8.15	(49.15)	9.05	8.27	7.95	
H1 lead leg		strides																		
Hennige, Gerhard (FRG) (1940)																				
Semi-Final 2 - 1968 Olympic Games (Mexico City, MEX) (Altitude)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	14-Oct-68	time	6.1	9.9	13.7	17.7	21.9	23.6	26.0	30.3	34.6	39.0	43.6		49.1	1 / 1				
reaction time		interval		3.8	3.8	4.0	4.2		4.1	4.3	4.3	4.4	4.6	5.5	(49.16)		11.60	12.60	13.30	
		velocity	7.38	9.21	9.21	8.75	8.33	8.47	8.54	8.14	8.14	7.95	7.61	7.27	8.15		9.05	8.33	7.89	
H1 lead leg		strides																		
Skomorokhov, Vyacheslav (URS) (19)																				
FINAL - 1968 Olympic Games (Mexico City, MEX) (Altitude)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	15-Oct-68	time	6.1	9.9	13.7	17.5	21.5	23.4	25.6	30.0	34.6	39.2	43.8		49.1	5 / 5				
reaction time		interval		3.80	3.80	3.80	4.00		4.10	4.40	4.60	4.60	4.60	5.30	(49.12)		11.40	12.50	13.80	
		velocity	7.38	9.21	9.21	9.21	8.75	8.55	8.54	7.95	7.61	7.61	7.61	7.55	8.15		9.21	8.40	7.61	
H1 lead leg	L	strides	21	13	13	13	13		13	15	15	15	15	18	164					
Iakovákis, Periklís (GRE) (1979)																				
Heat 1 - 2002 European Championships (Munich, GER)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	07-Aug-02	time			13.85	17.89	21.97		26.19	30.77	34.88	39.43	44.07		49.24	1 / 3				
reaction time		interval				4.04	4.08		4.22	4.58	4.11	4.55	4.64	5.17				12.88	13.30	
		velocity			8.30	8.66	8.58		8.29	7.64	8.52	7.69	7.54	7.74	8.12			8.15	7.89	
H1 lead leg		strides																		
Jackson, Bershawn (USA) (1983)																				
FINAL - 2011 IAAF World Championships (Daegu, KOR)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	01-Sep-11	time	5.7	9.3	13.3	17.2	21.2		25.4	29.6	33.8	38.4	43.3		49.24	5 / 6				
reaction time	0.151	interval		3.6	4.0	3.9	4.0		4.2	4.2	4.2	4.6	4.9	5.9			11.50	12.40	13.70	
		velocity	7.89	9.72	8.75	8.97	8.75		8.33	8.33	8.33	7.61	7.14	6.73	8.12		9.13	8.47	7.66	
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	17	20	179				
Mörö, Oskari (FIN) (1993)																				
FINAL - 2016 European Championships (Amsterdam, NED) (TV Analysis)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	08-Jul-16	time	6.04	9.84	13.68	17.64	21.68		25.92	30.16	34.60	39.24	43.92		49.24	7 / 4				
reaction time	0.155	interval		3.80	3.84	3.96	4.04		4.24	4.24	4.44	4.64	4.68	5.32			11.60	12.52	13.76	
		velocity	7.45	9.21	9.11	8.84	8.66		8.25	8.25	7.88	7.54	7.48	7.52	8.12		9.05	8.39	7.63	
H1 lead leg	L	strides	21	14	14	13	13		14		15	15	15	18.2	152.2					
McMaster, Kyron (IVB) (1997)																				
Heat 1 - 2024 Olympic Games (Paris, FRA)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	05-Aug-24	time	5.71	9.37	13.13	16.94	20.86		25.01	29.38	34.00	38.82	43.71		49.24	2 / 3				
reaction time	0.166	interval		3.66	3.76	3.81	3.92		4.15	4.37	4.62	4.82	4.89	5.53			11.23	12.44	14.33	
		velocity	7.88	9.56	9.31	9.19	8.93		8.43	8.01	7.58	7.26	7.16	7.23	8.12		9.35	8.44	7.33	
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	17	159					
Allen, CJ (USA) (1995)																				
FINAL - 2025 Yangtze River Delta Athletics Diamond Gala (Keqiao, CHN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	03-May-25	time	5.81	9.51	13.38	17.30	21.30		25.44	29.68	34.07	38.80	43.62		49.24	3 / 6				
reaction time	0.129	interval		3.70	3.87	3.92	4.00		4.14	4.24	4.39	4.73	4.82	5.62			11.49	12.38	13.94	
		velocity	7.75	9.46	9.04	8.93	8.75		8.45	8.25	7.97	7.40	7.26	7.12	8.12		9.14	8.48	7.53	
H1 lead leg	L	strides	19			13	13		13	13	14	16	15	17.5	133.5					
Akii-Bua, John (UGA) (1949)																				
Semi-Final 1 - 1972 Olympic Games (Munich, FRG)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	02-Sep-72	time					21.0			29.9					43.6	49.25	2 / 1			
reaction time		interval								8.90			13.70	5.65					13.70	
		velocity					8.81			7.87			7.66	7.08	8.12				7.66	

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

H1 lead leg	L	strides	20	13	13	13	13	13	14	14	15	18	146						
Ogawa, Daiki (JPN) (2003)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Repechage 1 - 2024 Olympic Games (Paris, FRA)																			
date	07-Aug-24	time	5.84	9.67	13.57	17.57	21.62		25.82	30.13	34.60	39.18	43.85		49.25	3 / 5			
reaction time	0.136	interval		3.83	3.90	4.00	4.05		4.20	4.31	4.47	4.58	4.67	5.40			11.73	12.56	13.72
		velocity	7.71	9.14	8.97	8.75	8.64		8.33	8.12	7.83	7.64	7.49	7.41	8.12		8.95	8.36	7.65
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	19	169				
Metivier, Malik (CAN) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)																			
date	11-Jun-21	time	5.90	9.57		17.33	21.35		25.60	30.17	34.77	39.43	44.10		49.26	4 / 5			
reaction time	0.144	interval		3.67		7.76	4.02		4.25	4.57	4.60	4.66	4.67	5.16	PB		11.43	12.84	13.93
		velocity	7.63	9.54		9.02	8.71		8.24	7.66	7.61	7.51	7.49	7.75	8.12		9.19	8.18	7.54
H1 lead leg	R	strides	22	13			13		14	14	15	15	15	18.2	139.2				
Tamesue, Dai (JPN) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2005 Japanese Championships (Tokyo, JPN)																			
date	04-Jun-05	time	5.83	9.53	13.40	17.34	21.43		25.58	29.87	34.39	39.04	43.83		49.27	1 / 1			
reaction time		interval		3.70	3.87	3.94	4.09		4.15	4.29	4.52	4.65	4.79	5.44			11.51	12.53	13.96
		velocity	7.72	9.46	9.04	8.88	8.56		8.43	8.16	7.74	7.53	7.31	7.35	8.12		9.12	8.38	7.52
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				
Taylor, Angelo (USA) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 IAAF World Athletics Final (Stuttgart, GER)																			
date	22-Sep-07	time	6.34	9.94	13.72	17.54	21.52		25.80	30.44	35.09	39.64	44.18		49.27	8 / 5			
reaction time	0.152	interval		3.60	3.78	3.82	3.98		4.28	4.64	4.65	4.55	4.54	5.09			11.20	12.90	13.74
		velocity	7.10	9.72	9.26	9.16	8.79		8.18	7.54	7.53	7.69	7.71	7.86	8.12		9.38	8.14	7.64
H1 lead leg		strides																	
Culson, Javier (PUR) (1984)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2009 IAAF World Championships (Berlin, GER)																			
date	15-Aug-09	time	6.02	9.79	13.60	17.66	21.86		26.13	30.49	34.97	39.47	44.11		49.27	1 / 1			
reaction time	0.212	interval		3.77	3.81	4.06	4.20		4.27	4.36	4.48	4.50	4.64	5.16			11.64	12.83	13.62
		velocity	7.48	9.28	9.19	8.62	8.33		8.20	8.03	7.81	7.78	7.54	7.75	8.12		9.02	8.18	7.71
H1 lead leg		strides																	
Kishimoto, Takayuki (JPN) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Race A - 2011 Shizuoka International Athletics Meeting (Fukuroi, JPN)																			
date	03-May-11	time	5.97	9.76	13.66	17.66	21.85		26.09	30.38	34.75	39.35	43.96		49.27	1 / 2			
reaction time		interval		3.79	3.90	4.00	4.19		4.24	4.29	4.37	4.60	4.61	5.31	PB		11.69	12.72	13.58
		velocity	7.54	9.23	8.97	8.75	8.35		8.25	8.16	8.01	7.61	7.59	7.53	8.12		8.98	8.25	7.73
H1 lead leg		strides		13	13	13	14		14	14	14	15	15		125				
Kendziera, Dave (USA) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Bislett Games (Oslo, NOR) (TV Analysis)																			
date	13-Jun-19	time	5.88	9.68	13.58		21.55	23.3	25.69	30.02	34.39	39.04	43.74		49.27	4 / 4			
reaction time	0.163	interval		3.80	3.90		7.97		4.14	4.33	4.37	4.65	4.70	5.53					13.72
		velocity	7.65	9.21	8.97		8.78	8.58	8.45	8.08	8.01	7.53	7.45	7.23	8.12				7.65
H1 lead leg	R	strides	20	13	13				13	13	13	14	14	18	131				
Warholm, Karsten (NOR) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)																			
date	27-Sep-19	time	5.72	9.48	13.28	17.16	21.24			29.68	34.04	38.76	43.64		49.27	4 / 1			
reaction time	0.161	interval		3.76	3.80	3.88	4.08			8.44	4.36	4.72	4.88	5.63			11.44	12.52	13.96
		velocity	7.87	9.31	9.21	9.02	8.58			8.29	8.03	7.42	7.17	7.10	8.12		9.18	8.39	7.52
H1 lead leg	L	strides	20	13	13	13	13				13	15	15	17	132				
Samuel, Cameron (USA) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)																			
date	26-Jun-21	time	5.84	9.67	13.48	17.45	21.59		25.82	30.26	34.78	39.34	43.91		49.27	7 / 7			
reaction time	0.199	interval		3.83	3.81	3.97	4.14		4.23	4.44	4.52	4.56	4.57	5.36			11.61	12.81	13.65
		velocity	7.71	9.14	9.19	8.82	8.45		8.27	7.88	7.74	7.68	7.66	7.46	8.12		9.04	8.20	7.69
H1 lead leg	R	strides		14	14	14	14		14	15	15		15		115				
Happio, Wilfried (FRA) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - FINAL - 2022 Prefontaine Classic (Eugene, OR) (TV Analysis)																			
date	05-Jun-22	time	5.87	9.50	13.27	17.17	21.20	22.90	25.30	29.80	34.30	39.07	43.83		49.27	2 / 3			
reaction time	0.143	interval		3.63	3.77	3.90	4.03		4.10	4.50	4.50	4.77	4.76	5.44			11.30	12.63	14.03
		velocity	7.67	9.64	9.28	8.97	8.68	8.73	8.54	7.78	7.78	7.34	7.35	7.35	8.12		9.29	8.31	7.48
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	15	15		143				
Lahoulou, Abdelmalik (ALG) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Bislett Games (Oslo, NOR)																			
date	15-Jun-23	time	5.94		9.59	13.26	17.04	20.97		25.07	29.40	33.90	38.57	43.47		49.27	8 / 7		
reaction time	0.178	interval		3.65	3.67	3.78	3.93		4.10	4.33	4.50	4.67	4.90	5.80			11.10	12.36	14.07
		velocity	7.58	9.59	9.54	9.26	8.91		8.54	8.08	7.78	7.49	7.14	6.90	8.12		9.46	8.50	7.46

H1 lead leg	L	strides	22	13	13	13	13	14	15	103									
Schmid, Harald (FRG) (1957)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 1987 IAAF World Championships (Rome, ITA)			Sušanka (1990) - time analysis of the 400m hurdles - Rome 1987 Scientific Report (2nd ed)																
date	30-Aug-87	time	6.10	9.89	13.82	17.79	21.95		26.23	30.65	35.08	39.68	44.28		49.28	5 / 1			
reaction time		interval		3.79	3.93	3.97	4.16		4.28	4.42	4.43	4.60	4.60	5.00			11.69	12.86	13.63
		velocity	7.38	9.23	8.91	8.82	8.41		8.18	7.92	7.90	7.61	7.61	8.00	8.12		8.98	8.16	7.70
H1 lead leg	L	strides	21	13	13	13	13		13	13	13	14	14	16.9	156.9				
Matete, Samuel (ZAM) (1968)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 1999 IAAF World Championships (Sevilla, ESP)			Sanchez (1999) - Sevilla '99: análisis de la carreras con villas																
date	25-Aug-99	time	5.68	9.44	13.23	17.25	21.31		25.38	29.66	34.10	38.59	43.28		49.28	3 / 6			
reaction time	0.169	interval		3.76	3.79	4.02	4.06		4.07	4.28	4.44	4.49	4.69	6.00			11.57	12.41	13.62
		velocity	7.92	9.31	9.23	8.71	8.62		8.60	8.18	7.88	7.80	7.46	6.67	8.12		9.08	8.46	7.71
H1 lead leg	L	strides	21	13	13	13	13		13	13	13	15	15	18.5	160.5				
Al-Somaily, Hadi Sou'an (KSA) (1976)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 6 - 2000 Olympic Games (Sydney, AUS)			Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games																
date	24-Sep-00	time	5.98	9.66	13.50	17.38	21.34		25.42	29.78	34.34	38.98	43.70		49.28	1 / 1			
reaction time	0.174	interval		3.68	3.84	3.88	3.96		4.08	4.36	4.56	4.64	4.72	5.58			11.40	12.40	13.92
		velocity	7.53	9.51	9.11	9.02	8.84		8.58	8.03	7.68	7.54	7.42	7.17	8.12		9.21	8.47	7.54
H1 lead leg		strides	21	13	13	13	13		13	13	14	14	14	17.7	158.7				
Goller, Thomas (GER) (1977)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2000 Olympic Games (Sydney, AUS)			Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games																
date	25-Sep-00	time	5.90	9.58	13.50	17.42	21.38	22.90	25.50	29.82	34.30	38.94	43.66		49.28	3 / 6			
reaction time	0.152	interval		3.68	3.92	3.92	3.96		4.12	4.32	4.48	4.64	4.72	5.62			11.52	12.40	13.84
		velocity	7.63	9.51	8.93	8.93	8.84	8.73	8.50	8.10	7.81	7.54	7.42	7.12	8.12		9.11	8.47	7.59
H1 lead leg		strides	21	13	13	13	13		13	14	14	15	15	18	162				
Mužik, Jiri (CZE) (1976)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2002 IAAF World Cup (Madrid, ESP)			Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas																
date	20-Sep-02	time	6.08	9.93	13.91	17.81	21.94		26.05	30.23	34.65	39.23	43.86		49.28	4 / 4			
reaction time	0.185	interval		3.85	3.98	3.90	4.13		4.11	4.18	4.42	4.58	4.63	5.42			11.73	12.42	13.63
		velocity	7.40	9.09	8.79	8.97	8.47		8.52	8.37	7.92	7.64	7.56	7.38	8.12		8.95	8.45	7.70
H1 lead leg	L	strides	21	14	14	14	14		14	14	14	15	15	18.5	167.5				
Kishimoto, Takayuki (JPN) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 Japanese National Championships (Kumagaya, JPN)			Yasuho (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11																
date	11-Jun-11	time	5.94	9.74	13.63	17.62	21.81		25.91	30.21	34.63	39.23	43.92		49.28	1 / 1			
reaction time		interval		3.80	3.89	3.99	4.19		4.10	4.30	4.42	4.60	4.69	5.36			11.68	12.59	13.71
		velocity	7.58	9.21	9.00	8.77	8.35		8.54	8.14	7.92	7.61	7.46	7.46	8.12		8.99	8.34	7.66
H1 lead leg		strides		13	13	13	14		14	14	14	15	15		125				
Mägi, Rasmus (EST) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Weltklasse (Zürich, SUI) (TV Analysis)			Henson (2020) - Athlete First: 2018 year end hurdle report																
date	30-Aug-18	time	5.92	9.68	13.44	17.36	21.40	23.3	25.56	30.04		39.20	43.88		49.28	7 / 4			
reaction time	0.176	interval		3.76	3.76	3.92	4.04		4.16	4.48		9.16	4.68	5.40			11.44	12.68	13.84
		velocity	7.60	9.31	9.31	8.93	8.66	8.58	8.41	7.81		7.64	7.48	7.41	8.12		9.18	8.28	7.59
H1 lead leg	L	strides	21	13	13	13	13		13	14	14		14		128				
Ledgister, Leonardo (JAM) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)			Henson (2021) - Athlete First: 2021 year end hurdle report																
date	11-Jun-21	time	5.97	9.60		17.17	21.10		25.20	29.50	34.03	38.80	43.77		49.28	3 / 6			
reaction time	0.228	interval		3.63		7.57	3.93		4.10	4.30	4.53	4.77	4.97	5.51			11.20	12.33	14.27
		velocity	7.54	9.64		9.25	8.91		8.54	8.14	7.73	7.34	7.04	7.26	8.12		9.38	8.52	7.36
H1 lead leg	R	strides	22	14			14		14	15	15	16	16	18.2	144.2				
Rosser, Khalifah (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)			Henson (2021) - Athlete First: 2021 year end hurdle report																
date	24-Jun-21	time	5.77	9.44	13.18	17.08	21.19		25.42	29.79	34.16	38.77	43.61		49.28	5 / 3			
reaction time	0.246	interval		3.67	3.74	3.90	4.11		4.23	4.37	4.37	4.61	4.84	5.67			11.31	12.71	13.82
		velocity	7.80	9.54	9.36	8.97	8.52		8.27	8.01	8.01	7.59	7.23	7.05	8.12		9.28	8.26	7.60
H1 lead leg	R	strides		13	13	13	13		14	14	14	14	14	18	140				
Happio, Wilfried (FRA) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis)			Henson (2021) - Athlete First: 2021 year end hurdle report																
date	04-Jul-21	time	5.80	9.56	13.40	17.24	21.20	23.0	25.28		34.04	38.88	43.64		49.28	2 / 6			
reaction time	0.136	interval		3.76	3.84	3.84	3.96		4.08		8.76	4.84	4.76	5.64			11.44		
		velocity	7.76	9.31	9.11	9.11	8.84	8.70	8.58		7.99	7.23	7.35	7.09	8.12		9.18		
H1 lead leg	L	strides	20	13	13	13	13		13	13		15	15	18	146				
Kishimoto, Takayuki (JPN) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Seiko Golden Grand Prix (Yokohama, JPN)			Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season																
date	21-May-23	time	5.84	9.51	13.31	17.35	21.50		25.71	29.91	34.32	38.97	43.78		49.28	8 / 3			
reaction time	0.138	interval		3.67	3.80	4.04	4.15		4.21	4.20	4.41	4.65	4.81	5.50			11.51	12.56	13.87
		velocity	7.71	9.54	9.21	8.66	8.43		8.31	8.33	7.94	7.53	7.28	7.27	8.12		9.12	8.36	7.57

H1 lead leg	R	strides	21	13	13	13	13	14	14	15	15	15	18	164					
Kodama, Yusaka (JPN) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Japanese National Championships (Niigata, JPN)			Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season																
date	28-Jun-24	time	5.94	9.68	13.45	17.37	21.45		25.63	29.93	34.40	38.97	43.74		49.28	8 / 4			
reaction time	0.173	interval		3.74	3.77	3.92	4.08		4.18	4.30	4.47	4.57	4.77	5.54			11.43	12.56	13.81
		velocity	7.58	9.36	9.28	8.93	8.58		8.37	8.14	7.83	7.66	7.34	7.22	8.12		9.19	8.36	7.60
H1 lead leg	R	strides	21	13	13	13	14		14	15	15	15	15		148				
Gorban, Boris (RUS) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2000 Olympic Games (Sydney, AUS)			Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games																
date	25-Sep-00	time	5.94	9.74	13.66	17.62	21.66	23.18	25.74	30.02	34.54	39.14	43.86		49.29	5 / 5			
reaction time	0.454	interval		3.80	3.92	3.96	4.04		4.08	4.28	4.52	4.60	4.72	5.43			11.68	12.40	13.84
		velocity	7.58	9.21	8.93	8.84	8.66	8.63	8.58	8.18	7.74	7.61	7.42	7.37	8.12		8.99	8.47	7.59
H1 lead leg		strides	20	13	13	13	13		13	14	14	14	14	17.5	158.5				
Taylor, Angelo (USA) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2012 Olympic Games (London, GBR)			Haines (2012) - mikehainesperformance.wordpress.com/2012/08/05/broadening-my-horizons-400m-hurdles-analysis																
date	03-Aug-12	time	5.92	9.44	13.26	17.06	21.02	22.62	25.24	29.66	34.08	38.68	43.64		49.29	3 / 1			
reaction time	0.187	interval		3.52	3.82	3.80	3.96		4.22	4.42	4.42	4.60	4.96	5.65			11.14	12.60	13.98
		velocity	7.60	9.94	9.16	9.21	8.84		8.29	7.92	7.92	7.61	7.06	7.08	8.12		9.43	8.33	7.51
H1 lead leg		strides	21	13	13	13	13		14	14	14	14	14	18	161				
Green, Jack (GBR) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)			Henson (2020) - Athlete First: 2017 year end hurdle report																
date	18-Jun-17	time	6.08	9.88	13.60	17.44	21.48		25.76	30.12	34.60	39.16	43.80		49.29	8 / 4			
reaction time	0.203	interval		3.80	3.72	3.84	4.04		4.28	4.36	4.48	4.56	4.64	5.49			11.36	12.68	13.68
		velocity	7.40	9.21	9.41	9.11	8.66		8.18	8.03	7.81	7.68	7.54	7.29	8.12		9.24	8.28	7.68
H1 lead leg	R	strides	22	14	13	13	14		14	15	15	15	15	19.2	169.2				
Robinson, Byron (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Müller Anniversary Games (London, GBR) (TV Analysis)			Henson (2020) - Athlete First: 2019 year end hurdle report																
date	20-Jul-19	time	5.84	9.52	13.32	17.28	21.36	23.0	25.52		34.00	38.52	43.32		49.29	5 / 4			
reaction time	0.154	interval		3.68	3.80	3.96	4.08		4.16		8.48	4.52	4.80	5.97			11.44		
		velocity	7.71	9.51	9.21	8.84	8.58	8.70	8.41		8.25	7.74	7.29	6.70	8.12		9.18		
H1 lead leg	L	strides	22	15	15	15	15		15			15	15	20	147				
Kendziera, Dave (USA) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Müller Grand Prix (Birmingham, GBR) (TV Analysis)			Henson (2020) - Athlete First: 2019 year end hurdle report																
date	18-Aug-19	time	5.84	9.68	13.52	17.36	21.28	23.1	25.40	29.76	34.32	38.92	43.68		49.29	7 / 3			
reaction time	0.130	interval		3.84	3.84	3.84	3.92		4.12	4.36	4.56	4.60	4.76	5.61			11.52	12.40	13.92
		velocity	7.71	9.11	9.11	9.11	8.93	8.66	8.50	8.03	7.68	7.61	7.35	7.13	8.12		9.11	8.47	7.54
H1 lead leg	R	strides	20	13	13	13	13		13	13	14	14	15	18.5	159.5				
Kishimoto, Takayuki (JPN) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese National Championships (Osaka, JPN)			Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																
date	26-Jun-21	time	5.92	9.71	13.61	17.63	21.72		25.93	30.23	34.70	39.20	43.88		49.29	8 / 3			
reaction time	0.156	interval		3.79	3.90	4.02	4.09		4.21	4.30	4.47	4.50	4.68	5.41			11.71	12.60	13.65
		velocity	7.60	9.23	8.97	8.71	8.56		8.31	8.14	7.83	7.78	7.48	7.39	8.12		8.97	8.33	7.69
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	18	164				
Copello, Yasmani (TUR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - FINAL - 2022 Prefontaine Classic (Eugene, OR) (TV Analysis)			Henson (2022) - Athlete First: 2022 year end hurdle report																
date	05-Jun-22	time	5.87	9.60	13.30	17.20	21.17	22.89	25.27	29.67	34.17	38.87	43.67		49.29	5 / 4			
reaction time	0.177	interval		3.73	3.70	3.90	3.97		4.10	4.40	4.50	4.70	4.80	5.62			11.33	12.47	14.00
		velocity	7.67	9.38	9.46	8.97	8.82	8.74	8.54	7.95	7.78	7.45	7.29	7.12	8.12		9.27	8.42	7.50
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	14	14		141				
Kendziera, Dave (USA) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Seashore Doha Meeting (Doha, QAT)			Omega Timing (2024) - diamond league race analysis																
date	10-May-24	time	5.81	9.52	13.30	17.16	21.15		25.29	29.59	34.13	38.79	43.57		49.29	8 / 4			
reaction time	0.165	interval		3.71	3.78	3.86	3.99		4.14	4.30	4.54	4.66	4.78	5.72			11.35	12.43	13.98
		velocity	7.75	9.43	9.26	9.07	8.77		8.45	8.14	7.71	7.51	7.32	6.99	8.12		9.25	8.45	7.51
H1 lead leg	R	strides	20	13	13	13	13		13	13	14	14	14	18	158				
Song Jiahui (CHN) (2002)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Chinese National Championships (Quzhou, CHN)			Shandong Athletics Sport Science (2024)																
date	16-Sep-24	time	6.07	9.86	13.68	17.58	21.60		25.72	29.96	34.38	39.00	43.86		49.29	6 / 1			
reaction time	0.197	interval		3.79	3.82	3.90	4.02		4.12	4.24	4.42	4.62	4.86	5.43	PB		11.51	12.38	13.90
		velocity	7.41	9.23	9.16	8.97	8.71		8.50	8.25	7.92	7.58	7.20	7.37	8.12		9.12	8.48	7.55
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	14	14	18.2	157.2				
Kawakita, Naohiro (JPN) (1980)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2006 Seiko Super Grand Prix (Yokohama, JPN)			Yasunori (2007) - race pattern analysis of top Japanese 400m hurdlers																
date	24-Sep-06	time	6.06	9.83	13.63	17.57	21.66		26.04	30.41	34.88	39.47	44.09		49.30	/ 2			
reaction time		interval		3.77	3.80	3.94	4.09		4.38	4.37	4.47	4.59	4.62	5.21			11.51	12.84	13.68
		velocity	7.43	9.28	9.21	8.88	8.56		7.99	8.01	7.83	7.63	7.58	7.68	8.11		9.12	8.18	7.68

H1 lead leg	strides	13	13	13	13		14	14	15	15	15		125						
Clement, Kerron (USA) (1985)																			
FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis)										<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>									
date	07-Jun-18	time	5.84	9.56	13.32	17.20	21.32	23.1	25.64	30.04	34.56	39.20	43.84		49.30	6 / 5			
reaction time	0.159	interval		3.72	3.76	3.88	4.12		4.32	4.40	4.52	4.64	4.64	5.46			11.36	12.84	13.80
		velocity	7.71	9.41	9.31	9.02	8.50	8.66	8.10	7.95	7.74	7.54	7.54	7.33	8.11		9.24	8.18	7.61
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16	153				
Kishimoto, Takayuki (JPN) (1990)																			
FINAL - 2018 Japanese National Championships (Yamaguchi, JPN)										<i>Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018</i>									
date	23-Jun-18	time	5.82	9.52	13.36	17.30	21.44		25.71	30.05	34.57	39.14	43.86		49.30	4 / 1			
reaction time	0.148	interval		3.70	3.84	3.94	4.14		4.27	4.34	4.52	4.57	4.72	5.44			11.48	12.75	13.81
		velocity	7.73	9.46	9.11	8.88	8.45		8.20	8.06	7.74	7.66	7.42	7.35	8.11		9.15	8.24	7.60
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	18.5	164.5				
Barr, Thomas (IRL) (1992)																			
Semi-Final 1 - 2022 European Athletics Championships (Munich, GER)										<i>European Athletics (2022) - european athletics championships race analysis</i>									
date	18-Aug-22	time	6.03	9.84	13.67	17.56	21.52	23.31	25.67	30.09	34.64	39.20	43.90		49.30	8 / 3			
reaction time	0.208	interval		3.81	3.83	3.89	3.96		4.15	4.42	4.55	4.56	4.70	5.40			11.53	12.53	13.81
		velocity	7.46	9.19	9.14	9.00	8.84	8.58	8.43	7.92	7.69	7.68	7.45	7.41	8.11		9.11	8.38	7.60
H1 lead leg	L	strides	20	13		13			13	14	14	14	14	18	133				
Mukhobe, Wiseman (KEN) (1997)																			
FINAL - 2024 Seiko Golden Grand Prix (Tokyo, JPN)										<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season</i>									
date	19-May-24	time	5.79	9.58	13.38	17.20	21.29		25.58	29.91	34.30	38.86	43.66		49.30	7 / 5			
reaction time	0.186	interval		3.79	3.80	3.82	4.09		4.29	4.33	4.39	4.56	4.80	5.64			11.41	12.71	13.75
		velocity	7.77	9.23	9.21	9.16	8.56		8.16	8.08	7.97	7.68	7.29	7.09	8.11		9.20	8.26	7.64
H1 lead leg	R	strides	22	14	14	13	15		15	15	15	15	15	19	172				
Inoue, Shunta (JPN) (2002)																			
FINAL - 2024 Japanese National Championships (Niigata, JPN)										<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season</i>									
date	28-Jun-24	time	5.97	9.68	13.46	17.42	21.39		25.53	29.80	34.30	38.97	43.74		49.30	2 / 5			
reaction time	0.227	interval		3.71	3.78	3.96	3.97		4.14	4.27	4.50	4.67	4.77	5.56			11.45	12.38	13.94
		velocity	7.54	9.43	9.26	8.84	8.82		8.45	8.20	7.78	7.49	7.34	7.19	8.11		9.17	8.48	7.53
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	18.5	164.5				
Ferguson, Kenneth (USA) (1984)																			
Heat 4 - 2007 USATF National Championships (Indianapolis, IN)										<i>USATF Men's Hurdle Development (2007)</i>									
date	21-Jun-07	time	6.11	9.79	13.60	17.57	21.72		26.21	30.85	35.45	39.84	44.29		49.31	5 / 1			
reaction time		interval		3.68	3.81	3.97	4.15		4.49	4.64	4.60	4.39	4.45	5.02			11.46	13.28	13.44
		velocity	7.36	9.51	9.19	8.82	8.43		7.80	7.54	7.61	7.97	7.87	7.97	8.11		9.16	7.91	7.81
H1 lead leg	L	strides	22	13	13	13	13		15	15	15	15	15	149					
Taylor, Angelo (USA) (1978)																			
FINAL - 2011 IAAF World Championships (Daegu, KOR)										<i>Behm (2011) - Le quatrache: Démus enfin!</i>									
date	01-Sep-11	time	5.8	9.4	13.0	16.7	20.7		24.8	29.1	33.6	38.3	43.2		49.31	1 / 7			
reaction time	0.150	interval		3.6	3.6	3.7	4.0		4.1	4.3	4.5	4.7	4.9	6.1			10.90	12.40	14.10
		velocity	7.76	9.72	9.72	9.46	8.75		8.54	8.14	7.78	7.45	7.14	6.55	8.11		9.63	8.47	7.45
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	16	19	166				
Bett, Nicholas (KEN) (1990)																			
FINAL - 2016 Shanghai Golden Grand Prix (Shanghai, CHN)										<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>									
date	14-May-16	time	5.96	9.76	13.56	17.56	21.68		25.88	30.12	34.40	39.00	43.64		49.31	5 / 6			
reaction time	0.150	interval		3.80	3.80	4.00	4.12		4.20	4.24	4.28	4.60	4.64	5.67			11.60	12.56	13.52
		velocity	7.55	9.21	9.21	8.75	8.50		8.33	8.25	8.18	7.61	7.54	7.05	8.11		9.05	8.36	7.77
H1 lead leg	R	strides	21	13	13	13	13		13	13	13	15	13	17.2	157.2				
Matsushita, Yuki (JPN) (1991)																			
FINAL - 2016 Japanese National Championships (Nagoya, JPN)										<i>Morioka (2016) - race pattern of top 400m hurdlers in japan</i>									
date	24-Jun-16	time	6.09	9.93	13.80	17.72	21.74		25.93	30.25	34.75	39.32	43.96		49.31	6 / 2			
reaction time	0.169	interval		3.84	3.87	3.92	4.02		4.19	4.32	4.50	4.57	4.64	5.35			11.63	12.53	13.71
		velocity	7.39	9.11	9.04	8.93	8.71		8.35	8.10	7.78	7.66	7.54	7.48	8.11		9.03	8.38	7.66
H1 lead leg		strides		13	13	13	13		14	14	15	15	15	125					
Jackson, Bershawn (USA) (1983)																			
FINAL - 2018 Athletissima (Lausanne, SUI) (TV Analysis)										<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>									
date	05-Jul-18	time	5.60	9.44	13.44	17.52	21.64		25.72	29.84	34.12	38.60	43.40		49.31	8 / 6			
reaction time	0.129	interval		3.84	4.00	4.08	4.12		4.08	4.12	4.28	4.48	4.80	5.91			11.92	12.32	13.56
		velocity	8.04	9.11	8.75	8.58	8.50		8.58	8.50	8.18	7.81	7.29	6.77	8.11		8.81	8.52	7.74
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	157					
Abe, Takatoshi (JPN) (1991)																			
FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN)										<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>									
date	23-Aug-20	time	5.96	9.64	13.36	17.20	21.12		25.23	29.58	34.08	38.79	43.66		49.31	6 / 1			
reaction time	0.150	interval		3.68	3.72	3.84	3.92		4.11	4.35	4.50	4.71	4.87	5.65			11.24	12.38	14.08
		velocity	7.55	9.51	9.41	9.11	8.93		8.52	8.05	7.78	7.43	7.19	7.08	8.11		9.34	8.48	7.46

H1 lead leg	strides	13	13	13	13		14	14	15	15	15		125					
Akçam, Berke (TUR) (2002)																		
Heat 2 - 2024 European Athletics Championships (Roma, ITA)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date		European Athletics (2024) - 2024 european athletics championships - results book																
09-Jun-24	time	5.84	9.63	13.47	17.38	21.39		25.52	29.86	34.47	39.20	43.91		49.32	4 / 1			
reaction time	0.161	interval	3.79	3.84	3.91	4.01		4.13	4.34	4.61	4.73	4.71	5.41			11.54	12.48	14.05
		velocity	7.71	9.23	9.11	8.95	8.73	8.47	8.06	7.59	7.40	7.43	7.39	8.11		9.10	8.41	7.47
H1 lead leg	strides													0				
Bencosme, José Reynaldo (ITA) (199)																		
FINAL - 2012 Italian National Championships (Napoli, ITA)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date		FIDAL - Centro Studi & Ricerche (2012) - www.youtube.com/watch?v=Jmz79eerIOs																
08-Jul-12	time	6.20	10.00	13.93	17.93	21.97		26.05	30.36	34.75	39.24	43.91		49.33	6 / 1			
reaction time	interval	3.80	3.93	4.00	4.04		4.08	4.31	4.39	4.49	4.67	5.42	PB			11.73	12.43	13.55
	velocity	7.26	9.21	8.91	8.75	8.66		8.58	8.12	7.97	7.80	7.49	7.38	8.11		8.95	8.45	7.75
H1 lead leg	strides																	
Barr, Thomas (IRL) (1992)																		
FINAL - 2019 Meeting de Paris (Paris, FRA) (TV Analysis)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date		Henson (2020) - Athlete First: 2019 year end hurdle report																
24-Aug-19	time	5.92	9.68	13.52	17.42	21.40	23.1	25.58	30.04	34.58	39.34	44.04		49.32	1 / 7			
reaction time	0.148	interval	3.76	3.84	3.90	3.98		4.18	4.46	4.54	4.76	4.70	5.28			11.50	12.62	14.00
		velocity	7.60	9.31	9.11	8.97	8.79	8.66	8.37	7.85	7.71	7.35	7.45	7.58	8.11	9.13	8.32	7.50
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	18	162			
Mowatt, Kemar (JAM) (1995)																		
Semi-Final 1 - 2019 IAAF World Championships (Doha, QAT)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date		Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships																
28-Sep-19	time	5.93	9.57	13.25	17.05	20.97		25.15	29.43	33.92	38.54	43.42		49.32	8 / 7			
reaction time	0.163	interval	3.64	3.68	3.80	3.92		4.18	4.28	4.49	4.62	4.88	5.90			11.12	12.38	13.99
		velocity	7.59	9.62	9.51	9.21	8.93	8.37	8.18	7.80	7.58	7.17	6.78	8.11		9.44	8.48	7.51
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	18	164			
Kishimoto, Takayuki (JPN) (1990)																		
A FINAL - 2018 Shizuoka International Athletics Meeting (Fukuoka, JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date		Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018																
03-May-18	time	5.89	9.68	13.53	17.50	21.55		25.74	30.16	34.70	39.29	43.98		49.33	1 / 2			
reaction time	0.170	interval	3.79	3.85	3.97	4.05		4.19	4.42	4.54	4.59	4.69	5.35			11.61	12.66	13.82
		velocity	7.64	9.23	9.09	8.82	8.64	8.35	7.92	7.71	7.63	7.46	7.48	8.11		9.04	8.29	7.60
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	18.2	164.2			
Gong Debin (CHN) (1997)																		
FINAL - 2024 Chinese National Championships (Quzhou, CHN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date		Shandong Athletics Sport Science (2024)																
16-Sep-24	time	6.04	9.97	13.89	17.96	22.07		26.34	30.58	35.03	39.55	44.17		49.33	5 / 2			
reaction time	0.241	interval	3.93	3.92	4.07	4.11		4.27	4.24	4.45	4.52	4.62	5.16	PB		11.92	12.62	13.59
		velocity	7.45	8.91	8.93	8.60	8.52	8.20	8.25	7.87	7.74	7.58	7.75	8.11		8.81	8.32	7.73
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	18.2	168.2			
Morale, Salvatore (ITA) (1938)																		
FINAL - 1962 European Championships (Belgrad, YUG)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date		Nett (1964) - Training des leichtathleten: Hürdenlauf, sprung, wurf, mehrkampf																
14-Sep-62	time	6.0	9.9	14.0	18.0	22.1		26.4	30.8	35.2	39.5	44.1		49.2	1 / 1			
reaction time	interval	3.9	4.1	4.0	4.1		4.3	4.4	4.4	4.3	4.6	5.1	=WR			12.0	12.8	13.3
	velocity	7.50	8.97	8.54	8.75	8.54		8.14	7.95	7.95	8.14	7.61	7.84	8.13		8.75	8.20	7.89
H1 lead leg	strides																	
Whitney, Ron (USA) (1942)																		
FINAL - 1968 Olympic Games (Mexico City, MEX) (Altitude)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date		Dessons (1982) - traite d'athletisme - volume 1: les courses																
15-Oct-68	time	6.1	10.3	14.2	18.2	22.4	24.3	26.6	30.8	35.1	39.5	44.0		49.2	7 / 6			
reaction time	interval	4.20	3.90	4.00	4.20		4.20	4.20	4.30	4.40	4.50	5.20	(49.27)			12.10	12.60	13.20
	velocity	7.38	8.33	8.97	8.75	8.33	8.23	8.33	8.33	8.14	7.95	7.78	7.69	8.13		8.68	8.33	7.95
H1 lead leg	R	strides	21	13	13	13	13		13	13	15	15	15		144			
Schubert, Rainer (FRG) (1941)																		
FINAL - 1968 Olympic Games (Mexico City, MEX) (Altitude)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date		Dessons (1982) - traite d'athletisme - volume 1: les courses																
15-Oct-68	time	6.0	9.8	13.7	17.7	21.8	23.7	25.9	30.3	34.8	39.3	44.0		49.2	1 / 7			
reaction time	interval	3.80	3.90	4.00	4.10		4.10	4.40	4.50	4.50	4.70	5.20	(49.30)			11.70	12.60	13.70
	velocity	7.50	9.21	8.97	8.75	8.54	8.44	8.54	7.95	7.78	7.78	7.45	7.69	8.13		8.97	8.33	7.66
H1 lead leg	L	strides	21	13	13	13	13		13	15	15	15	15	17.2	163.2			
Nallet, Jean-Claude (FRA) (1947)																		
FINAL - 1971 European Championships (Helsinki, FIN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date		Behm (1995) - la tactique du 400 haies																
12-Aug-71	time	6.0	10.0	13.8	17.6	21.6		25.7	29.9	34.4	38.9	43.5		49.2	1 / 1			
reaction time	interval	4.0	3.8	3.8	4.0		4.1	4.2	4.5	4.5	4.6	5.7	CR			11.60	12.30	13.60
	velocity	7.50	8.75	9.21	9.21	8.75		8.54	8.33	7.78	7.78	7.61	7.02	8.13		9.05	8.54	7.72
H1 lead leg	strides	19	13	13	13	13		13	13	15	15	15		142				
Yoshikata, Masahira (JPN) (1982)																		
FINAL - 2009 Osaka Grand Prix (Osaka, JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date		Yasuho (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11																
09-May-09	time	6.06	9.85	13.75	17.66	21.76		25.91	30.25	34.62	39.16	43.83		49.34	1 / 4			
reaction time	interval	3.79	3.90	3.91	4.10		4.15	4.34	4.37	4.54	4.67	5.51				11.60	12.59	13.58
	velocity	7.43	9.23	8.97	8.95	8.54		8.43	8.06	8.01	7.71	7.49	7.26	8.11		9.05	8.34	7.73

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	strides	14	14	14	14	14	15	15	15	15	130								
Jackson, Bershawn (USA) (1983)																			
Heat 2 - 2009 IAAF World Championships (Berlin, GER)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	15-Aug-09	time	6.14	10.20	14.38	18.60	22.89	27.02	31.28	35.58	40.00	44.44		49.34	2 / 2				
reaction time	0.151	interval	4.06	4.18	4.22	4.29		4.13	4.26	4.30	4.42	4.44	4.90			12.46	12.68	13.16	
		velocity	7.33	8.62	8.37	8.29	8.16	8.47	8.22	8.14	7.92	7.88	8.16	8.11		8.43	8.28	7.98	
H1 lead leg	strides																		
Kechi, Heni (FRA) (1980)																			
FINAL - 2010 European Championships (Barcelona, ESP)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	31-Jul-10	time	6.1	10.0	14.0	18.1	22.3	26.5	30.7	35.0	39.4	44.0		49.34	7 / 4				
reaction time	0.186	interval	3.90	4.00	4.10	4.20		4.20	4.20	4.30	4.40	4.60	5.34			12.00	12.60	13.30	
		velocity	7.38	8.97	8.75	8.54	8.33	8.33	8.33	8.14	7.95	7.61	7.49	8.11		8.75	8.33	7.89	
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	15	15	19.5	176.5					
Barr, Thomas (IRL) (1992)																			
FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	01-Sep-16	time	6.04	9.80	13.68	17.60	21.72	25.84	30.20	34.64	39.28	44.00		49.34	4 / 6				
reaction time	0.174	interval		3.76	3.88	3.92	4.12	4.12	4.36	4.44	4.64	4.72	5.34			11.56	12.60	13.80	
		velocity	7.45	9.31	9.02	8.93	8.50	8.50	8.03	7.88	7.54	7.42	7.49	8.11		9.08	8.33	7.61	
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	15	15	18	162					
Livingston, Isaiah (USA) (1998)																			
Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	25-Jun-21	time	6.13	10.00	13.90	18.00	22.20	26.47	30.77	35.13	39.60	44.10		49.34	8 / 3				
reaction time	0.247	interval	3.87	3.90	4.10	4.20		4.27	4.30	4.36	4.47	4.50	5.24			11.87	12.77	13.33	
		velocity	7.34	9.04	8.97	8.54	8.33	8.20	8.14	8.03	7.83	7.78	7.63	8.11		8.85	8.22	7.88	
H1 lead leg	L	strides	21	13	13	13	13	13	13	13	13	31	16.2	172.2					
Warholm, Karsten (NOR) (1996)																			
Heat 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	16-Jul-22	time	5.66	9.27	13.03	16.90	20.86	22.47	24.90	29.20	33.63	38.46	43.46		49.34	3 / 1			
reaction time	0.164	interval		3.61	3.76	3.87	3.96		4.04	4.30	4.43	4.83	5.00	5.88		11.24	12.30	14.26	
		velocity	7.95	9.70	9.31	9.04	8.84	8.90	8.66	8.14	7.90	7.25	7.00	6.80	8.11	9.34	8.54	7.36	
H1 lead leg	L	strides	20	13	13	13	13	13	13	13	15	15	17.5	158.5					
Naadokila, Moitalele Mpoke (KEN) (20)																			
Semi-Final 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	17-Jul-22	time	9.90	14.03	18.07	22.27	24.10	26.53	30.93	35.43	39.90	44.37		49.34	1 / 6				
reaction time	0.149	interval		4.13	4.04	4.20		4.26	4.40	4.50	4.47	4.47	4.97				12.86	13.44	
		velocity	8.08	8.47	8.66	8.33	8.30	8.22	7.95	7.78	7.83	7.83	8.05	8.11			8.16	7.81	
H1 lead leg		strides		14	14	14		14	14	14	14	14	17	129					
Copello, Yasmani (TUR) (1987)																			
Semi-Final 3 - 2022 European Athletics Championships (Munich, GER)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	18-Aug-22	time	5.99	9.77	13.64	17.52	21.57	23.34	25.67	30.03	34.70	39.26	43.90		49.34	6 / 1			
reaction time	0.249	interval		3.78	3.87	3.88	4.05		4.10	4.36	4.67	4.56	4.64	5.44		11.53	12.51	13.87	
		velocity	7.51	9.26	9.04	9.02	8.64	8.57	8.54	8.03	7.49	7.68	7.54	7.35	8.11	9.11	8.39	7.57	
H1 lead leg	R	strides	21		13	13		13	14	14	14	14	14	17	133				
Fernández, Sérgio (ESP) (1993)																			
Semi-Final 2 - 2024 European Athletics Championships (Roma, ITA)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	10-Jun-24	time	5.84	9.53	13.42	17.33	21.38	25.54	29.86	34.37	39.06	43.82		49.34	4 / 5				
reaction time	0.163	interval		3.69	3.89	3.91	4.05	4.16	4.32	4.51	4.69	4.76	5.52			11.49	12.53	13.96	
		velocity	7.71	9.49	9.00	8.95	8.64	8.41	8.10	7.76	7.46	7.35	7.25	8.11		9.14	8.38	7.52	
H1 lead leg	L	strides	20	13	13	13	13	13	14	14	14	14	17	158					
Robinson, Chris (USA) (2001)																			
Semi-Final 1 - 2024 USA Olympic Trials (Eugene, OR)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	28-Jun-24	time	5.91	9.58	13.32	17.14	20.97	22.72	25.01	29.44	34.06	38.87	43.64		49.34	5 / 2			
reaction time		interval		3.67	3.74	3.82	3.83	4.04	4.43	4.62	4.81	4.77	5.70			11.23	12.30	14.20	
		velocity	7.61	9.54	9.36	9.16	9.14	8.80	8.66	7.90	7.58	7.28	7.34	7.02	8.11	9.35	8.54	7.39	
H1 lead leg	R	strides	21	13	13	13	13		14	14	14	15	15	18.5	163.5				
Bengtström, Carl (SWE) (2000)																			
Heat 1 - 2024 Olympic Games (Paris, FRA)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	05-Aug-24	time	5.80	9.55	13.42	17.42	21.50	25.76	30.12	34.66	39.36	44.05		49.34	4 / 4				
reaction time	0.172	interval		3.75	3.87	4.00	4.08	4.26	4.36	4.54	4.70	4.69	5.29			11.62	12.70	13.93	
		velocity	7.76	9.33	9.04	8.75	8.58	8.22	8.03	7.71	7.45	7.46	7.56	8.11		9.04	8.27	7.54	
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	15	19	172					
Mori, Fabrizio (ITA) (1969)																			
Heat 2 - 2000 Olympic Games (Sydney, AUS)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	24-Sep-00	time	6.22	10.06	13.94	17.86	21.94	26.06		34.86	39.38	43.98		49.35	5 / 1				
reaction time	0.162	interval		3.84	3.88	3.92	4.08	4.12		8.80	4.52	4.60	5.37			11.64			
		velocity	7.23	9.11	9.02	8.93	8.58	8.50	7.95	7.74	7.61	7.45	8.11			9.02			

H1 lead leg	strides	22	14	14	14	14	14	14	15	15	15	18.3	169.3						
Williams, Rhys (GBR) (1984)																			
Heat 2 - 2010 European Championships (Barcelona, ESP)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<i>Arnold (2010) - 400mH planning and peaking</i>																			
date	28-Jul-10	time	6.22	10.00	13.82	17.68	21.72	25.90	30.26	34.76	39.42	44.16		49.35	5 / 1				
reaction time	0.208	interval	3.78	3.82	3.86	4.04		4.18	4.36	4.50	4.66	4.74	5.19			11.46	12.58	13.90	
		velocity	7.23	9.26	9.16	9.07	8.66	8.37	8.03	7.78	7.51	7.38	7.71	8.11		9.16	8.35	7.55	
H1 lead leg	R	strides																	
Rodger, Sebastian (GBR) (1991)																			
FINAL - 2016 London Anniversary Games (London, GBR) (TV Analysis)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																			
date	23-Jul-16	time	6.16	10.04	13.92	17.96	22.08	26.28	30.60	35.04	39.52	44.04		49.35	8 / 6				
reaction time	0.155	interval	3.88	3.88	4.04	4.12		4.20	4.32	4.44	4.48	4.52	5.31			11.80	12.64	13.44	
		velocity	7.31	9.02	9.02	8.66	8.50	8.33	8.10	7.88	7.81	7.74	7.53	8.11		8.90	8.31	7.81	
H1 lead leg	R	strides	22	14	14	14	14	14	14	15	15	15	18	169					
van Zyl, L.J. (RSA) (1985)																			
FINAL - 2017 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>																			
date	13-May-17	time	5.88	9.64	13.52	17.52	21.60	25.80	30.16	34.60	39.12	43.76		49.35	7 / 2				
reaction time	0.155	interval	3.76	3.88	4.00	4.08		4.20	4.36	4.44	4.52	4.64	5.59			11.64	12.64	13.60	
		velocity	7.65	9.31	9.02	8.75	8.58	8.33	8.03	7.88	7.74	7.54	7.16	8.11		9.02	8.31	7.72	
H1 lead leg	L	strides	22	14	14	14	14	15	14	15	15	15	19	171					
Ishida, Yusuke (JPN) (1995)																			
FINAL - 2017 Nambu Memorial (Sapporo, JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<i>(2017) - tfdata-store.com/2017/07/11/post-1019/</i>																			
date	09-Jul-17	time	6.14	9.93	13.82	17.77	21.79	26.06	30.35	34.87	39.53	44.20		49.35	6 / 1				
reaction time		interval	3.79	3.89	3.95	4.02		4.27	4.29	4.52	4.66	4.67	5.15	PB		11.63	12.58	13.85	
		velocity	7.33	9.23	9.00	8.86	8.71	8.20	8.16	7.74	7.51	7.49	7.77	8.11		9.03	8.35	7.58	
H1 lead leg	L	strides	21	13	13	13	13	14	14	15	15	15	18	164					
Mägi, Rasmus (EST) (1992)																			
FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																			
date	07-Jun-18	time	5.88	9.60	13.36	17.20	21.28	23.1	25.48	30.00	34.44	39.08	43.80		49.35	8 / 6			
reaction time	0.142	interval	3.72	3.76	3.84	4.08		4.20	4.52	4.44	4.64	4.72	5.55			11.32	12.80	13.80	
		velocity	7.65	9.41	9.31	9.11	8.58	8.66	8.33	7.74	7.88	7.54	7.42	7.21	8.11	9.28	8.20	7.61	
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	14	14	14	142					
Valliant, Ludvy (FRA) (1995)																			
FINAL - 2020 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>																			
date	14-Aug-20	time	5.84	9.47	13.35	17.32	21.39	25.66	30.06	34.53	39.20	43.98		49.35	6 / 4				
reaction time	0.173	interval	3.63	3.88	3.97	4.07		4.27	4.40	4.47	4.67	4.78	5.37			11.48	12.74	13.92	
		velocity	7.71	9.64	9.02	8.82	8.60	8.20	7.95	7.83	7.49	7.32	7.45	8.11		9.15	8.24	7.54	
H1 lead leg	R	strides	21	13	13	13	13	14	14	14	14	14	14	143					
Kendziera, Dave (USA) (1994)																			
FINAL - 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>																			
date	17-Sep-20	time	5.81	9.58	13.35	17.25	21.25	23.0	25.36	29.73	34.30	39.04	43.84		49.35	9 / 4			
reaction time	0.172	interval	3.77	3.77	3.90	4.00		4.11	4.37	4.57	4.74	4.80	5.51			11.44	12.48	14.11	
		velocity	7.75	9.28	9.28	8.97	8.75	8.70	8.52	8.01	7.66	7.38	7.29	7.26	8.11	9.18	8.41	7.44	
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	14	14	15	18.2	159.2				
Smidt, Nick (NED) (1997)																			
Semi-Final 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>																			
date	01-Aug-21	time	6.06	9.80	13.56	17.50	21.43	25.46	29.73		39.00	43.80		49.35	2 / 7				
reaction time	0.164	interval	3.74	3.76	3.94	3.93		4.03	4.27		9.27	4.80	5.55			11.44	12.23	14.07	
		velocity	7.43	9.36	9.31	8.88	8.91	8.68	8.20		7.55	7.29	7.21	8.11		9.18	8.59	7.46	
H1 lead leg	L	strides	20	13	13	13	13	13	14		15	15	18	132					
Yamauchi, Hiromu (JPN) (1999)																			
Semi-Final 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>																			
date	01-Aug-21	time	6.06	9.90	13.80	17.66	21.76	25.86	30.20	34.60	39.20	43.83		49.35	8 / 6				
reaction time	0.192	interval	3.84	3.90	3.86	4.10		4.10	4.34	4.40	4.60	4.63	5.52			11.60	12.54	13.63	
		velocity	7.43	9.11	8.97	9.07	8.54	8.54	8.06	7.95	7.61	7.56	7.25	8.11		9.05	8.37	7.70	
H1 lead leg	L	strides	21	14	14	14	14	14	14	15	15	15	19	169					
Hyde, Jaheel (JAM) (1997)																			
FINAL - FINAL - 2022 Prefontaine Classic (Eugene, OR) (TV Analysis)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																			
date	05-Jun-22	time	5.67	9.23	12.90	16.67	20.50	22.22	24.67	28.97	33.50	38.27	43.37		49.35	8 / 5			
reaction time	0.150	interval	3.56	3.67	3.77	3.83		4.17	4.30	4.53	4.77	5.10	5.98			11.00	12.30	14.40	
		velocity	7.94	9.83	9.54	9.28	9.14	9.00	8.39	8.14	7.73	7.34	6.86	6.69	8.11	9.55	8.54	7.29	
H1 lead leg	L	strides	22	13	13	13	13		14	14	14	15	15	146					
Coroller, Victor (FRA) (1997)																			
Heat 1 - 2022 European Athletics Championships (Munich, GER)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
<i>European Athletics (2022) - european athletics championships race analysis</i>																			
date	17-Aug-22	time	5.82	9.60	13.40	17.21	21.17	22.98	25.32	29.59	34.20	38.95	43.74		49.35	7 / 1			
reaction time	0.174	interval	3.78	3.80	3.81	3.96		4.15	4.27	4.61	4.75	4.79	5.61			11.39	12.38	14.15	
		velocity	7.73	9.26	9.21	9.19	8.84	8.70	8.43	8.20	7.59	7.37	7.31	7.13	8.11	9.22	8.48	7.42	

H1 lead leg	R	strides	21	14		14	14	14	14	15	15	19	140						
Tsutsue, Kaito (JPN) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Seiko Golden Grand Prix (Yokohama, JPN)			Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season																
date	21-May-23	time	6.01	9.69	13.46	17.37	21.49		25.68	29.90	34.37	39.04	43.86		49.35	9 / 4			
reaction time	0.219	interval		3.68	3.77	3.91	4.12		4.19	4.22	4.47	4.67	4.82	5.49	PB		11.36	12.53	13.96
		velocity	7.49	9.51	9.28	8.95	8.50		8.35	8.29	7.83	7.49	7.26	7.29	8.11		9.24	8.38	7.52
H1 lead leg	R	strides	21	13	13	13	14		14	14	14	15	15	18.5	164.5				
Kishimoto, Takayuki (JPN) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Seiko Golden Grand Prix (Osaka, JPN)			Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018																
date	20-May-18	time	5.85	9.54	13.33	17.22	21.24		25.44	29.91	34.51	39.13	43.88		49.36	5 / 2			
reaction time	0.140	interval		3.69	3.79	3.89	4.02		4.20	4.47	4.60	4.62	4.75	5.48			11.37	12.69	13.97
		velocity	7.69	9.49	9.23	9.00	8.71		8.33	7.83	7.61	7.58	7.37	7.30	8.10		9.23	8.27	7.52
H1 lead leg	R	strides	20	13	13	13	13		14	14	15	15	15	18.2	163.2				
Copello, Yasmani (TUR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Bislett Games (Oslo, NOR) (TV Analysis)			Henson (2022) - Athlete First: 2022 year end hurdle report																
date	16-Jun-22	time	5.86	9.56	13.40	17.28	21.20	22.94	25.40	29.72	34.12	38.76	43.64		49.36	4 / 5			
reaction time	0.177	interval		3.70	3.84	3.88	3.92		4.20	4.32	4.40	4.64	4.88	5.72			11.42	12.44	13.92
		velocity	7.68	9.46	9.11	9.02	8.93	8.72	8.33	8.10	7.95	7.54	7.17	6.99	8.10		9.19	8.44	7.54
H1 lead leg	R	strides	20	13	13	13	13		13	13	14	14	15	18	159				
Peng Ming-Yang (TPE) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B 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	6.08	9.80	13.57	17.38	21.31		25.51	29.91	34.50	39.20	44.02		49.36	7 / 2			
reaction time	0.190	interval		3.72	3.77	3.81	3.93		4.20	4.40	4.59	4.70	4.82	5.34			11.30	12.53	14.11
		velocity	7.40	9.41	9.28	9.19	8.91		8.33	7.95	7.63	7.45	7.26	7.49	8.10		9.29	8.38	7.44
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	18	164				
Kodama, Yusaka (JPN) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
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	5.92	9.63	13.43	17.33	21.42		25.59	29.93	34.42	39.07	43.84		49.36	8 / 3			
reaction time	0.201	interval		3.71	3.80	3.90	4.09		4.17	4.34	4.49	4.65	4.77	5.52			11.41	12.60	13.91
		velocity	7.60	9.43	9.21	8.97	8.56		8.39	8.06	7.80	7.53	7.34	7.25	8.10		9.20	8.33	7.55
H1 lead leg		strides		13	13	13	14		14	15	15	15	15		127				
Yoshikata, Masahira (JPN) (1982)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2004 Osaka Grand Prix (Osaka, JPN)			Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers																
date	08-May-04	time	5.86	9.71	13.65	17.69	21.84		26.08	30.32	34.64	39.16	43.86		49.37	1 / 5			
reaction time		interval		3.85	3.94	4.04	4.15		4.24	4.24	4.32	4.52	4.70	5.51	PB		11.83	12.63	13.54
		velocity	7.68	9.09	8.88	8.66	8.43		8.25	8.25	8.10	7.74	7.45	7.26	8.10		8.88	8.31	7.75
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131				
Hussein, Kariem (SUI) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Bislett Games (Oslo, NOR) (TV Analysis)			Henson (2020) - Athlete First: 2017 year end hurdle report																
date	15-Jun-17	time	6.03	9.70	13.53	17.56			25.86	30.20	34.53	39.03	43.73		49.37	2 / 6			
reaction time	0.162	interval		3.67	3.83	4.03			8.30	4.34	4.33	4.50	4.70	5.64			11.53	12.64	13.53
		velocity	7.46	9.54	9.14	8.68			8.43	8.06	8.08	7.78	7.45	7.09	8.10		9.11	8.31	7.76
H1 lead leg	L	strides	20	13	13	13				14	14	14	15	17.2	133.2				
Copello, Yasmani (TUR) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Prefontaine Classic (Stanford, CA) (TV Analysis)			Henson (2020) - Athlete First: 2019 year end hurdle report																
date	30-Jun-19	time	5.90	9.73	13.63	17.63	21.70		25.86	30.36	34.90	39.46	44.00		49.37	3 / 3			
reaction time	0.201	interval		3.83	3.90	4.00	4.07		4.16	4.50	4.54	4.56	4.54	5.37			11.73	12.73	13.64
		velocity	7.63	9.14	8.97	8.75	8.60		8.41	7.78	7.71	7.68	7.71	7.45	8.10		8.95	8.25	7.70
H1 lead leg	R	strides	20	14	13	13	13		13	14	14		14	17.5	145.5				
Bassitt, Trevor (USA) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)			Henson (2021) - Athlete First: 2021 year end hurdle report																
date	25-Jun-21	time	6.00	9.81	13.68	17.62	21.82		26.09	30.56	35.10	39.60	44.21		49.37	3 / 5			
reaction time	0.176	interval		3.81	3.87	3.94	4.20		4.27	4.47	4.54	4.50	4.61	5.16			11.62	12.94	13.65
		velocity	7.50	9.19	9.04	8.88	8.33		8.20	7.83	7.71	7.78	7.59	7.75	8.10		9.04	8.11	7.69
H1 lead leg	R	strides		13	13	13	13			13	14	13	14	17	123				
Drummond, Gerald (CRC) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)			Henson (2022) - Athlete First: 2022 year end hurdle report																
date	17-Jul-22	time	5.90	9.70	13.66	17.63	21.83	23.64	26.23	30.67	35.10	39.67	44.30		49.37	6 / 7			
reaction time	0.188	interval		3.80	3.96	3.97	4.20		4.40	4.44	4.43	4.57	4.63	5.07			11.73	13.04	13.63
		velocity	7.63	9.21	8.84	8.82	8.33	8.46	7.95	7.88	7.90	7.66	7.56	7.89	8.10		8.95	8.05	7.70
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	15	15	18	171				
Abuaku, Joshua (GER) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Bislett Games (Oslo, NOR) (TV Analysis)			Henson (2024) - Athlete First: 2024 year end hurdle report																
date	30-May-24	time	5.91	9.58	13.38	17.25	21.32		25.52		34.40	39.14	43.95		49.37	3 / 5			
reaction time	0.173	interval		3.67	3.80	3.87	4.07		4.20		8.88	4.74	4.81	5.42			11.34		
		velocity	7.61	9.54	9.21	9.04	8.60		8.33		7.88	7.38	7.28	7.38	8.10		9.26		

H1 lead leg	L	strides	20	13	13	13	13	13	15	15	115								
James-King, Malik (JAM) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Memorial van damme (Brussels, BEL)																			
date	14-Sep-24	time	6.00	9.74	13.58	17.40	21.44		25.68	30.06	34.51	39.08	43.74		<i>Omega Timing (2024) - diamond league race analysis</i>				
reaction time	0.153	interval		3.74	3.84	3.82	4.04		4.24	4.38	4.45	4.57	4.66	5.63			11.40	12.66	13.68
		velocity	7.50	9.36	9.11	9.16	8.66		8.25	7.99	7.87	7.66	7.51	7.10	8.10		9.21	8.29	7.68
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	18	171				
Nylander, Sven (SWE) (1962)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1986 European Championships (Stuttgart, FRG)																			
date	28-Aug-86	time	5.9	9.7	13.6	17.6	21.7		26.0	30.4	34.9	39.5	44.1		<i>Behm (1995) - la tactique du 400 haies</i>				
reaction time		interval		3.8	3.9	4.0	4.1		4.3	4.4	4.5	4.6	4.6	5.28			11.70	12.80	13.70
		velocity	7.63	9.21	8.97	8.75	8.54		8.14	7.95	7.78	7.61	7.61	7.58	8.10		8.97	8.20	7.66
H1 lead leg		strides	20	13	13	13	13		13	13	13	14	14		139				
Nakamura, Akihiko (JPN) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2012 Japanese National Championships (Osaka, JPN)																			
date	09-Jun-12	time	6.09	9.96	14.01	18.15	22.34		26.63	30.98	35.42	40.01	44.49		<i>Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions</i>				
reaction time		interval		3.87	4.05	4.14	4.19		4.29	4.35	4.44	4.59	4.48	4.89			12.06	12.83	13.51
		velocity	7.39	9.04	8.64	8.45	8.35		8.16	8.05	7.88	7.63	7.81	8.18	8.10		8.71	8.18	7.77
H1 lead leg	L	strides	21	13	13	13	13		14	14	14	15	15	18.2	163				
Mägi, Rasmus (EST) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)																			
date	13-May-17	time	6.08	9.92	13.80	17.76	21.84		26.04	30.44	34.88	39.48	44.12		<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>				
reaction time	0.138	interval		3.84	3.88	3.96	4.08		4.20	4.40	4.44	4.60	4.64	5.26			11.68	12.68	13.68
		velocity	7.40	9.11	9.02	8.84	8.58		8.33	7.95	7.88	7.61	7.54	7.60	8.10		8.99	8.28	7.68
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	17.5	159.5				
Dutch, Johnny (USA) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2009 IAAF World Championships (Berlin, GER)																			
date	15-Aug-09	time	5.95	9.65	13.50	17.39	21.43		25.66	29.93	34.35	38.91	43.67		<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>				
reaction time	0.165	interval		3.70	3.85	3.89	4.04		4.23	4.27	4.42	4.56	4.76	5.71			11.44	12.54	13.74
		velocity	7.56	9.46	9.09	9.00	8.66		8.27	8.20	7.92	7.68	7.35	7.01	8.10		9.18	8.37	7.64
H1 lead leg		strides																	
Abe, Takatoshi (JPN) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN)																			
date	20-Sep-20	time	6.04	9.71	13.48	17.32	21.25		25.34	29.73	34.23	38.92	43.69		<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>				
reaction time	0.196	interval		3.67	3.77	3.84	3.93		4.09	4.39	4.50	4.69	4.77	5.69			11.28	12.41	13.96
		velocity	7.45	9.54	9.28	9.11	8.91		8.56	7.97	7.78	7.46	7.34	7.03	8.10		9.31	8.46	7.52
H1 lead leg		strides		13	13	13	13		13	14	14	15	15		123				
Kishimoto, Takayuki (JPN) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)																			
date	06-Jun-21	time	5.96	9.79	13.66	17.67	21.76		25.93	30.18	34.70	39.27	43.98		<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>				
reaction time		interval		3.83	3.87	4.01	4.09		4.17	4.25	4.52	4.57	4.71	5.40			11.71	12.51	13.80
		velocity	7.55	9.14	9.04	8.73	8.56		8.39	8.24	7.74	7.66	7.43	7.41	8.10		8.97	8.39	7.61
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	18.2	164.2				
Müller, Vít (CZE) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2024 European Athletics Championships (Roma, ITA)																			
date	09-Jun-24	time	5.92	9.64	13.56	17.45	21.47		25.57	29.94	34.48	39.21	44.01		<i>European Athletics (2024) - 2024 european athletics championships - results book</i>				
reaction time	0.196	interval		3.72	3.92	3.89	4.02		4.10	4.37	4.54	4.73	4.80	5.37			11.53	12.49	14.07
		velocity	7.60	9.41	8.93	9.00	8.71		8.54	8.01	7.71	7.40	7.29	7.45	8.10		9.11	8.41	7.46
H1 lead leg		strides																	
Delgado, Jesús David (ESP) (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 European Athletics Championships (Roma, ITA)																			
date	10-Jun-24	time	6.03	9.81	13.71	17.70	21.72		25.85	30.19	34.64	39.29	43.88		<i>European Athletics (2024) - 2024 european athletics championships - results book</i>				
reaction time	0.271	interval		3.78	3.90	3.99	4.02		4.13	4.34	4.45	4.65	4.59	5.50			11.67	12.49	13.69
		velocity	7.46	9.26	8.97	8.77	8.71		8.47	8.06	7.87	7.53	7.63	7.27	8.10		9.00	8.41	7.67
H1 lead leg	L	strides	21	13	13	13	13		13	14	14		14	17.7	145.7				
Bassitt, Trevor (USA) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2024 Olympic Games (Paris, FRA)																			
date	05-Aug-24	time	5.90	9.64	13.49	17.41	21.40		25.52	29.77	34.25	39.02	43.77		<i>Paris 2024 Olympic Games - Results Book (2024)</i>				
reaction time	0.185	interval		3.74	3.85	3.92	3.99		4.12	4.25	4.48	4.77	4.75	5.61			11.51	12.36	14.00
		velocity	7.63	9.36	9.09	8.93	8.77		8.50	8.24	7.81	7.34	7.37	7.13	8.10		9.12	8.50	7.50
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	14	14	16.5	155.5				
Agyekum, Emil (GER) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2024 Olympic Games (Paris, FRA)																			
date	05-Aug-24	time	6.07	9.84	13.59	17.42	21.36		25.50	29.86	34.51	39.23	44.08		<i>Paris 2024 Olympic Games - Results Book (2024)</i>				
reaction time	0.207	interval		3.77	3.75	3.83	3.94		4.14	4.36	4.65	4.72	4.85	5.30			11.35	12.44	14.22
		velocity	7.41	9.28	9.33	9.14	8.88		8.45	8.03	7.53	7.42	7.22	7.55	8.10		9.25	8.44	7.38

H1 lead leg	L	strides	20	13	13	13	13	13	13	13	15	17.7	130.7						
Mori, Fabrizio (ITA) (1969)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2001 European Championships (Bremen, GER)			Graubner (2007) - http://www.fgs.uni-halle.de																
date	23-Jun-01	time	6.13	9.95	13.76	17.72	21.71		25.70	30.00	34.34	38.80	43.30		49.39	/ 1			
reaction time		interval		3.82	3.81	3.96	3.99		3.99	4.30	4.34	4.46	4.50	6.09			11.59	12.28	13.30
		velocity	7.34	9.16	9.19	8.84	8.77		8.77	8.14	8.06	7.85	7.78	6.57	8.10		9.06	8.55	7.89
H1 lead leg		strides																	
Kishimoto, Takayuki (JPN) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 National Sport Festival (Matsuyama, JPN)			Morioka (2018) - Analysis of the race patterns of the top 400m hurdles in Japan																
date	07-Oct-17	time	5.84	9.54	13.41	17.41	21.51		25.78	30.08	34.60	39.27	44.01		49.39	/ 1			
reaction time	0.149	interval		3.70	3.87	4.00	4.10		4.27	4.30	4.52	4.67	4.74	5.38			11.57	12.67	13.93
		velocity	7.71	9.46	9.04	8.75	8.54		8.20	8.14	7.74	7.49	7.38	7.43	8.10		9.08	8.29	7.54
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				
Happio, Wilfried (FRA) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)			Henson (2024) - Athlete First: 2021 year end hurdle report																
date	30-Jul-21	time	6.13	9.93	13.60	17.80	21.83		26.03	30.46	34.96	39.53	44.23		49.39	5 / 5			
reaction time	0.152	interval		3.80	3.87	4.00	4.03		4.20	4.43	4.50	4.57	4.70	5.16			11.67	12.66	13.77
		velocity	7.34	9.21	9.04	8.75	8.68		8.33	7.90	7.78	7.66	7.45	7.75	8.10		9.00	8.29	7.63
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	15	15	17.7	160.7				
Angela, Ramsey (NED) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Weltklasse (Zürich, SUI) (TV Analysis)			Henson (2021) - Athlete First: 2021 year end hurdle report																
date	09-Sep-21	time	6.04				21.72	23.4	25.92	30.24		39.28	44.00		49.39	2 / 6			
reaction time	0.167	interval					15.68		4.20	4.32		9.04	4.72	5.39					13.76
		velocity	7.45				8.93	8.55	8.33	8.10		7.74	7.42	7.42	8.10				7.63
H1 lead leg	R	strides	22						15	15				18	70				
Chen Chieh (TPE) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Seiko Golden Grand Prix (Tokyo, JPN)			Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season																
date	08-May-22	time	5.96	9.61	13.35	17.15	21.15		25.43	29.88	34.38	39.08	43.94		49.39	9 / 3			
reaction time	0.178	interval		3.65	3.74	3.80	4.00		4.28	4.45	4.50	4.70	4.86	5.45			11.19	12.73	14.06
		velocity	7.55	9.59	9.36	9.21	8.75		8.18	7.87	7.78	7.45	7.20	7.34	8.10		9.38	8.25	7.47
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	18	164				
Bassitt, Trevor (USA) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Weltklasse (Zürich, SUI)			Omega Timing (2023) - diamond league race analysis																
date	31-Aug-23	time	5.83	9.55	13.33	17.13	21.09		25.27	29.55	34.02	38.72	43.62		49.39	8 / 6			
reaction time	0.171	interval		3.72	3.78	3.80	3.96		4.18	4.28	4.47	4.70	4.90	5.77			11.30	12.42	14.07
		velocity	7.72	9.41	9.26	9.21	8.84		8.37	8.18	7.83	7.45	7.14	6.93	8.10		9.29	8.45	7.46
H1 lead leg	R	strides	20	13	13	13	13		13	13	13				111				
Clement, Kerron (USA) (1985)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Doha Diamond League (Doha, QAT) (TV Analysis)			Henson (2020) - Athlete First: 2017 year end hurdle report																
date	05-May-17	time	6.06	9.86	13.60	17.40	21.40		25.60	29.90	34.36	39.20	44.06		49.40	6 / 2			
reaction time	0.176	interval		3.80	3.74	3.80	4.00		4.20	4.30	4.46	4.84	4.86	5.34			11.34	12.50	14.16
		velocity	7.43	9.21	9.36	9.21	8.75		8.33	8.14	7.85	7.23	7.20	7.49	8.10		9.26	8.40	7.42
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	14	14	16	155				
Mägi, Rasmus (EST) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Bauhaus Galan (Stockholm, SWE) (TV Analysis)			Henson (2020) - Athlete First: 2020 year end hurdle report																
date	23-Aug-20	time	5.98		13.68	17.62	21.60	23.4	25.76		34.72	39.32	43.98		49.40	4 / 4			
reaction time	0.159	interval			7.70	3.94	3.98		4.16		8.96	4.60	4.66	5.42			11.64		
		velocity	7.53		9.09	8.88	8.79	8.55	8.41		7.81	7.61	7.51	7.38	8.10		9.02		
H1 lead leg	L	strides	20	13		13	13		13			14	14	17.2	117.2				
Xie Zhiyu (CHN) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2021 Chinese National Championships (Chongqing, CHN)			CAA Hurdle Development (2021)																
date	26-Jun-21	time	6.22	10.03	13.88	17.78	21.79		25.98	30.45	34.94	39.54	44.21		49.40	3 / 1			
reaction time	0.239	interval		3.81	3.85	3.90	4.01		4.19	4.47	4.49	4.60	4.67	5.19	PB		11.56	12.67	13.76
		velocity	7.23	9.19	9.09	8.97	8.73		8.35	7.83	7.80	7.61	7.49	7.71	8.10		9.08	8.29	7.63
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	17.2	159.2				
Paul, Jacob (GBR) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2022 European Athletics Championships (Munich, GER)			European Athletics (2022) - european athletics championships race analysis																
date	17-Aug-22	time	5.94	9.75	13.61	17.50	21.50	23.26	25.58	29.99	34.48	39.01	43.76		49.40	6 / 2			
reaction time	0.189	interval		3.81	3.86	3.89	4.00		4.08	4.41	4.49	4.53	4.75	5.64	PB		11.56	12.49	13.77
		velocity	7.58	9.19	9.07	9.00	8.75	8.60	8.58	7.94	7.80	7.73	7.37	7.09	8.10		9.08	8.41	7.63
H1 lead leg	L	strides	21	13	13	13	13		14	14	14	15	15	18.7	163.7				
Happio, Wilfried (FRA) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 FBK Games (Hengelo, NED)			Omega Timing (2023) - continental tour race analysis																
date	04-Jun-23	time	5.85	9.55	13.34	17.23	21.27		25.40	29.68	34.18	38.98	43.79		49.40	7 / 4			
reaction time	0.158	interval		3.70	3.79	3.89	4.04		4.13	4.28	4.50	4.80	4.81	5.61			11.38	12.45	14.11
		velocity	7.69	9.46	9.23	9.00	8.66		8.47	8.18	7.78	7.29	7.28	7.13	8.10		9.23	8.43	7.44

H1 lead leg	L	strides	20	13	13	13	13	13	13	13	13	15	15	17.5	158.5				
Xie Zhiyu (CHN) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>			
date	20-Aug-23	time	6.16	10.13	13.96		21.86		26.06	30.46	34.93	39.53	44.23		49.40	8 / 4			
reaction time	0.207	interval		3.97	3.83		7.90		4.20	4.40	4.47	4.60	4.70	5.17					13.77
		velocity	7.31	8.82	9.14		8.86		8.33	7.95	7.83	7.61	7.45	7.74	8.10				7.63
H1 lead leg	L	strides	21	13	13				13	14	14	14		17	119				
Mukhobe, Wiseman Were (KEN) (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 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>			
date	21-Aug-23	time	5.94	9.81	13.61	17.35	21.55		25.82	30.26	34.83		44.01		49.40	9 / 6			
reaction time	0.196	interval		3.87	3.80	3.74	4.20		4.27	4.44	4.57		9.18	5.39			11.41	12.91	13.75
		velocity	7.58	9.04	9.21	9.36	8.33		8.20	7.88	7.66		7.63	7.42	8.10		9.20	8.13	7.64
H1 lead leg	R	strides	22	14	14	13	14		14	15				19	125				
DeGuchi, Haruto (JPN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Japanese National Championships (Niigata, JPN)																<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season</i>			
date	28-Jun-24	time	6.01	9.73	13.51	17.38	21.37		25.74	30.10	34.63	39.24	43.99		49.40	7 / 6			
reaction time	0.208	interval		3.72	3.78	3.87	3.99		4.37	4.36	4.53	4.61	4.75	5.41			11.37	12.72	13.89
		velocity	7.49	9.41	9.26	9.04	8.77		8.01	8.03	7.73	7.59	7.37	7.39	8.10		9.23	8.25	7.56
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15		146				
Xie Zhiyu (CHN) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Chinese National Championships (Quzhou, CHN)																<i>Shandong Athletics Sport Science (2024)</i>			
date	16-Sep-24	time	6.07	9.96	13.89	17.88	21.98		26.09	30.53	35.03	39.64	44.29		49.40	4 / 3			
reaction time	0.220	interval		3.89	3.93	3.99	4.10		4.11	4.44	4.50	4.61	4.65	5.11			11.81	12.65	13.76
		velocity	7.41	9.00	8.91	8.77	8.54		8.52	7.88	7.78	7.59	7.53	7.83	8.10		8.89	8.30	7.63
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	17.2	159.2				
Carter, James (USA) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 6 - 2000 Olympic Games (Sydney, AUS)																<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>			
date	24-Sep-00	time	5.74	9.50	13.46	17.38	21.46		25.70	30.26	34.78	39.30	43.94		49.41	7 / 2			
reaction time	0.174	interval		3.76	3.96	3.92	4.08		4.24	4.56	4.52	4.52	4.64	5.47			11.64	12.88	13.68
		velocity	7.84	9.31	8.84	8.93	8.58		8.25	7.68	7.74	7.74	7.54	7.31	8.10		9.02	8.15	7.68
H1 lead leg		strides	21	13	13	13	13		13	14	14	14	14	17.9	159.9				
Tesarik, Štěpán (CZE) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2002 European Championships (Munich, GER)																<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>			
date	09-Aug-02	time	6.20	10.02	13.84	17.74	21.70		25.80	30.08	34.58	39.14	43.87		49.41	/ 6			
reaction time	0.175	interval		3.82	3.82	3.90	3.96		4.10	4.28	4.50	4.56	4.73	5.54			11.54	12.34	13.79
		velocity	7.26	9.16	9.16	8.97	8.84		8.54	8.18	7.78	7.68	7.40	7.22	8.10		9.10	8.51	7.61
H1 lead leg		strides																	
Matsushita, Yuki (JPN) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Nambu Memorial (Sapporo, JPN)																<i>(2017) - tfdata-store.com/2017/07/11/post-1019/</i>			
date	09-Jul-17	time	6.16	9.90	13.73	17.65	21.68		25.91	30.28	34.80	39.46	44.13		49.41	7 / 2			
reaction time		interval		3.74	3.83	3.92	4.03		4.23	4.37	4.52	4.66	4.67	5.28			11.49	12.63	13.85
		velocity	7.31	9.36	9.14	8.93	8.68		8.27	8.01	7.74	7.51	7.49	7.58	8.10		9.14	8.31	7.58
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	18.5	164.5				
Green, Jack (GBR) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Weltklasse (Zürich, SUI) (TV Analysis)																<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>			
date	24-Aug-17	time	6.00	9.72	13.48	17.40	21.52		25.84	30.24	34.76	39.44	44.12		49.41	8 / 6			
reaction time	0.218	interval		3.72	3.76	3.92	4.12		4.32	4.40	4.52	4.68	4.68	5.29			11.40	12.84	13.88
		velocity	7.50	9.41	9.31	8.93	8.50		8.10	7.95	7.74	7.48	7.48	7.56	8.10		9.21	8.18	7.56
H1 lead leg	L	strides	21	13	13	13	14		14	15	15		15	18.5	151.5				
dos Santos, Alison Brendon (BRA) (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 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>			
date	16-Jul-22	time	5.70	9.37	13.13	16.93	20.96	22.65	25.07	29.50	34.10	38.93	43.90		49.41	5 / 1			
reaction time	0.157	interval		3.67	3.76	3.80	4.03		4.11	4.43	4.60	4.83	4.97	5.51			11.23	12.57	14.40
		velocity	7.89	9.54	9.31	9.21	8.68	8.83	8.52	7.90	7.61	7.25	7.04	7.26	8.10		9.35	8.35	7.29
H1 lead leg	L	strides	20	13	12	12	12		12	13	13	14	14	16	151				
Bonvin, Julien (SUI) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2022 European Athletics Championships (Munich, GER)																<i>European Athletics (2022) - european athletics championships race analysis</i>			
date	17-Aug-22	time	5.74	9.39	13.21	17.05	21.09	22.84	25.21	29.59	34.24	38.92	43.81		49.41	5 / 3			
reaction time	0.198	interval		3.65	3.82	3.84	4.04		4.12	4.38	4.65	4.68	4.89	5.60			11.31	12.54	14.22
		velocity	7.84	9.59	9.16	9.11	8.66	8.76	8.50	7.99	7.53	7.48	7.16	7.14	8.10		9.28	8.37	7.38
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	17.5	161.5				
Bertoncelli, Giacomo (ITA) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2024 European Athletics Championships (Roma, ITA)																<i>European Athletics (2024) - 2024 european athletics championships - results book</i>			
date	09-Jun-24	time	5.91	9.76	13.80	18.00	22.22		26.50	30.73	35.18	39.73	44.19		49.41	4 / 3			
reaction time	0.155	interval		3.85	4.04	4.20	4.22		4.28	4.23	4.45	4.55	4.46	5.22			12.09	12.73	13.46
		velocity	7.61	9.09	8.66	8.33	8.29		8.18	8.27	7.87	7.69	7.85	7.66	8.10		8.68	8.25	7.80

H1 lead leg strides 0

de Jesús, Mikael Antonio (POR) (199)																
H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2024 European Athletics Championships (Roma, ITA)																
date	09-Jun-24	time	6.01	9.73	13.53	17.45	21.54	25.82	30.11	34.54	39.11	43.81	49.41	9 / 4		
reaction time	0.201	interval	3.72	3.80	3.92	4.09	4.28	4.29	4.43	4.57	4.70	5.60		11.44	12.66	13.70
		velocity	7.49	9.41	9.21	8.93	8.56	8.18	8.16	7.90	7.66	7.45	7.14	8.10	9.18	8.29 7.66
H1 lead leg		strides											0			
Bonvin, Julien (SUI) (1999)																
H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2024 European Athletics Championships (Roma, ITA)																
date	09-Jun-24	time	5.78	9.44	13.15	17.01	21.04	25.29	29.82	34.37	39.11	43.91	49.41	3 / 2		
reaction time	0.188	interval	3.66	3.71	3.86	4.03	4.25	4.53	4.55	4.74	4.80	5.50		11.23	12.81	14.09
		velocity	7.79	9.56	9.43	9.07	8.68	8.24	7.73	7.69	7.38	7.29	7.27	8.10	9.35	8.20 7.45
H1 lead leg		strides											0			
Gong Debin (CHN) (1997)																
H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Chinese National Grand Prix Final (Rizhao, CHN)																
date	29-Jun-24	time	5.97	9.79	13.63	17.65	21.70	25.96	30.31	34.88	39.50	44.19	49.41	6 / 1		
reaction time	0.258	interval	3.82	3.84	4.02	4.05	4.26	4.35	4.57	4.62	4.69	5.22	PB	11.68	12.66	13.88
		velocity	7.54	9.16	9.11	8.71	8.64	8.22	8.05	7.66	7.58	7.46	7.66	8.10	8.99	8.29 7.56
H1 lead leg	L	strides	21	14	14	14	14	14	14	15	15	15	18.7	168.7		
Koike, Takayuki (JPN) (1984)																
H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2010 Osaka Grand Prix (Osaka, JPN)																
date	08-May-10	time	6.11	9.91	13.75	17.59	21.59	25.76	30.08	34.53	39.03	43.85	49.42	/ 3		
reaction time		interval	3.80	3.84	3.84	4.00	4.17	4.32	4.45	4.50	4.82	5.57		11.48	12.49	13.77
		velocity	7.36	9.21	9.11	8.75	8.39	8.10	7.87	7.78	7.26	7.18	8.09	9.15	8.41	7.63
H1 lead leg		strides	14	14	14	14	15	15	15	15	15		131			
Anderson, Jeshua (USA) (1989)																
H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)																
date	10-Jul-16	time	6.00	9.67	13.45	17.35	21.39	25.49	29.73	34.13	38.74	43.58	49.42	8 / 6		
reaction time	0.191	interval	3.67	3.78	3.90	4.04	4.10	4.24	4.40	4.61	4.84	5.84	DQ	11.35	12.38	13.85
		velocity	7.50	9.54	9.26	8.97	8.66	8.54	8.25	7.95	7.59	7.23	6.85	8.09	9.25	8.48 7.58
H1 lead leg	L	strides	20	13	13	13	13	13	13	13	14	14	17	156		
Nozawa, Keisuke (JPN) (1991)																
H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis)																
date	01-Sep-16	time	5.88	9.68	13.52	17.44	21.48	25.68	29.96	34.40	39.12	43.96	49.42	2 / 7		
reaction time	0.134	interval	3.80	3.84	3.92	4.04	4.20	4.28	4.44	4.72	4.84	5.46		11.56	12.52	14.00
		velocity	7.65	9.21	9.11	8.93	8.66	8.33	8.18	7.88	7.42	7.23	7.33	8.09	9.08	8.39 7.50
H1 lead leg	L	strides	21	13	13	13	14	14	14	14	15	15	17.2	163.2		
Oda, Masaya (JPN) (1995)																
H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 National Sports Festival (Hitachinaka, JPN)																
date	05-Oct-19	time	5.96	9.68	13.46	17.40	21.52	25.89	30.26	34.65	39.17	43.91	49.42	6 / 1		
reaction time	0.179	interval	3.72	3.78	3.94	4.12	4.37	4.37	4.39	4.52	4.74	5.51	PB	11.44	12.86	13.65
		velocity	7.55	9.41	9.26	8.88	8.50	8.01	8.01	7.97	7.74	7.38	7.26	8.09	9.18	8.16 7.69
H1 lead leg		strides	14	14	14	14	15	15	15	15	15		131			
Allen, CJ (USA) (1995)																
H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Bislett Games (Oslo, NOR) (TV Analysis)																
date	30-May-24	time	5.84	9.51	13.18	16.98	20.95	25.12	29.33	33.87	38.60	43.51	49.42	4 / 6		
reaction time	0.154	interval	3.67	3.67	3.80	3.97	4.17	4.21	4.54	4.73	4.91	5.91		11.14	12.35	14.18
		velocity	7.71	9.54	9.54	9.21	8.82	8.39	8.31	7.71	7.40	7.13	6.77	8.09	9.43	8.50 7.40
H1 lead leg	L	strides	21	13	13	13	13	14	14	15	15	15	146			
Xie Zhiyu (CHN) (2000)																
H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Chinese National Grand Prix Final (Rizhao, CHN)																
date	29-Jun-24	time	6.00	9.66	13.45	17.33	21.29	25.46	29.88	34.43	39.17	44.00	49.42	5 / 2		
reaction time	0.186	interval	3.66	3.79	3.88	3.96	4.17	4.42	4.55	4.74	4.83	5.42		11.33	12.55	14.12
		velocity	7.50	9.56	9.23	9.02	8.84	8.39	7.92	7.69	7.38	7.25	7.38	8.09	9.27	8.37 7.44
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	14	14	18	160		
Caristan, Stéphane (FRA) (1964)																
H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1991 European Cup (Frankfurt, GER)																
date	29-Jun-91	time	6.06	9.84	13.70	17.58	21.52	25.62	30.07	34.54	39.17	43.95	49.43	/ 2		
reaction time		interval	3.78	3.86	3.88	3.94	4.10	4.45	4.47	4.63	4.78	5.48		11.52	12.49	13.88
		velocity	7.43	9.26	9.07	9.02	8.88	8.54	7.87	7.83	7.56	7.32	7.30	8.09	9.11	8.41 7.56
H1 lead leg		strides														
Copello, Yasmani (TUR) (1987)																
H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Prefontaine Classic (Eugene, OR) (TV Analysis)																
date	28-May-16	time	6.00	9.84	13.72	17.76	26.16	30.40	34.32	39.52	44.20	49.43	1 / 5			
reaction time		interval	3.84	3.88	4.04		8.40	4.24	3.92	5.20	4.68	5.23		11.76	12.64	13.80
		velocity	7.50	9.11	9.02	8.66	8.33	8.25	7.65	7.69	7.48	7.65	8.09	8.93	8.31	7.61

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	20	13	13	13			13	12	16	14	17.5	131.5					
Culson, Javier (PUR) (1984)																			
FINAL - 2016 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Henson (2020) - Athlete First: 2016 year end hurdle report																			
date	16-Jun-16	time	5.80	9.53	13.20	17.07	21.16		25.43	29.77	34.17	38.83	43.70		49.43	5 / 1			
reaction time	0.184	interval		3.73	3.67	3.87	4.09		4.27	4.34	4.40	4.66	4.87	5.73			11.27	12.70	13.93
		velocity	7.76	9.38	9.54	9.04	8.56		8.20	8.06	7.95	7.51	7.19	6.98	8.09		9.32	8.27	7.54
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	14	14	17.2	156.2				
Clement, Kerron (USA) (1985)																			
FINAL - 2017 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Henson (2021) - Athlete First: 2017 year end hurdle report																			
date	13-May-17	time	5.96	9.72	13.48	17.36	21.40		25.60	29.96	34.48	39.24	44.04		49.43	6 / 4			
reaction time	0.155	interval		3.76	3.76	3.88	4.04		4.20	4.36	4.52	4.76	4.80	5.39			11.40	12.60	14.08
		velocity	7.55	9.31	9.31	9.02	8.66		8.33	8.03	7.74	7.35	7.29	7.42	8.09		9.21	8.33	7.46
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	14	14	16.5	155.5				
Clement, Kerron (USA) (1985)																			
FINAL - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Henson (2020) - Athlete First: 2018 year end hurdle report																			
date	21-Jul-18	time	5.88	9.68			21.40		25.60	29.96	34.56	39.24	44.00		49.43	6 / 6			
reaction time	0.205	interval		3.80			11.72		4.20	4.36	4.60	4.68	4.76	5.43					14.04
		velocity	7.65	9.21			8.96		8.33	8.03	7.61	7.48	7.35	7.37	8.09				7.48
H1 lead leg	R	strides	20	13					13	13	14	14	14	16.5	117.5				
Bailey, Aldrich (USA) (1994)																			
FINAL - 2022 USATF National Championships (Eugene, OR) (TV Analysis)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Henson (2022) - Athlete First: 2022 year end hurdle report																			
date	26-Jun-22	time	6.00	9.71	13.48	17.25	21.12	22.83	25.22	29.79	34.40	39.14	43.91		49.43	9 / 7			
reaction time		interval		3.71	3.77	3.77	3.87		4.10	4.57	4.61	4.74	4.77	5.52			11.25	12.54	14.12
		velocity	7.50	9.43	9.28	9.28	9.04	8.76	8.54	7.66	7.59	7.38	7.34	7.25	8.09		9.33	8.37	7.44
H1 lead leg	L	strides	21	13	13	12	12		13	14	13	14	14	139					
Smidt, Nick (NED) (1997)																			
FINAL - 2024 European Athletics Championships (Roma, ITA)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
European Athletics (2024) - 2024 european athletics championships - results book																			
date	11-Jun-24	time	5.74	9.43	13.23	17.05	21.01		25.10	29.39	33.79	38.61	43.55		49.43	4 / 8			
reaction time	0.182	interval		3.69	3.80	3.82	3.96		4.09	4.29	4.40	4.82	4.94	5.88			11.31	12.34	14.16
		velocity	7.84	9.49	9.21	9.16	8.84		8.56	8.16	7.95	7.26	7.09	6.80	8.09		9.28	8.51	7.42
H1 lead leg	L	strides	21	13	13		13		14	14	14	15	15	18	150				
Smith, James (USA) (2000)																			
Semi-Final 1 - 2024 USA Olympic Trials (Eugene, OR)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
USATF and Karmarush (2024) - USA Olympic trials results and race analysis																			
date	28-Jun-24	time	5.99	9.75	13.58	17.49	21.48	23.34	25.54	30.03	34.57	39.23	43.83		49.43	6 / 3			
reaction time		interval		3.76	3.83	3.91	3.99		4.06	4.49	4.54	4.66	4.60	5.60			11.50	12.54	13.80
		velocity	7.51	9.31	9.14	8.95	8.77	8.57	8.62	7.80	7.71	7.51	7.61	7.14	8.09		9.13	8.37	7.61
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	18	162				
James-King, Malik (JAM) (1999)																			
Long Hurdles - 2025 Grand Slam Track Miami (Miramar, FL)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Grand Slam Track (2025) - results and splits by race																			
date	02-May-25	time			13.56	17.37	21.43	23.25	25.65	30.08	34.70	39.26	43.87		49.43	7 / 3			
reaction time	0.540	interval				3.81	4.06		4.22	4.43	4.62	4.56	4.61	5.56			12.71	13.79	
		velocity			8.48	9.19	8.62	8.60	8.29	7.90	7.58	7.68	7.59	7.19	8.09		8.26	7.61	
H1 lead leg	R	strides	22	15	14				15	15	15	15	15	18	144				
Davis, Glenn (USA) (1934)																			
FINAL - 1960 Olympic Games (Rome, ITA)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Nett (1964) - Training des leichtathleten: Hürdenlauf, sprung, wurf, mehrkampf																			
date	02-Sep-60	time	5.9	9.9	14.0	18.2	22.4	24.0	26.7	31.1	35.6	40.0	44.5		49.3	6 / 1			
reaction time		interval		4.0	4.1	4.2	4.2		4.3	4.4	4.5	4.4	4.5	4.8	OR		12.3	12.9	13.4
		velocity	7.63	8.75	8.54	8.33	8.33	8.33	8.14	7.95	7.78	7.95	7.78	8.33	8.11	(49.51)	8.54	8.14	7.84
H1 lead leg		strides																	
Schubert, Rainer (FRG) (1941)																			
Semi-Final 1 - 1968 Olympic Games (Mexico City, MEX) (Altitude)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Jonath (1969) - wie gerhard hennige trainiert																			
date	14-Oct-68	time	6.0	9.9	13.8	17.7	21.8	23.5	26.0	30.3	34.8	39.2	43.7		49.3	4			
reaction time		interval		3.9	3.9	3.9	4.1		4.2	4.3	4.5	4.4	4.5	5.6	(49.38)		11.70	12.60	13.40
		velocity	7.50	8.97	8.97	8.97	8.54	8.51	8.33	8.14	7.78	7.95	7.78	7.14	8.11		8.97	8.33	7.84
H1 lead leg		strides																	
Rudolph, Christian (GDR) (1949)																			
FINAL - 1971 European Championships (Helsinki, FIN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Behm (1995) - la tactique du 400 haies																			
date	12-Aug-71	time	6.0	10.0	13.9	17.7	21.7		25.7	29.9	34.4	38.9	43.5		49.3	2			
reaction time		interval		4.0	3.9	3.8	4.0		4.0	4.2	4.5	4.5	4.6	5.8	NR		11.70	12.20	13.60
		velocity	7.50	8.75	8.97	9.21	8.75		8.75	8.33	7.78	7.78	7.61	6.90	8.11		8.97	8.61	7.72
H1 lead leg		strides		15	15	15	15		15	15	15	15	15		135				
Gorban, Boris (RUS) (1978)																			
Heat 2 - 2000 Olympic Games (Sydney, AUS)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games																			
date	24-Sep-00	time	5.98	9.82	13.62	17.54	21.54		25.70		34.66	39.30	43.98		49.44	8 / 2			
reaction time	0.195	interval		3.84	3.80	3.92	4.00		4.16		8.96	4.64	4.68	5.46			11.56		
		velocity	7.53	9.11	9.21	8.93	8.75		8.41		7.81	7.54	7.48	7.33	8.09		9.08		

H1 lead leg	strides	20	13	13	13	13	13	14	14	17.8	130.8								
Narisako, Kenji (JPN) (1984)																			
FINAL - 2005 Japanese Championships (Tokyo, JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	<i>Yasunori (2006) - race pattern analysis of top Japanese 400m hurdlers</i>
date	04-Jun-05	time	6.06	9.86	13.76	17.73	21.83	26.15	30.49	35.06	39.58	44.18		49.44	/ 2				
reaction time		interval		3.80	3.90	3.97	4.10	4.32	4.34	4.57	4.52	4.60	5.26			11.67	12.76	13.69	
		velocity	7.43	9.21	8.97	8.82	8.54	8.10	8.06	7.66	7.74	7.61	7.60	8.09		9.00	8.23	7.67	
H1 lead leg	strides		13	13	13	13		14	14	15	15	15		125					
Narisako, Kenji (JPN) (1984)																			
FINAL - 2008 Shizuoka International Athletics Meeting (Fukuroi, JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	<i>Yasunori (2009) - race pattern analysis of prestigious Japanese 400m hurdlers</i>
date	03-May-08	time	6.04	9.74	13.56	17.40	21.35	25.62	29.92	34.46	39.10	43.82		49.44	/ 1				
reaction time		interval		3.70	3.82	3.84	3.95	4.27	4.30	4.54	4.64	4.72	5.62			11.36	12.52	13.90	
		velocity	7.45	9.46	9.16	9.11	8.86	8.20	8.14	7.71	7.54	7.42	7.12	8.09		9.24	8.39	7.55	
H1 lead leg	strides		13	13	13	13		14	14	15	15	15		125					
Abe, Takatoshi (JPN) (1991)																			
FINAL - 2018 Japanese National Championships (Yamaguchi, JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	<i>Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018</i>
date	23-Jun-18	time	5.98	9.65	13.39	17.24	21.21	25.33	29.80	34.40	39.10	43.87		49.44	7 / 2				
reaction time	0.201	interval		3.67	3.74	3.85	3.97	4.12	4.47	4.60	4.70	4.77	5.57			11.26	12.56	14.07	
		velocity	7.53	9.54	9.36	9.09	8.82	8.50	7.83	7.61	7.45	7.34	7.18	8.09		9.33	8.36	7.46	
H1 lead leg	R	strides	20	13	13	13	13	13	14	14	15	15	18	161					
Mowatt, Kemar (JAM) (1995)																			
Heat 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>
date	16-Jul-22	time	5.90	9.67	13.53	17.53	21.67	23.51	25.97	30.37	34.93	39.53	44.17		49.44	7 / 2			
reaction time	0.146	interval		3.77	3.86	4.00	4.14	4.30	4.40	4.56	4.60	4.64	5.27			11.63	12.84	13.80	
		velocity	7.63	9.28	9.07	8.75	8.45	8.51	8.14	7.95	7.68	7.61	7.54	7.59	8.09	9.03	8.18	7.61	
H1 lead leg	L	strides	21	13	13	13	13		14	14	14	15	17.2	161.2					
Oda, Masaya (JPN) (1995)																			
FINAL - 2024 Japanese National Championships (Niigata, JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season</i>
date	28-Jun-24	time	5.94	9.61	13.41	17.27	21.29	25.43	29.76	34.27	38.94	43.81		49.44	9 / 7				
reaction time	0.179	interval		3.67	3.80	3.86	4.02	4.14	4.33	4.51	4.67	4.87	5.63			11.33	12.49	14.05	
		velocity	7.58	9.54	9.21	9.07	8.71	8.45	8.08	7.76	7.49	7.19	7.10	8.09		9.27	8.41	7.47	
H1 lead leg	L	strides	21	14	14	14	14	14	14	15	15	15		150					
Müller, Vít (CZE) (1996)																			
Heat 2 - 2024 Olympic Games (Paris, FRA)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	<i>Paris 2024 Olympic Games - Results Book (2024)</i>
date	05-Aug-24	time	5.91	9.57	13.29	17.09	21.02	25.15	29.50	34.18	39.03	43.88		49.44	2 / 6				
reaction time	0.150	interval		3.66	3.72	3.80	3.93	4.13	4.35	4.68	4.85	4.85	5.56			11.18	12.41	14.38	
		velocity	7.61	9.56	9.41	9.21	8.91	8.47	8.05	7.48	7.22	7.22	7.19	8.09		9.39	8.46	7.30	
H1 lead leg	L	strides	20	13	13	13	13	13	13	14	14	15	17.2	158.2					
Gavrilenko, Yevgeniy (URS) (1951)																			
FINAL - 1976 Olympic Games (Montreal, CAN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	<i>Behm (1995) - la tactique du 400 haies</i>
date	25-Jul-76	time	6.0	9.7	13.4	17.4	21.5	25.7	29.9	34.5	39.0	43.8		49.45	8 / 3				
reaction time		interval		3.70	3.70	4.00	4.10	4.20	4.20	4.60	4.50	4.80	5.65			11.40	12.50	13.90	
		velocity	7.50	9.46	9.46	8.75	8.54	8.33	8.33	7.61	7.78	7.29	7.08	8.09		9.21	8.40	7.55	
H1 lead leg	L	strides		13	13	13	13	13	15	15	15	15		125					
Silva, Carlos (POR) (1974)																			
Semi-Final 2 - 1999 IAAF World Championships (Sevilla, ESP)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	<i>Sanchez (1999) - Sevilla '99: análisis de la carreras con villas</i>
date	25-Aug-99	time	5.66	9.35	13.11	17.25	21.28	25.44	29.67	34.02	38.54	43.31		49.45	2 / 7				
reaction time	0.165	interval		3.69	3.76	4.14	4.03	4.16	4.23	4.35	4.52	4.77	6.14			11.59	12.42	13.64	
		velocity	7.95	9.49	9.31	8.45	8.68	8.41	8.27	8.05	7.74	7.34	6.51	8.09		9.06	8.45	7.70	
H1 lead leg	L	strides	20	13	13	15	14	14	15	15	15	15	20	169					
Koike, Takayuki (JPN) (1984)																			
FINAL - 2006 Seiko Super Grand Prix (Yokohama, JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	<i>Yasunori (2007) - race pattern analysis of top Japanese 400m hurdlers</i>
date	24-Sep-06	time	6.06	9.85	13.70	17.62	21.72	25.99	30.36	34.81	39.33	43.95		49.45	/ 3				
reaction time		interval		3.79	3.85	3.92	4.10	4.27	4.37	4.45	4.52	4.62	5.50			11.56	12.74	13.59	
		velocity	7.43	9.23	9.09	8.93	8.54	8.20	8.01	7.87	7.74	7.58	7.27	8.09		9.08	8.24	7.73	
H1 lead leg		strides		14	14	14	14	15	15	15	15	15		131					
Ferguson, Kenneth (USA) (1984)																			
FINAL - 2007 IAAF World Athletics Final (Stuttgart, GER)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>
date	22-Sep-07	time	6.14	9.62	13.42	17.39	21.58	25.93	30.36	34.86	39.39	44.04		49.45	7 / 6				
reaction time	0.153	interval		3.48	3.80	3.97	4.19	4.35	4.43	4.50	4.53	4.65	5.41			11.25	12.97	13.68	
		velocity	7.33	10.06	9.21	8.82	8.35	8.05	7.90	7.78	7.73	7.53	7.39	8.09		9.33	8.10	7.68	
H1 lead leg		strides																	
Yoshida, Kazuaki (JPN) (1987)																			
Heat 2 - 2009 IAAF World Championships (Berlin, GER)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>
date	15-Aug-09	time	6.00	9.79	13.61	17.51	21.55	25.73	30.07	34.49	39.07	43.87		49.45	4 / 3				
reaction time	0.152	interval		3.79	3.82	3.90	4.04	4.18	4.34	4.42	4.58	4.80	5.58	PB		11.51	12.56	13.80	
		velocity	7.50	9.23	9.16	8.97	8.66	8.37	8.06	7.92	7.64	7.29	7.17	8.09		9.12	8.36	7.61	

H1 lead leg strides

		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Abe, Takatoshi (JPN) (1991)																		
FINAL - 2021 Ready Steady Tokyo (Tokyo, JPN)										Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season								
date	09-May-21	time	5.96	9.61	13.36	17.25	21.25	25.48	29.96	34.47	39.14	43.94		49.45	5 / 4			
reaction time	0.164	interval		3.65	3.75	3.89	4.00	4.23	4.48	4.51	4.67	4.80	5.51			11.29	12.71	13.98
		velocity	7.55	9.59	9.33	9.00	8.75	8.27	7.81	7.76	7.49	7.29	7.26	8.09		9.30	8.26	7.51
H1 lead leg		strides		13	13	13	13	13	14	14	15	15		123				
Allen, CJ (USA) (1995)																		
Heat 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)																		
date	24-Jun-21	time	5.94	9.71	13.54	17.55	21.65	25.89	30.30	34.67	39.26	43.91		49.45	4 / 4			
reaction time	0.235	interval		3.77	3.83	4.01	4.10	4.24	4.41	4.37	4.59	4.65	5.54			11.61	12.75	13.61
		velocity	7.58	9.28	9.14	8.73	8.54	8.25	7.94	8.01	7.63	7.53	7.22	8.09		9.04	8.24	7.71
H1 lead leg	L	strides		13	13	13	13		14	14	15	15	18	128				
Watrin, Julien (BEL) (1992)																		
FINAL - 2023 Bislett Games (Oslo, NOR)																		
date	15-Jun-23	time	5.80	9.44	13.24	17.10	21.04	25.21	29.58	34.10	38.87	43.71		49.45	1 / 8			
reaction time	0.209	interval		3.64	3.80	3.86	3.94	4.17	4.37	4.52	4.77	4.84	5.74			11.30	12.48	14.13
		velocity	7.76	9.62	9.21	9.07	8.88	8.39	8.01	7.74	7.34	7.23	6.97	8.09		9.29	8.41	7.43
H1 lead leg	R	strides		20		13	13	15			14	15		90				
Dean, Caleb (USA) (2001)																		
Heat 3 - 2024 USA Olympic Trials (Eugene, OR)																		
date	27-Jun-24	time	5.82	9.42	13.09	16.88	20.68	22.45	24.77	29.17	33.85	38.79	43.61		49.45	8 / 1		
reaction time		interval		3.60	3.67	3.79	3.80	4.09	4.40	4.68	4.94	4.82	5.84			11.06	12.29	14.44
		velocity	7.73	9.72	9.54	9.23	9.21	8.91	8.56	7.95	7.48	7.09	7.26	6.85	8.09	9.49	8.54	7.27
H1 lead leg	R	strides		21	13	13	13	13	14	14	14	16	15	18	164			
Yamazaki, Kazuhiko (JPN) (1971)																		
Semi-Final 1 - 1999 IAAF World Championships (Sevilla, ESP)																		
date	25-Aug-99	time	5.69	9.44	13.24	17.16	21.22	25.38	29.70	34.21	38.75	43.47		49.46	4 / 7			
reaction time	0.172	interval		3.75	3.80	3.92	4.06	4.16	4.32	4.51	4.54	4.72	5.99			11.47	12.54	13.77
		velocity	7.91	9.33	9.21	8.93	8.62	8.41	8.10	7.76	7.71	7.42	6.68	8.09		9.15	8.37	7.63
H1 lead leg	L	strides		20	13	13	13	13	14	14	15	15	15	18	163			
Harris, Rickey (USA) (1981)																		
Heat 2 - 2007 USATF National Championships (Indianapolis, IN)																		
date	21-Jun-07	time	6.02	9.93	13.85	17.85	21.97	26.28	30.63	35.11	39.71	44.41		49.46	6 / 3			
reaction time		interval		3.91	3.92	4.00	4.12	4.31	4.35	4.48	4.60	4.70	5.05			11.83	12.78	13.78
		velocity	7.48	8.95	8.93	8.75	8.50	8.12	8.05	7.81	7.61	7.45	7.92	8.09		8.88	8.22	7.62
H1 lead leg	R	strides		22	15	15	15	15	15	15	15	15	15	157				
Bennett, LaRon (USA) (1982)																		
Heat 4 - 2007 USATF National Championships (Indianapolis, IN)																		
date	21-Jun-07	time	6.25	10.23	14.11	18.20	22.31	26.59	30.89	35.25	39.76	44.23		49.46	7 / 3			
reaction time		interval		3.98	3.88	4.09	4.11	4.28	4.30	4.36	4.51	4.47	5.23			11.95	12.69	13.34
		velocity	7.20	8.79	9.02	8.56	8.52	8.18	8.14	8.03	7.76	7.83	7.65	8.09		8.79	8.27	7.87
H1 lead leg	R	strides		22	14	14	14	15	16	15	15	15	15	154				
Hann, Mamadou Kasse (FRA) (1986)																		
FINAL - 2016 Meeting Paris (Saint-Denis, FRA) (TV Analysis)																		
date	27-Aug-16	time	6.08	9.92		17.76	21.76	25.88		34.60	39.28	44.08		49.46	1 / 7			
reaction time	0.115	interval		3.84		7.84	4.00	4.12		8.72	4.68	4.80	5.38			11.68		
		velocity	7.40	9.11		8.93	8.75	8.50		8.03	7.48	7.29	7.43	8.09		8.99		
H1 lead leg	R	strides		20	13		13	13			14	14		87				
McMaster, Kyron (IVB) (1997)																		
FINAL - 2018 Doha Diamond League (Doha, QAT) (TV Analysis)																		
date	04-May-18	time	5.92	9.68	13.52	17.44	21.48	25.64	30.00	34.52	39.12	43.84		49.46	5 / 3			
reaction time	0.215	interval		3.76	3.84	3.92	4.04	4.16	4.36	4.52	4.60	4.72	5.62			11.52	12.56	13.84
		velocity	7.60	9.31	9.11	8.93	8.66	8.41	8.03	7.74	7.61	7.42	7.12	8.09		9.11	8.36	7.59
H1 lead leg	L	strides		21	13	13	13	13	14	14	14		17	146				
Kendziera, Dave (USA) (1994)																		
FINAL - 2019 Prefontaine Classic (Stanford, CA) (TV Analysis)																		
date	30-Jun-19	time	5.73	9.50	13.43	17.43	21.46	25.70	30.10	34.66	39.30	43.97		49.46	7 / 4			
reaction time	0.247	interval		3.77	3.93	4.00	4.03	4.24	4.40	4.56	4.64	4.67	5.49			11.70	12.67	13.87
		velocity	7.85	9.28	8.91	8.75	8.68	8.25	7.95	7.68	7.54	7.49	7.29	8.09		8.97	8.29	7.57
H1 lead leg	R	strides		20	13	13	13	13	13	13	14		15	127				
Lahoulou, Abdelmalik (ALG) (1992)																		
FINAL - 2019 IAAF World Championships (Doha, QAT)																		
date	30-Sep-19	time	6.02	9.60	13.23	16.96	20.84	24.97	29.36	33.94	38.72	43.67		49.46	8 / 8			
reaction time	0.187	interval		3.58	3.63	3.73	3.88	4.13	4.39	4.58	4.78	4.95	5.79			10.94	12.40	14.31
		velocity	7.48	9.78	9.64	9.38	9.02	8.47	7.97	7.64	7.32	7.07	6.91	8.09		9.60	8.47	7.34

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	13	13	13	13		14	14	15	15	15	18	165				
Coroller, Victor (FRA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2022 European Athletics Championships (Munich, GER)			<i>European Athletics (2022) - european athletics championships race analysis</i>																
date	18-Aug-22	time	5.84	9.59	13.45	17.43	21.54	23.38	25.74	30.10	34.57	39.21	43.94		49.46	7 / 2			
reaction time	0.184	interval		3.75	3.86	3.98	4.11		4.20	4.36	4.47	4.64	4.73	5.52			11.59	12.67	13.84
		velocity	7.71	9.33	9.07	8.79	8.52	8.55	8.33	8.03	7.83	7.54	7.40	7.25	8.09		9.06	8.29	7.59
H1 lead leg	R	strides	21				14		14	14	15	15	15	19	127				
Garrett, LaBronze (USA) (1976)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2006 USATF National Championships (Indianapolis, IN)			<i>USATF Men's Hurdle Development (2006)</i>																
date	24-Jun-06	time	5.94	9.83	13.73	17.67	21.67		25.87	30.10	34.54	39.14	43.74		49.47	2 / 5			
reaction time		interval		3.89	3.90	3.94	4.00		4.20	4.23	4.44	4.60	4.60	5.73			11.73	12.43	13.64
		velocity	7.58	9.00	8.97	8.88	8.75		8.33	8.27	7.88	7.61	7.61	6.98	8.09		8.95	8.45	7.70
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15		146				
Narisako, Kenji (JPN) (1984)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 Japanese National Championships (Kawasaki, JPN)			<i>Yasunori (2009) - race pattern analysis of prestigious Japanese 400m hurdlers</i>																
date	27-Jun-08	time	6.02	9.77	13.61	17.46	21.43		25.50	29.84	34.28	38.88	43.72		49.47	/ 2			
reaction time		interval		3.75	3.84	3.85	3.97		4.07	4.34	4.44	4.60	4.84	5.75			11.44	12.38	13.88
		velocity	7.48	9.33	9.11	9.09	8.82		8.60	8.06	7.88	7.61	7.23	6.96	8.09		9.18	8.48	7.56
H1 lead leg		strides		13	13	13	13		13	14	14	15	15		123				
Li Zhilong (CHN) (1988)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 Chinese National Championships (Hefei, CHN)			<i>Li (2014) - research on training characteristics of Li Zhilong's of Chinese men's 400m hurdles</i>																
date	09-Sep-11	time	6.08	9.92	13.92	17.92	22.04		26.36	30.68	35.08	39.60	44.20		49.47	/ 1			
reaction time		interval		3.84	4.00	4.00	4.12		4.32	4.32	4.40	4.52	4.60	5.27	PB		11.84	12.76	13.52
		velocity	7.40	9.11	8.75	8.75	8.50		8.10	8.10	7.95	7.74	7.61	7.59	8.09		8.87	8.23	7.77
H1 lead leg		strides	22	15	15	15	15		15	15	15	15	15	18	175				
Hussein, Kariem (SUI) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Prefontaine Classic (Eugene, OR) (TV Analysis)			<i>(H8 5m short) Henson (2020) - Athlete First: 2016 year end hurdle report</i>																
date	28-May-16	time	6.00	9.80	13.72	17.72			26.04	30.20	34.08	39.32	44.08		49.47	8 / 6			
reaction time		interval		3.80	3.92	4.00			8.32	4.16	3.88	5.24	4.76	5.39			11.72	12.48	13.88
		velocity	7.50	9.21	8.93	8.75			8.41	8.41	7.73	7.63	7.35	7.42	8.09		8.96	8.41	7.56
H1 lead leg	L	strides	20	13	13	13				13	13		15	17.7	117.7				
Matsushita, Yuki (JPN) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Japanese National Championships (Fukuoka, JPN)			<i>Yamanaka (2019) - research on athlete performance and technique- 2019 data book</i>																
date	29-Jun-19	time	6.09	9.84	13.74	17.70	21.71		25.93	30.25	34.75	39.31	43.99		49.47	6 / 3			
reaction time	0.161	interval		3.75	3.90	3.96	4.01		4.22	4.32	4.50	4.56	4.68	5.48			11.61	12.55	13.74
		velocity	7.39	9.33	8.97	8.84	8.73		8.29	8.10	7.78	7.68	7.48	7.30	8.09		9.04	8.37	7.64
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	19.2	165.2				
Kendziera, Dave (USA) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Bauhaus Galan (Stockholm, SWE) (TV Analysis)			<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>																
date	23-Aug-20	time	5.68	9.46	13.30	17.28	21.34	23.1	25.50	29.78	34.24	38.94	43.68		49.47	7 / 5			
reaction time	0.170	interval		3.78	3.84	3.98	4.06		4.16	4.28	4.46	4.70	4.74	5.79			11.60	12.50	13.90
		velocity	7.92	9.26	9.11	8.79	8.62	8.66	8.41	8.18	7.85	7.45	7.38	6.91	8.09		9.05	8.40	7.55
H1 lead leg	R	strides		13	13	13	13		13		13	14	14	18.5	124.5				
Long, Corde (USA) (2002)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 NCAA Championships (Eugene, OR) (TV Analysis)			<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>																
date	07-Jun-24	time	5.99	9.66	13.56	17.45	21.44		25.77	30.21	34.87	39.40	44.18		49.47	3 / 6			
reaction time		interval		3.67	3.90	3.89	3.99		4.33	4.44	4.66	4.53	4.78	5.29			11.46	12.76	13.97
		velocity	7.51	9.54	8.97	9.00	8.77		8.08	7.88	7.51	7.73	7.32	7.56	8.09		9.16	8.23	7.52
H1 lead leg	L	strides	21	13	13	13	13		14	14	14	14	14	17	160				
Taylor, Angelo (USA) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2000 Olympic Games (Sydney, AUS)			<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																
date	24-Sep-00	time	6.06	9.90	13.74	17.58	21.58		25.66	29.94	34.50	39.18	43.82		49.48	8 / 1			
reaction time	0.185	interval		3.84	3.84	3.84	4.00		4.08	4.28	4.56	4.68	4.64	5.66			11.52	12.36	13.88
		velocity	7.43	9.11	9.11	9.11	8.75		8.58	8.18	7.68	7.48	7.54	7.07	8.08		9.11	8.50	7.56
H1 lead leg		strides	21	13	13	13	13		13	13	14	14	14	17.5	158.5				
Rodrigues, Pedro (POR) (1971)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2000 Olympic Games (Sydney, AUS)			<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																
date	25-Sep-00	time	6.06	9.98	13.98	17.98	21.98	23.50	26.02	30.38	34.86	39.42	44.10		49.48	1 / 7			
reaction time	0.162	interval		3.92	4.00	4.00	4.00		4.04	4.36	4.48	4.56	4.68	5.38			11.92	12.40	13.72
		velocity	7.43	8.93	8.75	8.75	8.75	8.51	8.66	8.03	7.81	7.68	7.48	7.43	8.08		8.81	8.47	7.65
H1 lead leg		strides	21	13	13	13	13		13	14	14	15	15		144				
van Zyl, L.J. (RSA) (1984)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2009 IAAF World Championships (Berlin, GER)			<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																
date	15-Aug-09	time	5.98	9.79	13.67	17.64	21.66		25.83	30.26	34.78	39.43	44.18		49.48	3 / 2			
reaction time	0.171	interval		3.81	3.88	3.97	4.02		4.17	4.43	4.52	4.65	4.75	5.30			11.66	12.62	13.92
		velocity	7.53	9.19	9.02	8.82	8.71		8.39	7.90	7.74	7.53	7.37	7.55	8.08		9.01	8.32	7.54

H1 lead leg			strides																
Greene, David (Dai) (GBR) (1986)																			
Semi-Final 1 - 2010 European Championships (Barcelona, ESP)																			
Arnold (2010) - 400mH planning and peaking																			
date	29-Jul-10	time	6.10	9.84	13.72	17.62	21.68		25.86	30.18	34.70	39.32	44.02		49.48		3 / 1		
reaction time	0.225	interval		3.74	3.88	3.90	4.06		4.18	4.32	4.52	4.62	4.70	5.46			11.52	12.56	13.84
		velocity	7.38	9.36	9.02	8.97	8.62		8.37	8.10	7.74	7.58	7.45	7.33	8.08		9.11	8.36	7.59
H1 lead leg	R	strides																	
Maeno, Kei (JPN) (1991)																			
FINAL - 2017 Nambu Memorial (Sapporo, JPN)																			
(2017) - tfdata-store.com/2017/07/11/post-1019/																			
date	09-Jul-17	time	6.03	9.77	13.64	17.57	21.78		26.03	30.40	34.85	39.44	44.11		49.48		4 / 3		
reaction time		interval		3.74	3.87	3.93	4.21		4.25	4.37	4.45	4.59	4.67	5.37			11.54	12.83	13.71
		velocity	7.46	9.36	9.04	8.91	8.31		8.24	8.01	7.87	7.63	7.49	7.45	8.08		9.10	8.18	7.66
H1 lead leg	R	strides	21	13	13	13	14		14	15	15	15	15	18.2	166.2				
Clement, Kerron (USA) (1985)																			
FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)																			
Henson (2020) - Athlete First: 2018 year end hurdle report																			
date	31-May-18	time	5.88	9.64	13.44	17.40	21.44		25.68	30.04	34.52	39.08	43.96		49.48		6 / 6		
reaction time	0.159	interval		3.76	3.80	3.96	4.04		4.24	4.36	4.48	4.56	4.88	5.52			11.52	12.64	13.92
		velocity	7.65	9.31	9.21	8.84	8.66		8.25	8.03	7.81	7.68	7.17	7.25	8.08		9.11	8.31	7.54
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	14	16.5	154.5				
Paul, Jacob (GBR) (1995)																			
Semi-Final 2 - 2022 European Athletics Championships (Munich, GER)																			
European Athletics (2022) - european athletics championships race analysis																			
date	18-Aug-22	time	5.94	9.76	13.58	17.48	21.51	23.34	25.70	30.08	34.55	39.18	43.89		49.48		8 / 5		
reaction time	0.185	interval		3.82	3.82	3.90	4.03		4.19	4.38	4.47	4.63	4.71	5.59			11.54	12.60	13.81
		velocity	7.58	9.16	9.16	8.97	8.68	8.57	8.35	7.99	7.83	7.56	7.43	7.16	8.08		9.10	8.33	7.60
H1 lead leg	L	strides	21	13			14		14	14	14	15	15	18	138				
Yamauchi, Hiromu (JPN) (1999)																			
FINAL - 2021 Japanese National Championships (Osaka, JPN)																			
Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																			
date	26-Jun-21	time	6.09	10.01	13.95	17.93	21.97		26.08	30.28	34.67	39.24	43.96		49.48		6 / 4		
reaction time	0.217	interval		3.92	3.94	3.98	4.04		4.11	4.20	4.39	4.57	4.72	5.52			11.84	12.35	13.68
		velocity	7.39	8.93	8.88	8.79	8.66		8.52	8.33	7.97	7.66	7.42	7.25	8.08		8.87	8.50	7.68
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	19	169				
Akcam, Berke (TUR) (2002)																			
FINAL - 2023 European Athletics U23 Championships (Espoo, FIN)																			
European Athletics (2023) - european athletics U23 championships results book																			
date	16-Jul-23	time	6.03	9.81	13.61	17.43	21.39		25.45	29.65	34.23	38.95	43.75		49.48		3 / 2		
reaction time	0.178	interval		3.78	3.80	3.82	3.96		4.06	4.20	4.58	4.72	4.80	5.73			11.40	12.22	14.10
		velocity	7.46	9.26	9.21	9.16	8.84		8.62	8.33	7.64	7.42	7.29	6.98	8.08		9.21	8.59	7.45
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	15	15	19	162				
Yamamoto, Tatsuhiro (JPN) (1997)																			
FINAL - 2024 Japanese National Championships (Niigata, JPN)																			
Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season																			
date	28-Jun-24	time	6.14	9.94	13.81	17.82	21.86		26.03	30.30	34.73	39.41	44.13		49.48		3 / 8		
reaction time	0.184	interval		3.80	3.87	4.01	4.04		4.17	4.27	4.43	4.68	4.72	5.35			11.68	12.48	13.83
		velocity	7.33	9.21	9.04	8.73	8.66		8.39	8.20	7.90	7.48	7.42	7.48	8.08		8.99	8.41	7.59
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15		150				
Akcam, Berke (TUR) (2002)																			
Heat 5 - 2024 Olympic Games (Paris, FRA)																			
Paris 2024 Olympic Games - Results Book (2024)																			
date	05-Aug-24	time	5.92	9.67	13.50	17.38	21.36		25.51	29.95	34.46	39.22	43.96		49.48		3 / 5		
reaction time	0.143	interval		3.75	3.83	3.88	3.98		4.15	4.44	4.51	4.76	4.74	5.52			11.46	12.57	14.01
		velocity	7.60	9.33	9.14	9.02	8.79		8.43	7.88	7.76	7.35	7.38	7.25	8.08		9.16	8.35	7.49
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	18.2	162.2				
Porter, Will (USA) (1973)																			
FINAL - 1996 USA Olympic Trials (Atlanta, GA)																			
McNichols - Hurdle technique study through video analysis																			
date	16-Jun-96	time	6.01	9.93	13.91	17.91	22.01	23.80	26.23	30.59	34.93	39.39	43.94		49.49		1 / 8		
reaction time		interval		3.92	3.98	4.00	4.10		4.22	4.36	4.34	4.46	4.55	5.55			11.90	12.68	13.35
		velocity	7.49	8.93	8.79	8.75	8.54	8.40	8.29	8.03	8.06	7.85	7.69	7.21	8.08		8.82	8.28	7.87
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	13	14		138				
Tateno, Tetsuya (JPN) (1991)																			
FINAL - 2012 Japanese National Championships (Osaka, JPN)																			
Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions																			
date	09-Jun-12	time	6.12	9.96	13.81	17.80	21.85		26.09	30.43	34.83	39.48	44.20		49.49		7 / 3		
reaction time		interval		3.84	3.85	3.99	4.05		4.24	4.34	4.40	4.65	4.72	5.29	=PB		11.68	12.63	13.77
		velocity	7.35	9.11	9.09	8.77	8.64		8.25	8.06	7.95	7.53	7.42	7.56	8.08		8.99	8.31	7.63
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	16	16	19.5	175				
Kishimoto, Takayuki (JPN) (1990)																			
FINAL - 2014 Japanese National Championships (Fukushima, JPN)																			
Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions																			
date	08-Jun-14	time	5.89	9.64	13.53	17.52	21.62		25.89	30.28	34.75	39.32	44.01		49.49		4 / 1		
reaction time		interval		3.75	3.89	3.99	4.10		4.27	4.39	4.47	4.57	4.69	5.48			11.63	12.76	13.73
		velocity	7.64	9.33	9.00	8.77	8.54		8.20	7.97	7.83	7.66	7.46	7.30	8.08		9.03	8.23	7.65

H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	18.5	165				
van Zyl, L.J. (RSA) (1985)																			
FINAL - 2017 Doha Diamond League (Doha, QAT) (TV Analysis)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	05-May-17	time	5.96	9.83	13.70	17.80	21.96		26.16	30.53	34.90	39.43	44.06		49.49	8 / 3			
reaction time	0.156	interval		3.87	3.87	4.10	4.16		4.20	4.37	4.37	4.53	4.63	5.43			11.84	12.73	13.53
		velocity	7.55	9.04	9.04	8.54	8.41		8.33	8.01	8.01	7.73	7.56	7.37	8.08		8.87	8.25	7.76
H1 lead leg	L	strides	22	14	14	14	14		14	15	15	15	15	18.7	170.7				
Paul, Jacob (GBR) (1995)																			
FINAL - 2017 Müller's Anniversary Games (London, GBR) (TV Analysis)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	09-Jul-17	time	6.00	9.72	13.56	17.48	21.56		25.72	30.04	34.48	39.08	43.76		49.49	1 / 8			
reaction time	0.156	interval		3.72	3.84	3.92	4.08		4.16	4.32	4.44	4.60	4.68	5.73	PB		11.48	12.56	13.72
		velocity	7.50	9.41	9.11	8.93	8.58		8.41	8.10	7.88	7.61	7.48	6.98	8.08		9.15	8.36	7.65
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15		150				
Preis, Constantin (GER) (1998)																			
FINAL - 2020 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	14-Aug-20	time	6.00	9.81	13.71	17.75	21.92		26.26	30.76	35.27	39.87	44.44		49.49	8 / 5			
reaction time	0.251	interval		3.81	3.90	4.04	4.17		4.34	4.50	4.51	4.60	4.57	5.05			11.75	13.01	13.68
		velocity	7.50	9.19	8.97	8.66	8.39		8.06	7.78	7.76	7.61	7.66	7.92	8.08		8.94	8.07	7.68
H1 lead leg	L	strides	22	14	14	14	14		15	15	15		15		138				
Preis, Constantin (GER) (1998)																			
FINAL - 2021 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	09-Jul-21	time	6.00	9.84		17.60	21.62	23.4	25.79	30.08	34.50	39.20	44.04		49.49	4 / 4			
reaction time	0.231	interval		3.84		7.76	4.02		4.17	4.29	4.42	4.70	4.84	5.45			11.60	12.48	13.96
		velocity	7.50	9.11		9.02	8.71	8.55	8.39	8.16	7.92	7.45	7.23	7.34	8.08		9.05	8.41	7.52
H1 lead leg	L	strides	22	14			14		15	15		16	16		112				
Happio, Wilfried (FRA) (1998)																			
Semi-Final 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	01-Aug-21	time	6.00	9.73	13.53	17.43	21.43		25.56	30.03	34.56	39.30	44.06		49.49	3 / 7			
reaction time	0.130	interval		3.73	3.80	3.90	4.00		4.13	4.47	4.53	4.74	4.76	5.43			11.43	12.60	14.03
		velocity	7.50	9.38	9.21	8.97	8.75		8.47	7.83	7.73	7.38	7.35	7.37	8.08		9.19	8.33	7.48
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	15	15	18	161				
Barr, Thomas (IRL) (1992)																			
Heat 2 - 2022 European Athletics Championships (Munich, GER)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	17-Aug-22	time	5.95	9.77	13.63	17.58	21.56	23.35	25.68	30.06	34.79	39.42	44.13		49.49	2 / 1			
reaction time	0.214	interval		3.82	3.86	3.95	3.98		4.12	4.38	4.73	4.63	4.71	5.36			11.63	12.48	14.07
		velocity	7.56	9.16	9.07	8.86	8.79	8.57	8.50	7.99	7.40	7.56	7.43	7.46	8.08		9.03	8.41	7.46
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	14	18	159				
Hale, Ja'Kwan (USA) (2000)																			
FINAL - 2024 NCAA Championships (Eugene, OR) (TV Analysis)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	07-Jun-24	time	6.05	9.78	13.74	17.72	21.72		26.04	30.41	35.01	39.59	44.26		49.49	2 / 7			
reaction time		interval		3.73	3.96	3.98	4.00		4.32	4.37	4.60	4.58	4.67	5.23			11.67	12.69	13.85
		velocity	7.44	9.38	8.84	8.79	8.75		8.10	8.01	7.61	7.64	7.49	7.65	8.08		9.00	8.27	7.58
H1 lead leg	R	strides	20	13	14	14	13		14	14	15	15	15	18	165				
Bassitt, Trevor (USA) (1998)																			
Long Hurdles - 2025 Grand Slam Track Miami (Miramar, FL)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	02-May-25	time	5.95	9.75	13.70	17.75	21.93	23.74	26.20	30.51	34.97	39.58	44.19		49.49	3 / 4			
reaction time	0.220	interval		3.80	3.95	4.05	4.18		4.27	4.31	4.46	4.61	4.61	5.30			11.80	12.76	13.68
		velocity	7.56	9.21	8.86	8.64	8.37	8.42	8.20	8.12	7.85	7.59	7.59	7.55	8.08		8.90	8.23	7.68
H1 lead leg		strides			13				13	13	13	14	14	16.2	96.2				
Maritim, Joseph (KEN) (1968)																			
Semi-Final 1 - 1988 Olympic Games (Seoul, KOR)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	24-Sep-88	time	6.48	10.40	14.44	18.37	22.44		26.62	30.86	35.26	39.79	44.35		49.50	4 / 5			
reaction time	0.180	interval		3.92	4.04	3.93	4.07		4.18	4.24	4.40	4.53	4.56	5.15			11.89	12.49	13.49
		velocity	6.94	8.93	8.66	8.91	8.60		8.37	8.25	7.95	7.73	7.68	7.77	8.08		8.83	8.41	7.78
H1 lead leg		strides	22	15	15	13	13		15	13	15	15	15	18	169				
Fleischhauer, Georg (GER) (1988)																			
FINAL - 2011 Weltklasse in Biberach (Biberach, GER)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	28-Jun-11	time	6.30	10.16	14.06	18.02	22.04		26.26	30.58	35.00	39.64	44.26		49.50	/ 2			
reaction time		interval		3.86	3.90	3.96	4.02		4.22	4.32	4.42	4.64	4.62	5.24			11.72	12.56	13.68
		velocity	7.14	9.07	8.97	8.84	8.71		8.29	8.10	7.92	7.54	7.58	7.63	8.08		8.96	8.36	7.68
H1 lead leg		strides	20	13	13	13	13		13	13	13	14	14		139				
Imazeki, Yuta (JPN) (1987)																			
FINAL - 2012 Japanese National Championships (Osaka, JPN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	09-Jun-12	time	6.19	10.14	14.11	18.25	22.48		26.72	30.96	35.25	39.69	44.21		49.50	8 / 4			
reaction time		interval		3.95	3.97	4.14	4.23		4.24	4.24	4.29	4.44	4.52	5.29			12.06	12.71	13.25
		velocity	7.27	8.86	8.82	8.45	8.27		8.25	8.25	8.16	7.88	7.74	7.56	8.08		8.71	8.26	7.92

H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	18.7	172				
Hann, Mamadou Kasse (FRA) (1986)																			
FINAL - 2017 Müller's Anniversary Games (London, GBR) (TV Analysis)																			
date	09-Jul-17	time	6.08	9.96	13.84	17.64	21.60		25.72	30.16	34.64	39.36	44.16		49.50	3 / 9			
reaction time	0.151	interval		3.88	3.88	3.80	3.96		4.12	4.44	4.48	4.72	4.80	5.34			11.56	12.52	14.00
		velocity	7.40	9.02	9.02	9.21	8.84		8.50	7.88	7.81	7.42	7.29	7.49	8.08		9.08	8.39	7.50
H1 lead leg	L	strides	21	14	14	13	13		13	14	14	15	14		145				
Hann, Mamadou Kasse (FRA) (1986)																			
FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis)																			
date	07-Jun-18	time	5.92	9.72			21.48	23.3	25.68	30.08	34.48	39.16	43.96		49.50	2 / 7			
reaction time	0.159	interval		3.80			11.76		4.20	4.40	4.40	4.68	4.80	5.54				13.88	
		velocity	7.60	9.21			8.93	8.58	8.33	7.95	7.95	7.48	7.29	7.22	8.08			7.56	
H1 lead leg	L	strides	21	13					14	14	14	14	15	17	122				
Abuaku, Joshua (GER) (1996)																			
Heat 4 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																			
date	30-Jul-21	time	6.03	9.73	13.53	17.46	21.53		25.73	30.25		39.37	44.13		49.50	8 / 5			
reaction time	0.169	interval		3.70	3.80	3.93	4.07		4.20	4.52		9.12	4.76	5.37			11.43	12.79	13.88
		velocity	7.46	9.46	9.21	8.91	8.60		8.33	7.74		7.68	7.35	7.45	8.08		9.19	8.21	7.56
H1 lead leg	L	strides	20	13	13	13	13		13	14			14	18	131				
Lambrugh, Mario (ITA) (1992)																			
Semi-Final 2 - 2022 European Athletics Championships (Munich, GER)																			
date	18-Aug-22	time	5.78	9.56	13.40	17.19	21.10	22.87	25.18	29.45	34.17	38.97	43.84		49.50	5 / 6			
reaction time	0.151	interval		3.78	3.84	3.79	3.91		4.08	4.27	4.72	4.80	4.87	5.66			11.41	12.26	14.39
		velocity	7.79	9.26	9.11	9.23	8.95	8.75	8.58	8.20	7.42	7.29	7.19	7.07	8.08		9.20	8.56	7.30
H1 lead leg	R	strides	22	14	14	14	14		14	14	15	15	15	18.7	169.7				
Bencosme, José Reynaldo (ITA) (199)																			
Semi-Final 3 - 2022 European Athletics Championships (Munich, GER)																			
date	18-Aug-22	time	5.95	9.73	13.59	17.50	21.50	23.24	25.56	29.92	34.40	38.99	43.80		49.50	4 / 3			
reaction time	0.216	interval		3.78	3.86	3.91	4.00		4.06	4.36	4.48	4.59	4.81	5.70			11.55	12.42	13.88
		velocity	7.56	9.26	9.07	8.95	8.75	8.61	8.62	8.03	7.81	7.63	7.28	7.02	8.08		9.09	8.45	7.56
H1 lead leg	L	strides	20				13		13	14	14	14	15	18.5	121.5				
Hemeida, Bassem (QAT) (2000)																			
Heat 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																			
date	20-Aug-23	time	6.03	9.93	13.90	17.73	21.66		25.83	30.23	34.72	39.47	44.20		49.50	2 / 3			
reaction time	0.156	interval		3.90	3.97	3.83	3.93		4.17	4.40	4.49	4.75	4.73	5.30			11.70	12.50	13.97
		velocity	7.46	8.97	8.82	9.14	8.91		8.39	7.95	7.80	7.37	7.40	7.55	8.08		8.97	8.40	7.52
H1 lead leg	R	strides	21	13	13	13	14		14	14	14	14	14	17	161				
Sibilio, Alessandro (ITA) (1999)																			
Heat 3 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																			
date	20-Aug-23	time	6.10	10.06	13.93	17.86	21.74		25.86	30.30	34.83	39.39	44.06		49.50	5 / 4			
reaction time	0.178	interval		3.96	3.87	3.93	3.88		4.12	4.44	4.53	4.56	4.67	5.44			11.76	12.44	13.76
		velocity	7.38	8.84	9.04	8.91	9.02		8.50	7.88	7.73	7.68	7.49	7.35	8.08		8.93	8.44	7.63
H1 lead leg	R	strides	21	13	13	13	13		13	15	15	15	15	18	164				
Hemeida, Bassem (QAT) (2000)																			
Semi-Final 1 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)																			
date	21-Aug-23	time	5.96	9.80	13.63	17.36	21.26		25.50	29.83	34.40	39.06	43.97		49.50	4 / 7			
reaction time	0.172	interval		3.84	3.83	3.73	3.90		4.24	4.33	4.57	4.66	4.91	5.53			11.40	12.47	14.14
		velocity	7.55	9.11	9.14	9.38	8.97		8.25	8.08	7.66	7.51	7.13	7.23	8.08		9.21	8.42	7.43
H1 lead leg	R	strides	21	13	14	13	13		14		14	14	15	17.7	148.7				
Mužik, Jiri (CZE) (1976)																			
FINAL - 1997 IAAF World Championships (Athens, GRE)																			
date	04-Aug-97	time	6.02	9.78	13.62	17.58	21.80		26.12	30.42	34.92	39.52	44.14		49.51	2 / 8			
reaction time	0.179	interval		3.76	3.84	3.96	4.22		4.32	4.30	4.50	4.60	4.62	5.37	NR		11.56	12.84	13.72
		velocity	7.48	9.31	9.11	8.84	8.29		8.10	8.14	7.78	7.61	7.58	7.45	8.08		9.08	8.18	7.65
H1 lead leg		strides																	
Brazell, Bennie (USA) (1982)																			
FINAL - 2004 Olympic Games (Athina, GRE)																			
date	26-Aug-04	time	6.0	9.6	13.3	17.1	21.1		25.2	29.4	33.7	38.3	43.1		49.51	8 / 8			
reaction time	0.390	interval		3.6	3.7	3.8	4.0		4.1	4.2	4.3	4.6	4.8	6.41			11.10	12.30	13.70
		velocity	7.50	9.72	9.46	9.21	8.75		8.54	8.33	8.14	7.61	7.29	6.24	8.08		9.46	8.54	7.66
H1 lead leg	L	strides	22	13	13	13	14		14	14	15	15	16		149				
Culson, Javier (PUR) (1984)																			
FINAL - 2016 Prefontaine Classic (Eugene, OR) (TV Analysis)																			
date	28-May-16	time	5.88	9.60	13.40	17.40	21.56		25.80	30.16	33.96	39.28	44.08		49.51	2 / 7			
reaction time		interval		3.72	3.80	4.00	4.16		4.24	4.36	3.80	5.32	4.80	5.43			11.52	12.76	13.92
		velocity	7.65	9.41	9.21	8.75	8.41		8.25	8.03	7.89	7.52	7.29	7.37	8.08		9.11	8.23	7.54

H1 lead leg	L	strides	20	13	13	13	13	13	11	16	14	17	143						
Jackson, Bershawn (USA) (1983)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 USATF Championships (Sacramento, CA) (TV Analysis)																			
date	25-Jun-17	time	5.79	9.69	13.79	17.93	22.14			30.31	34.58	39.03	43.83		49.51	1 / 8			
reaction time		interval		3.90	4.10	4.14	4.21			8.17	4.27	4.45	4.80	5.68			12.14	12.38	13.52
		velocity	7.77	8.97	8.54	8.45	8.31			8.57	8.20	7.87	7.29	7.04	8.08		8.65	8.48	7.77
H1 lead leg	L	strides	22	15		15	15				15	15	17	19.2	133.2				
Nozawa, Keisuke (JPN) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Japanese National Championships (Fukuoka, JPN)																			
date	29-Jun-19	time	5.99	9.68	13.53	17.52	21.60		25.76	30.10	34.53	39.21	43.98		49.51	4 / 4			
reaction time	0.179	interval		3.69	3.85	3.99	4.08		4.16	4.34	4.43	4.68	4.77	5.53			11.53	12.58	13.88
		velocity	7.51	9.49	9.09	8.77	8.58		8.41	8.06	7.90	7.48	7.34	7.23	8.08		9.11	8.35	7.56
H1 lead leg	L	strides	21	13	13	14	14		14	14	14	15	15	19	166				
Zazini, Sokwakhana (RSA) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																			
date	30-Jul-21	time	6.00	9.76	13.73	17.70	21.70		25.90	30.23	34.66	39.27	44.10		49.51	2 / 3			
reaction time	0.147	interval		3.76	3.97	3.97	4.00		4.20	4.33	4.43	4.61	4.83	5.41			11.70	12.53	13.87
		velocity	7.50	9.31	8.82	8.82	8.75		8.33	8.08	7.90	7.59	7.25	7.39	8.08		8.97	8.38	7.57
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	16	16	20	180				
Angela, Ramsey (NED) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2022 European Athletics Championships (Munich, GER)																			
date	17-Aug-22	time	6.03	9.85	13.77	17.75	21.89	23.73	26.12	30.45	34.97	39.47	44.10		49.51	3 / 2			
reaction time	0.237	interval		3.82	3.92	3.98	4.14		4.23	4.33	4.52	4.50	4.63	5.41			11.72	12.70	13.65
		velocity	7.46	9.16	8.93	8.79	8.45	8.43	8.27	8.08	7.74	7.78	7.56	7.39	8.08		8.96	8.27	7.69
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	18.2	171.2				
James-King, Malik (JAM) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Prefontaine Classic (Eugene, OR)																			
date	25-May-24	time	6.07	10.00	14.03	18.06	22.19		26.40	30.68	35.09	39.66	44.20		49.51	3 / 5			
reaction time	0.144	interval		3.93	4.03	4.03	4.13		4.21	4.28	4.41	4.57	4.54	5.31			11.99	12.62	13.52
		velocity	7.41	8.91	8.68	8.68	8.47		8.31	8.18	7.94	7.66	7.71	7.53	8.08		8.76	8.32	7.77
H1 lead leg	L	strides	23	15	15		14		15	15	15	15	15		142				
Diagana, Stéphane (FRA) (1969)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2002 European Championships (Munich, GER)																			
date	07-Aug-02	time	6.06	9.86	13.71	17.60	21.50		25.75	30.24	34.88	39.15	44.35		49.52	1 / 1			
reaction time		interval		3.80	3.85	3.89	3.90		4.25	4.49	4.64	4.27	5.20	5.17			11.54	12.64	14.11
		velocity	7.43	9.21	9.09	9.00	8.97		8.24	7.80	7.54	8.20	6.73	7.74	8.08		9.10	8.31	7.44
H1 lead leg		strides																	
Yoshikata, Masahira (JPN) (1982)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2005 Osaka Grand Prix (Osaka, JPN)																			
date	07-May-05	time	5.99	9.69	13.54	17.49	21.58		25.90	30.32	34.82	39.36	44.00		49.52	1 / 6			
reaction time		interval		3.70	3.85	3.95	4.09		4.32	4.42	4.50	4.54	4.64	5.52			11.50	12.83	13.68
		velocity	7.51	9.46	9.09	8.86	8.56		8.10	7.92	7.78	7.71	7.54	7.25	8.08		9.13	8.18	7.68
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131				
Buckley, Markino (JAM) (1986)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 IAAF World Athletics Final (Stuttgart, GER)																			
date	13-Sep-08	time	6.29	10.11	13.99	17.87	21.90		26.09	30.49	34.94	39.48	44.11		49.52	1 / 4			
reaction time	0.276	interval		3.82	3.88	3.88	4.03		4.19	4.40	4.45	4.54	4.63	5.41			11.58	12.62	13.62
		velocity	7.15	9.16	9.02	9.02	8.68		8.35	7.95	7.87	7.71	7.56	7.39	8.08		9.07	8.32	7.71
H1 lead leg		strides																	
Green, Jack (GBR) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Athletissima (Lausanne, SUI) (TV Analysis)																			
date	05-Jul-18	time	6.00	9.80	13.76		21.80		25.96	30.32		39.44	44.12		49.52	1 / 7			
reaction time	0.172	interval		3.80	3.96		8.04		4.16	4.36		9.12	4.68	5.40					13.80
		velocity	7.50	9.21	8.84		8.71		8.41	8.03		7.68	7.48	7.41	8.08				7.61
H1 lead leg	R	strides	22	14	14		14		14	14		15	15	18.2	140.2				
Nozawa, Keisuke (JPN) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A FINAL - 2019 Kinami Memorial (Osaka, JPN)																			
date	06-May-19	time	6.04	9.79	13.61	17.45	21.47		25.53	29.76	34.18	38.84	43.76		49.52	8 / 1			
reaction time		interval		3.75	3.82	3.84	4.02		4.06	4.23	4.42	4.66	4.92	5.76			11.41	12.31	14.00
		velocity	7.45	9.33	9.16	9.11	8.71		8.62	8.27	7.92	7.51	7.11	6.94	8.08		9.20	8.53	7.50
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	19	169				
Watrin, Julien (BEL) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																			
date	17-Jul-22	time	5.87	9.57	13.40	17.26	21.20	23.08	25.33	29.53	34.00	38.73	43.60		49.52	3 / 3			
reaction time	0.186	interval		3.70	3.83	3.86	3.94		4.13	4.20	4.47	4.73	4.87	5.92			11.39	12.27	14.07
		velocity	7.67	9.46	9.14	9.07	8.88	8.67	8.47	8.33	7.83	7.40	7.19	6.76	8.08		9.22	8.56	7.46

H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	18.7	164.7				
Bengtström, Carl (SWE) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2022 European Athletics Championships (Munich, GER)			European Athletics (2022) - european athletics championships race analysis																
date	18-Aug-22	time	5.72	9.43	13.37	17.44	21.64	23.44	25.86	30.30	34.91	39.50	44.23		49.52	5 / 4			
reaction time	0.172	interval		3.71	3.94	4.07	4.20		4.22	4.44	4.61	4.59	4.73	5.29			11.72	12.86	13.93
		velocity	7.87	9.43	8.88	8.60	8.33	8.53	8.29	7.88	7.59	7.63	7.40	7.56	8.08		8.96	8.16	7.54
H1 lead leg	L	strides	22	14		14	14		14	14	15	15	15	19.2	156.2				
Bassitt, Trevor (USA) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Doha Diamond League (Doha, QAT)			Omega Timing (2023) - diamond league race analysis																
date	05-May-23	time	5.89	9.67	13.54	17.50	21.57		25.77	30.13	34.61	39.32	43.99		49.52	7 / 5			
reaction time	0.158	interval		3.78	3.87	3.96	4.07		4.20	4.36	4.48	4.71	4.67	5.53			11.61	12.63	13.86
		velocity	7.64	9.26	9.04	8.84	8.60		8.33	8.03	7.81	7.43	7.49	7.23	8.08		9.04	8.31	7.58
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	14	20	158				
Ogawa, Daiki (JPN) (2003)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Japanese National Championships (Osaka, JPN)			Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season																
date	03-Jun-23	time	6.06	9.93	13.87	17.90	22.04		26.28	30.58		35.07	39.66	44.33	49.52	3 / 1			
reaction time	0.170	interval		3.87	3.94	4.03	4.14		4.24	4.30	4.49	4.59	4.67	5.19	PB		11.84	12.68	13.75
		velocity	7.43	9.04	8.88	8.68	8.45		8.25	8.14	7.80	7.63	7.49	7.71	8.08		8.87	8.28	7.64
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	20	172				
Barr, Thomas (IRL) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 FBK Games (Hengelo, NED)			Omega Timing (2023) - continental tour race analysis																
date	04-Jun-23	time	5.95	9.76	13.60	17.50	21.50		25.73	30.15	34.76	39.45	44.11		49.52	2 / 5			
reaction time	0.167	interval		3.81	3.84	3.90	4.00		4.23	4.42	4.61	4.69	4.66	5.41			11.55	12.65	13.96
		velocity	7.56	9.19	9.11	8.97	8.75		8.27	7.92	7.59	7.46	7.51	7.39	8.08		9.09	8.30	7.52
H1 lead leg	L	strides	20	13								14	14	17.7	78.7				
Thid, David (SWE) (2003)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2024 European Athletics Championships (Roma, ITA)			European Athletics (2024) - 2024 european athletics championships - results book																
date	10-Jun-24	time	5.86	9.63	13.63	17.66	21.73		25.91	30.19	34.65	39.31	43.91		49.52	2 / 8			
reaction time	0.150	interval		3.77	4.00	4.03	4.07		4.18	4.28	4.46	4.66	4.60	5.61	PB		11.80	12.53	13.72
		velocity	7.68	9.28	8.75	8.68	8.60		8.37	8.18	7.85	7.51	7.61	7.13	8.08		8.90	8.38	7.65
H1 lead leg	L	strides	21	13	14	14	14		14	14	15		15	19	153				
Chalmers, Alastair (GBR) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 London Athletics Meet (London, GBR)			Omega Timing (2024) - diamond league race analysis																
date	20-Jul-24	time	5.86	9.61	13.44	17.33	21.30		25.51	29.86	34.46	39.16	43.88		49.52	2 / 8			
reaction time	0.153	interval		3.75	3.83	3.89	3.97		4.21	4.35	4.60	4.70	4.72	5.64			11.47	12.53	14.02
		velocity	7.68	9.33	9.14	9.00	8.82		8.31	8.05	7.61	7.45	7.42	7.09	8.08		9.15	8.38	7.49
H1 lead leg	L	strides	20	13	13	13	13				15			18	105				
Douglas, Matt (GBR) (1976)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2000 Olympic Games (Sydney, AUS)			Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games																
date	15-Sep-00	time	5.86	9.50	13.22	16.98	20.90	22.50	24.98	29.34	33.86	38.62	43.20		49.53	8 / 6			
reaction time	0.177	interval		3.64	3.72	3.76	3.92		4.08	4.36	4.52	4.76	4.58	6.33			11.12	12.36	13.86
		velocity	7.68	9.62	9.41	9.31	8.93	8.89	8.58	8.03	7.74	7.35	7.64	6.32	8.08		9.44	8.50	7.58
H1 lead leg		strides	21	13	13	13	13		14	14	15	15	15	19.5	165.5				
Mashchenko, Ruslan (RUS) (1971)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2001 European Championships (Bremen, GER)			Graubner (2007) - http://www.fgs.uni-halle.de																
date	23-Jun-01	time	6.08	9.90	13.76	17.62	21.62		25.70	30.04	34.46	39.14	43.92		49.53	1 / 4			
reaction time		interval		3.82	3.86	3.86	4.00		4.08	4.34	4.42	4.68	4.78	5.61			11.54	12.42	13.88
		velocity	7.40	9.16	9.07	9.07	8.75		8.58	8.06	7.92	7.48	7.32	7.13	8.08		9.10	8.45	7.56
H1 lead leg		strides																	
Yoshikata, Masahira (JPN) (1982)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 Japanese National Championships (Osaka, JPN)			Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers																
date	30-Jun-07	time	6.02	9.79	13.73	17.75	21.85		26.07	30.44	34.84	39.38	44.05		49.53	1 / 3			
reaction time		interval		3.77	3.94	4.02	4.10		4.22	4.37	4.40	4.54	4.67	5.48			11.73	12.69	13.61
		velocity	7.48	9.28	8.88	8.71	8.54		8.29	8.01	7.95	7.71	7.49	7.30	8.08		8.95	8.27	7.71
H1 lead leg		strides		14	14	14	14		14	15	15	15	15		130				
Narisako, Kenji (JPN) (1984)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2009 Japanese National Championships (Hiroshima, JPN)			Yasunori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11																
date	27-Jun-09	time	6.02	9.76	13.53	17.38	21.33		25.56	29.90	34.37	39.02	43.86		49.53	6 / 1			
reaction time		interval		3.74	3.77	3.85	3.95		4.23	4.34	4.47	4.65	4.84	5.67			11.36	12.52	13.96
		velocity	7.48	9.36	9.28	9.09	8.86		8.27	8.06	7.83	7.53	7.23	7.05	8.08		9.24	8.39	7.52
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				
Barr, Thomas (IRL) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Bislett Games (Oslo, NOR) (TV Analysis)			Henson (2020) - Athlete First: 2018 year end hurdle report																
date	07-Jun-18	time		5.96	9.72		21.52	23.4	25.84	30.24	34.80	39.48	44.16		49.53	1 / 8			
reaction time	0.197	interval			3.76		11.80		4.32	4.40	4.56	4.68	4.68	5.37					13.92
		velocity		7.55	9.31		8.90	8.55	8.10	7.95	7.68	7.48	7.48	7.45	8.08				7.54

H1 lead leg	L	strides	21	13				14	14	14	14	15	18	123					
Harvey, Jonathan (USA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)			Henson (2021) - Athlete First: 2021 year end hurdle report																
date	25-Jun-21	time	5.93	9.67	13.54	17.55	21.69		26.16	30.63	35.23	39.77	44.34		49.53	7 / 6			
reaction time	0.140	interval		3.74	3.87	4.01	4.14		4.47	4.47	4.60	4.54	4.57	5.19	PB		11.62	13.08	13.71
		velocity	7.59	9.36	9.04	8.73	8.45		7.83	7.83	7.61	7.71	7.66	7.71	8.08		9.04	8.03	7.66
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	17.2	163.2				
Angela, Ramsey (NED) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Memorial van Damme (Brussels, BEL) (TV Analysis)			Henson (2021) - Athlete First: 2021 year end hurdle report																
date	03-Sep-21	time	6.08	9.96	13.80	17.84	21.92	23.7	26.12	30.44	34.88	39.48	44.24		49.53	2 / 6			
reaction time	0.197	interval		3.88	3.84	4.04	4.08		4.20	4.32	4.44	4.60	4.76	5.29			11.76	12.60	13.80
		velocity	7.40	9.02	9.11	8.66	8.58	8.44	8.33	8.10	7.88	7.61	7.35	7.56	8.08		8.93	8.33	7.61
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	18	171				
Maillard, Sébastien (FRA) (1981)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2006 European Championships (Göteborg, SWE)			Behm (2006) - Göteborg 2006: Le quatrance																
date	10-Aug-06	time	6.0	9.7	13.5	17.6	21.7		25.9	30.2	34.5	39.1	43.9		49.54	/ 5			
reaction time		interval		3.7	3.8	4.1	4.1		4.2	4.3	4.3	4.6	4.8	5.64			11.60	12.60	13.70
		velocity	7.50	9.46	9.21	8.54	8.54		8.33	8.14	8.14	7.61	7.29	7.09	8.07		9.05	8.33	7.66
H1 lead leg	L	strides	21	13	14	14	14		14	15	15	15	15	19.5	169.5				
Inoue, Kakeru (JPN) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
C FINAL - 2018 Shizuoka International Athletics Meeting (Fukuroi, JPN)			Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018																
date	03-May-18	time	6.14	9.99	13.86	17.76	21.75		25.94	30.26	34.78	39.45	44.19		49.54	5 / 1			
reaction time	0.182	interval		3.85	3.87	3.90	3.99		4.19	4.32	4.52	4.67	4.74	5.35	PB		11.62	12.50	13.93
		velocity	7.33	9.09	9.04	8.97	8.77		8.35	8.10	7.74	7.49	7.38	7.48	8.07		9.04	8.40	7.54
H1 lead leg	R	strides	21	14	14	14	14		14	15	15	15	15	18.5	169.5				
Brockman, Charles (USA) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)			Henson (2021) - Athlete First: 2021 year end hurdle report																
date	25-Jun-21	time	6.14	10.01	14.01	18.05	22.22		26.56	31.03	35.50	40.00	44.47		49.54	9 / 7			
reaction time	0.241	interval		3.87	4.00	4.04	4.17		4.34	4.47	4.47	4.50	4.47	5.07			11.91	12.98	13.44
		velocity	7.33	9.04	8.75	8.66	8.39		8.06	7.83	7.83	7.78	7.83	7.89	8.07		8.82	8.09	7.81
H1 lead leg	R	strides		14	14	14	14		15	15	15	15	15	18.7	149.7				
Tsutsue, Kaito (JPN) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
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	07-May-23	time	6.02	9.86	13.71	17.68	21.82		26.03	30.38	34.73	39.36	44.14		49.54	6 / 1			
reaction time	0.151	interval		3.84	3.85	3.97	4.14		4.21	4.35	4.35	4.63	4.78	5.40	PB		11.66	12.70	13.76
		velocity	7.48	9.11	9.09	8.82	8.45		8.31	8.05	8.05	7.56	7.32	7.41	8.07		9.01	8.27	7.63
H1 lead leg		strides		13	13	14	14		14	14	14	14	15		125				
Robinson, Chris (USA) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2024 USA Olympic Trials (Eugene, OR)			USATF and Karmarush (2024) - USA Olympic trials results and race analysis																
date	27-Jun-24	time	6.00	9.72	13.47	17.28	21.19	22.94	25.32	29.78	34.40	39.01	43.78		49.54	7 / 1			
reaction time		interval		3.72	3.75	3.81	3.91		4.13	4.46	4.62	4.61	4.77	5.76			11.28	12.50	14.00
		velocity	7.50	9.41	9.33	9.19	8.95	8.72	8.47	7.85	7.58	7.59	7.34	6.94	8.07		9.31	8.40	7.50
H1 lead leg	R	strides	20	13	13	13	13			15	15	15	15	18.2	150.2				
Konishi, Yuta (JPN) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Japanese National Championships (Nagoya, JPN)			Morioka (2016) - race pattern of top 400m hurdlers in japan																
date	24-Jun-16	time	6.08	9.90	13.77	17.67	21.62		25.84	30.09	34.56	39.16	43.98		49.55	4 / 3			
reaction time	0.165	interval		3.82	3.87	3.90	3.95		4.22	4.25	4.47	4.60	4.82	5.57			11.59	12.42	13.89
		velocity	7.40	9.16	9.04	8.97	8.86		8.29	8.24	7.83	7.61	7.26	7.18	8.07		9.06	8.45	7.56
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				
Smidt, Nick (NED) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)			Henson (2024) - Athlete First: 2021 year end hurdle report																
date	30-Jul-21	time	6.03	9.80	13.73	17.76	21.93		26.23	30.60	35.13	39.66	44.26		49.55	7 / 4			
reaction time	0.181	interval		3.77	3.93	4.03	4.17		4.30	4.37	4.53	4.53	4.60	5.29			11.73	12.84	13.66
		velocity	7.46	9.28	8.91	8.68	8.39		8.14	8.01	7.73	7.73	7.61	7.56	8.07		8.95	8.18	7.69
H1 lead leg	L	strides	20	13	13	13	13		13	13	14	14	14	17.5	157.5				
Preis, Constantin (GER) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2022 European Athletics Championships (Munich, GER)			European Athletics (2022) - european athletics championships race analysis																
date	18-Aug-22	time	6.02	9.97	13.98	17.99	22.02	23.80	26.15	30.45	34.96	39.50	44.09		49.55	2 / 5			
reaction time	0.234	interval		3.95	4.01	4.01	4.03		4.13	4.30	4.51	4.54	4.59	5.46			11.97	12.46	13.64
		velocity	7.48	8.86	8.73	8.73	8.68	8.40	8.47	8.14	7.76	7.71	7.63	7.33	8.07		8.77	8.43	7.70
H1 lead leg	L	strides	22				14		15	15	15	15	15	19	130				
Gollnow, David (GER) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 German National Championships (Kassel, GER)			Beck (2011) - 400-meter-hürdensprinter im aufschwung																
date	24-Jul-11	time	6.26	10.12	13.94	17.80	21.81		25.96	30.34	34.93	39.62	44.35		49.56	6 / 1			
reaction time	0.175	interval		3.86	3.82	3.86	4.01		4.15	4.38	4.59	4.69	4.73	5.21			11.54	12.54	14.01
		velocity	7.19	9.07	9.16	9.07	8.73		8.43	7.99	7.63	7.46	7.40	7.68	8.07		9.10	8.37	7.49

H1 lead leg	strides	21	13	13	13	13		13	14	14	15	15		144						
Chalyy, Timofey (RUS) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2014 European Championships (Zurich, SUI)														<i>Green (2015) - twitter.com/jackpgreen (from Behm?)</i>						
date	15-Aug-14	time	6.08	9.88	13.84	17.84	21.92	26.08	30.56	35.12	39.80	44.52		49.56	4					
reaction time	0.159	interval	3.80	3.96	4.00	4.08	4.16	4.48	4.56	4.68	4.72	5.04				11.76	12.72	13.96		
		velocity	7.40	9.21	8.84	8.75	8.58	8.41	7.81	7.68	7.48	7.42	7.94	8.07		8.93	8.25	7.52		
H1 lead leg	L	strides	13	13	13	13		13	14	14	14	14		121						
Clement, Kerron (USA) (1985)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2016 Shanghai Golden Grand Prix (Shanghai, CHN)														<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>						
date	14-May-16	time	6.00	9.76	13.64	17.48	21.48	25.72	30.08	34.60	39.28	44.08		49.56	3 / 7					
reaction time	0.180	interval	3.76	3.88	3.84	4.00	4.24	4.36	4.52	4.68	4.80	5.48				11.48	12.60	14.00		
		velocity	7.50	9.31	9.02	9.11	8.75	8.25	8.03	7.74	7.48	7.29	7.30	8.07		9.15	8.33	7.50		
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	13	13	16.5	153.5						
Mowatt, Kemar (JAM) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2019 Müller Grand Prix (Birmingham, GBR) (TV Analysis)														<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>						
date	18-Aug-19	time	5.80	9.48	13.32	17.20	21.16	22.9	25.20	29.64	34.12	38.84	43.64		49.56	3 / 4				
reaction time	0.162	interval	3.68	3.84	3.88	3.96	4.04	4.44	4.48	4.72	4.80	5.92				11.40	12.44	14.00		
		velocity	7.76	9.51	9.11	9.02	8.84	8.73	8.66	7.88	7.81	7.42	7.29	6.76	8.07		9.21	8.44	7.50	
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	18.5	162.5					
Smidt, Nick (NED) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Semi-Final 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)														<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>						
date	17-Jul-22	time	5.86	9.57	13.50	17.30	21.40	23.25	25.70	30.00	34.47	39.13	43.93		49.56	8 / 5				
reaction time	0.145	interval	3.71	3.93	3.80	4.10	4.30	4.30	4.47	4.66	4.80	5.63				11.44	12.70	13.93		
		velocity	7.68	9.43	8.91	9.21	8.54	8.60	8.14	8.14	7.83	7.51	7.29	7.10	8.07		9.18	8.27	7.54	
H1 lead leg	L	strides	20	13	13	13	14		14	14	14	14	15	18	162					
Smith, James (USA) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2023 USATF National Championships (Eugene, OR) (TV Analysis)														<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>						
date	09-Jul-23	time	6.17	10.01	13.91	17.85	21.89	26.09		34.90	39.50	44.18		49.56	3 / 6					
reaction time		interval	3.84	3.90	3.94	4.04	4.20		8.81	4.60	4.68	5.38				11.68				
		velocity	7.29	9.11	8.97	8.88	8.66	8.33		7.95	7.61	7.48	7.43	8.07		8.99				
H1 lead leg	L	strides	21	13	13	13	13				15	15	103							
Benjamin, Rai (USA) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Heat 1 - 2024 USA Olympic Trials (Eugene, OR)														<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>						
date	27-Jun-24	time	5.86	9.62	13.48	17.56	21.57	23.40	25.64	29.71	34.03	38.57	43.38		49.56	7 / 1				
reaction time		interval	3.76	3.86	4.08	4.01	4.07	4.07	4.32	4.54	4.81	6.18				11.70	12.15	13.67		
		velocity	7.68	9.31	9.07	8.58	8.73	8.55	8.60	8.60	8.10	7.71	7.28	6.47	8.07		8.97	8.64	7.68	
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	14	17.5	155.5					
Bengtström, Carl (SWE) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Semi-Final 3 - 2024 Olympic Games (Paris, FRA)														<i>Paris 2024 Olympic Games - Results Book (2024)</i>						
date	07-Aug-24	time	5.80	9.57	13.43	17.31	21.34	25.58	30.00	34.59	39.33	44.13		49.56	3 / 6					
reaction time	0.201	interval	3.77	3.86	3.88	4.03	4.24	4.42	4.59	4.74	4.80	5.43				11.51	12.69	14.13		
		velocity	7.76	9.28	9.07	9.02	8.68	8.25	7.92	7.63	7.38	7.29	7.37	8.07		9.12	8.27	7.43		
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	15	15	18.7	171.7						
Alonso, José (ESP) (1957)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Semi-Final 1 - 1988 Olympic Games (Seoul, KOR)										<i>Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988</i>										
date	24-Sep-88	time	6.05	9.89	13.77	17.70	21.74	25.95	30.26	34.71	39.40	44.20		49.57	8 / 6					
reaction time		interval	3.84	3.88	3.93	4.04	4.21	4.31	4.45	4.69	4.80	5.37				11.65	12.56	13.94		
		velocity	7.44	9.11	9.02	8.91	8.66	8.31	8.12	7.87	7.46	7.29	7.45	8.07		9.01	8.36	7.53		
H1 lead leg		strides	21	14	14	14	14	14	14	15	15	15	18	168						
Myburgh, Alwyn (RSA) (1980)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Heat 6 - 2000 Olympic Games (Sydney, AUS)														<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>						
date	24-Sep-00	time	5.98	9.82	13.82	17.82	21.94	26.22	30.50	34.98	39.54	44.14		49.57	6 / 3					
reaction time	0.184	interval	3.84	4.00	4.00	4.12	4.28	4.28	4.48	4.56	4.60	5.43				11.84	12.68	13.64		
		velocity	7.53	9.11	8.75	8.75	8.50	8.18	8.18	7.81	7.68	7.61	7.37	8.07		8.87	8.28	7.70		
H1 lead leg		strides	21	14	14	14	14	14	14	15	15	15	18.7	168.7						
Keïta, Naman (FRA) (1978)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
Semi-Final 2 - 2003 IAAF World Championships (Paris, FRA)														<i>Behm (2003) - Paris 2003:Le quatrache masculin - féminin</i>						
date	27-Aug-03	time	6.0	9.8	13.6	17.8	22.0	26.3	30.6	35.1	39.7			49.57	1 / 8					
reaction time	0.169	interval	3.8	3.8	4.2	4.2	4.3	4.3	4.5	4.6		9.87				11.80	12.80			
		velocity	7.50	9.21	9.21	8.33	8.33	8.14	8.14	7.78	7.61		7.60	8.07		8.90	8.20			
H1 lead leg		strides	21	12	12	13	12	13	13	13	13	14	17.5	153.5						
Abe, Takatoshi (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10		
FINAL - 2012 Japanese National Championships (Osaka, JPN)								<i>Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions</i>												
date	09-Jun-12	time	6.02	9.79	13.57	17.42	21.46	25.66	29.93	34.45	39.15	43.99		49.57	4 / 5					
reaction time		interval	3.77	3.78	3.85	4.04	4.20	4.27	4.52	4.70	4.84	5.58				11.40	12.51	14.06		
		velocity	7.48	9.28	9.26	9.09	8.66	8.33	8.20	7.74	7.45	7.23	7.17	8.07		9.21	8.39	7.47		

H1 lead leg	R	strides	20	13	13	13	13	14	14	15	15	15	18.2	163					
Matsushita, Yuki (JPN) (1991)																			
A FINAL - 2019 Kinami Memorial (Osaka, JPN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	06-May-19	time	6.11	9.93	13.83	17.74	21.72		25.94	30.23	34.70	39.31	44.01		49.57	3 / 2			
reaction time		interval		3.82	3.90	3.91	3.98		4.22	4.29	4.47	4.61	4.70	5.56			11.63	12.49	13.78
		velocity	7.36	9.16	8.97	8.95	8.79		8.29	8.16	7.83	7.59	7.45	7.19	8.07		9.03	8.41	7.62
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	19	165				
Abe, Takatoshi (JPN) (1991)																			
FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	06-Jun-19	time	5.87	9.62	13.49	17.56	21.66		25.88	30.19	34.79	39.40	44.09		49.57	7 / 3			
reaction time	0.164	interval		3.75	3.87	4.07	4.10		4.22	4.31	4.60	4.61	4.69	5.48			11.69	12.63	13.90
		velocity	7.67	9.33	9.04	8.60	8.54		8.29	8.12	7.61	7.59	7.46	7.30	8.07		8.98	8.31	7.55
H1 lead leg	R	strides	21	13	13	13	13		13	13	14	14	15	17.5	159.5				
Edlund, Oskar (SWE) (2002)																			
FINAL - 2023 European Athletics U23 Championships (Espoo, FIN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	16-Jul-23	time	5.94	9.61	13.42	17.27	21.12		25.14	29.35	34.39	38.97	43.82		49.57	6 / 3			
reaction time	0.174	interval		3.67	3.81	3.85	3.85		4.02	4.21	5.04	4.58	4.85	5.75	PB		11.33	12.08	14.47
		velocity	7.58	9.54	9.19	9.09	9.09		8.71	8.31	6.94	7.64	7.22	6.96	8.07		9.27	8.69	7.26
H1 lead leg	L	strides	21	13	13	13	13		13	13	14	16	15	18.2	162.2				
Xie Zhiyu (CHN) (2000)																			
Semi-Final 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	21-Aug-23	time	6.14	10.11	13.98	17.82	21.89			30.56	35.07		44.48		49.57	2 / 7			
reaction time	0.189	interval		3.97	3.87	3.84	4.07			8.67	4.51		9.41	5.09			11.68	12.74	13.92
		velocity	7.33	8.82	9.04	9.11	8.60			8.07	7.76		7.44	7.86	8.07		8.99	8.24	7.54
H1 lead leg	L	strides	21		13	13	13				14			17	91				
Kodama, Yusaka (JPN) (2000)																			
FINAL - 2024 Seiko Golden Grand Prix (Tokyo, JPN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	19-May-24	time	5.92	9.71	13.60	17.50	21.59		25.74	30.11	34.70	39.32	44.11		49.57	4 / 7			
reaction time	0.176	interval		3.79	3.89	3.90	4.09		4.15	4.37	4.59	4.62	4.79	5.46			11.58	12.61	14.00
		velocity	7.60	9.23	9.00	8.97	8.56		8.43	8.01	7.63	7.58	7.31	7.33	8.07		9.07	8.33	7.50
H1 lead leg	R	strides	21	13	13	13	14		14	15	15	15	15	18.7	166.7				
Smidt, Nick (NED) (1997)																			
Semi-Final 1 - 2024 European Athletics Championships (Roma, ITA)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	10-Jun-24	time	5.88	9.63	13.48	17.28	21.31		25.55	29.95	34.44	39.28	44.05		49.57	5 / 2			
reaction time	0.171	interval		3.75	3.85	3.80	4.03		4.24	4.40	4.49	4.84	4.77	5.52			11.40	12.67	14.10
		velocity	7.65	9.33	9.09	9.21	8.68		8.25	7.95	7.80	7.23	7.34	7.25	8.07		9.21	8.29	7.45
H1 lead leg	L	strides	21	13	13	13	13		14	14			15	18	134				
Dudley, Eric (USA) (1980)																			
Heat 2 - 2007 USATF National Championships (Indianapolis, IN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	21-Jun-07	time	6.11	9.91	13.89	17.92	22.05		26.36	30.74	35.22	39.91	44.43		49.58	7 / 4			
reaction time		interval		3.80	3.98	4.03	4.13		4.31	4.38	4.48	4.69	4.52	5.15	PB		11.81	12.82	13.69
		velocity	7.36	9.21	8.79	8.68	8.47		8.12	7.99	7.81	7.46	7.74	7.77	8.07		8.89	8.19	7.67
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	14	14	14	142				
Li Zhilong (CHN) (1988)																			
FINAL - 2011 Chinese National Grand Prix (Fuzhou, CHN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	26-Jun-11	time	6.08	9.88	13.84	17.80	21.88		26.16	30.48	35.04	39.68	44.48		49.58	1 / 2			
reaction time		interval		3.80	3.96	3.96	4.08		4.28	4.32	4.56	4.64	4.80	5.10	PB		11.72	12.68	14.00
		velocity	7.40	9.21	8.84	8.84	8.58		8.18	8.10	7.68	7.54	7.29	7.84	8.07		8.96	8.28	7.50
H1 lead leg		strides																	
Culson, Javier (PUR) (1984)																			
FINAL - 2016 Shanghai Golden Grand Prix (Shanghai, CHN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	14-May-16	time	5.76	9.40	13.12	17.12	21.24		25.48	29.88	34.32	39.00	43.88		49.58	7 / 8			
reaction time	0.211	interval		3.64	3.72	4.00	4.12		4.24	4.40	4.44	4.68	4.88	5.70			11.36	12.76	14.00
		velocity	7.81	9.62	9.41	8.75	8.50		8.25	7.95	7.88	7.48	7.17	7.02	8.07		9.24	8.23	7.50
H1 lead leg	L	strides	20	13	13	13	13		13	13	13	14	14	17.2	156.2				
Hann, Mamadou Kasse (FRA) (1986)																			
FINAL - 2018 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	10-Jun-18	time	6.00	9.80	13.68	17.52	21.48		25.68	30.04	34.56	39.24	44.04		49.58	3 / 4			
reaction time	0.140	interval		3.80	3.88	3.84	3.96		4.20	4.36	4.52	4.68	4.80	5.54			11.52	12.52	14.00
		velocity	7.50	9.21	9.02	9.11	8.84		8.33	8.03	7.74	7.48	7.29	7.22	8.07		9.11	8.39	7.50
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	17.7	163.7				
Othman, Ashraf Hussien (QAT) (2001)																			
B FINAL - 2021 Doha Diamond League (Doha, QAT) (TV Analysis)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
date	28-May-21	time	6.16	10.20	14.33	18.50	22.67	24.5	26.77		35.30	39.67	44.17		49.58	5 / 1			
reaction time	0.171	interval		4.04	4.13	4.17	4.17		4.10		8.53	4.37	4.50	5.41	PB		12.34		
		velocity	7.31	8.66	8.47	8.39	8.39	8.16	8.54		8.21	8.01	7.78	7.39	8.07		8.51		

H1 lead leg	R	strides	22	14	14	14	14	14	15	15	18	140							
Lahoulou, Abdelmalik (ALG) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	16-Jul-22	time	6.10	9.86	13.70	17.66	21.76	23.44		30.16	34.67	39.43	44.26		49.58	6 / 2			
reaction time	0.171	interval		3.76	3.84	3.96	4.10			8.40	4.51	4.76	4.83	5.32			11.56	12.50	14.10
		velocity	7.38	9.31	9.11	8.84	8.54	8.53		8.33	7.76	7.35	7.25	7.52	8.07		9.08	8.40	7.45
H1 lead leg	L	strides	22	13	13	13	13				14		15	17	120				
Shirley, Aaron (USA) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2024 USA Olympic Trials (Eugene, OR)			<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																
date	28-Jun-24	time	5.95	9.69	13.57	17.40	21.48	23.31	25.60	30.05	34.59	39.49	44.26		49.58	9 / 5			
reaction time		interval		3.74	3.88	3.83	4.08		4.12	4.45	4.54	4.90	4.77	5.32	PB		11.45	12.65	14.21
		velocity	7.56	9.36	9.02	9.14	8.58	8.50	8.50	7.87	7.71	7.14	7.34	7.52	8.07		9.17	8.30	7.39
H1 lead leg	L	strides		14	14	14	14		14	14	14	16	15	18	147				
Müller, Vít (CZE) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)			<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>																
date	30-Jul-21	time	6.20	9.96	13.80	17.73	21.83		26.05	30.50	35.03	39.63	44.33		49.59	3 / 5			
reaction time	0.143	interval		3.76	3.84	3.93	4.10		4.22	4.45	4.53	4.60	4.70	5.26			11.53	12.77	13.83
		velocity	7.26	9.31	9.11	8.91	8.54		8.29	7.87	7.73	7.61	7.45	7.60	8.07		9.11	8.22	7.59
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	18	162				
Ntweng, Victor (BOT) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2024 Olympic Games (Paris, FRA)			<i>Paris 2024 Olympic Games - Results Book (2024)</i>																
date	05-Aug-24	time	5.79	9.66	13.47	17.24	21.23		25.39	29.78	34.46	39.21	44.05		49.59	3 / 5			
reaction time	0.138	interval		3.87	3.81	3.77	3.99		4.16	4.39	4.68	4.75	4.84	5.54			11.45	12.54	14.27
		velocity	7.77	9.04	9.19	9.28	8.77		8.41	7.97	7.48	7.37	7.23	7.22	8.07		9.17	8.37	7.36
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	15	15	17	160				
Xie Zhiyu (CHN) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Repechage 3 - 2024 Olympic Games (Paris, FRA)			<i>Paris 2024 Olympic Games - Results Book (2024)</i>																
date	06-Aug-24	time	6.02	9.86	13.70	17.66	21.68		25.90	30.18	34.65	39.29	44.04		49.59	8 / 4			
reaction time	0.224	interval		3.84	3.84	3.96	4.02		4.22	4.28	4.47	4.64	4.75	5.55			11.64	12.52	13.86
		velocity	7.48	9.11	9.11	8.84	8.71		8.29	8.18	7.83	7.54	7.37	7.21	8.07		9.02	8.39	7.58
H1 lead leg	L	strides	21	13	13	13	13		14	14			15	17.5	133.5				
Drummond, Gerald (CRC) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Weltklasse (Zürich, SUI)			<i>Omega Timing (2024) - diamond league race analysis</i>																
date	05-Sep-24	time	5.74	9.44	13.17	16.97	21.00		25.22	29.64	34.32	39.14	44.01		49.59	7 / 6			
reaction time	0.168	interval		3.70	3.73	3.80	4.03		4.22	4.42	4.68	4.82	4.87	5.58			11.23	12.67	14.37
		velocity	7.84	9.46	9.38	9.21	8.68		8.29	7.92	7.48	7.26	7.19	7.17	8.07		9.35	8.29	7.31
H1 lead leg	R	strides	20	13			14		14	14	15	15		105					
Carabelli, Gianni (ITA) (1979)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2006 European Championships (Göteborg, SWE)			<i>Behm (2006) - Göteborg 2006: Le quatrache</i>																
date	10-Aug-06	time	5.9	9.7	13.5	17.3	21.3		25.4	29.7	34.3	38.8	43.6		49.60	/ 6			
reaction time		interval		3.8	3.8	3.8	4.0		4.1	4.3	4.6	4.5	4.8	6.00			11.40	12.40	13.90
		velocity	7.63	9.21	9.21	9.21	8.75		8.54	8.14	7.61	7.78	7.29	6.67	8.06		9.21	8.47	7.55
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	14	15	18.5	160.5				
Downing, Quincy (USA) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)			<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																
date	10-Jul-16	time	5.97	9.74	13.61	17.42	21.39		25.49	29.86	34.33	39.10	43.91		49.60	3 / 7			
reaction time	0.196	interval		3.77	3.87	3.81	3.97		4.10	4.37	4.47	4.77	4.81	5.69			11.45	12.44	14.05
		velocity	7.54	9.28	9.04	9.19	8.82		8.54	8.01	7.83	7.34	7.28	7.03	8.06		9.17	8.44	7.47
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	15	15	18	162				
Dutch, Johnny (USA) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 London Anniversary Games (London, GBR) (TV Analysis)			<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																
date	23-Jul-16	time	5.84	9.60	13.56	17.60	21.80		26.08	30.40	34.80	39.24	43.92		49.60	5 / 7			
reaction time	0.193	interval		3.76	3.96	4.04	4.20		4.28	4.32	4.40	4.44	4.68	5.68			11.76	12.80	13.52
		velocity	7.71	9.31	8.84	8.66	8.33		8.18	8.10	7.95	7.88	7.48	7.04	8.06		8.93	8.20	7.77
H1 lead leg	R	strides	22	13	13	13	13		14	14	15	15	15	18.5	165.5				
Oda, Masaya (JPN) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Japanese National Championships (Fukuoka, JPN)			<i>Yamanaka (2019) - research on athlete performance and technique- 2019 data book</i>																
date	29-Jun-19	time	5.91	9.66	13.58	17.53	21.59		25.84	30.25	34.72	39.34	44.13		49.60	3 / 5			
reaction time	0.201	interval		3.75	3.92	3.95	4.06		4.25	4.41	4.47	4.62	4.79	5.47	PB		11.62	12.72	13.88
		velocity	7.61	9.33	8.93	8.86	8.62		8.24	7.94	7.83	7.58	7.31	7.31	8.06		9.04	8.25	7.56
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	19.2	171.2				
Happio, Wilfried (FRA) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	16-Jul-22	time	5.96	9.60	13.40	17.27	21.30	23.05	25.40	29.73	34.20	39.07	44.07		49.60	6 / 3			
reaction time	0.308	interval		3.64	3.80	3.87	4.03		4.10	4.33	4.47	4.87	5.00	5.53			11.31	12.46	14.34
		velocity	7.55	9.62	9.21	9.04	8.68	8.68	8.54	8.08	7.83	7.19	7.00	7.23	8.06		9.28	8.43	7.32

H1 lead leg	L	strides	20	13	13	13	13	13	13	13	13	15	15	17.2	158.2					
Alozidis, Minás (GRE) (1984)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2006 European Championships (Göteborg, SWE)			Behm (2006) - Göteborg 2006: Le quatrache																	
date	10-Aug-06	time	5.9	9.5	13.4	17.4	21.4		25.5	29.7	34.3	38.9	43.8		49.61	1 / 7				
reaction time		interval		3.6	3.9	4.0	4.0		4.1	4.2	4.6	4.6	4.9	5.81			11.50	12.30	14.10	
		velocity	7.63	9.72	8.97	8.75	8.75		8.54	8.33	7.61	7.61	7.14	6.88	8.06		9.13	8.54	7.45	
H1 lead leg	L	strides	21	13	13	13	14		14	15	15	15	16		149					
Sanchez, Félix (DOM) (1977)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2007 IAAF World Athletics Final (Stuttgart, GER)			Graubner (2007) - http://www.fgs.uni-halle.de																	
date	22-Sep-07	time	6.02	9.70	13.46	17.34	21.44		25.76	30.24	34.78	39.38	44.20		49.61	3 / 7				
reaction time	0.151	interval		3.68	3.76	3.88	4.10		4.32	4.48	4.54	4.60	4.82	5.41			11.32	12.90	13.96	
		velocity	7.48	9.51	9.31	9.02	8.54		8.10	7.81	7.71	7.61	7.26	7.39	8.06		9.28	8.14	7.52	
H1 lead leg		strides																		
Yoshikata, Masahira (JPN) (1982)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2009 Japanese National Championships (Hiroshima, JPN)			Yasuho (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11																	
date	27-Jun-09	time	6.06	9.86	13.75	17.75	21.84		26.04	30.44	34.93	39.55	44.29		49.61	5 / 2				
reaction time		interval		3.80	3.89	4.00	4.09		4.20	4.40	4.49	4.62	4.74	5.32			11.69	12.69	13.85	
		velocity	7.43	9.21	9.00	8.75	8.56		8.33	7.95	7.80	7.58	7.38	7.52	8.06		8.98	8.27	7.58	
H1 lead leg		strides		13	13	13	13		13	15	15	15	15		125					
Williams, Rhys (GBR) (1984)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 2 - 2010 European Championships (Barcelona, ESP)			Arnold (2010) - 400mH planning and peaking																	
date	29-Jul-10	time	6.32	10.18	14.08	18.14	22.28		26.48	30.80	35.20	39.72	44.40		49.61	4 / 1				
reaction time	0.223	interval		3.86	3.90	4.06	4.14		4.20	4.32	4.40	4.52	4.68	5.21			11.82	12.66	13.60	
		velocity	7.12	9.07	8.97	8.62	8.45		8.33	8.10	7.95	7.74	7.48	7.68	8.06		8.88	8.29	7.72	
H1 lead leg	R	strides																		
Imazeki, Yuta (JPN) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2011 Japanese National Championships (Kumagaya, JPN)			Yasuho (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11																	
date	11-Jun-11	time	6.21	10.15	14.19	18.21	22.26		26.33	30.53	34.93	39.52	44.22		49.61	1 / 2				
reaction time		interval		3.94	4.04	4.02	4.05		4.07	4.20	4.40	4.59	4.70	5.39			12.00	12.32	13.69	
		velocity	7.25	8.88	8.66	8.71	8.64		8.60	8.33	7.95	7.63	7.45	7.42	8.06		8.75	8.52	7.67	
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131					
Clement, Kerron (USA) (1985)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2016 Bislett Games (Oslo, NOR) (TV Analysis)			Henson (2021) - Athlete First: 2016 year end hurdle report																	
date	09-Jun-16	time	5.96	9.72	13.56	17.48	21.68		25.92	30.28	34.72	39.28	44.08		49.61	6 / 4				
reaction time	0.194	interval		3.76	3.84	3.92	4.20		4.24	4.36	4.44	4.56	4.80	5.53			11.52	12.80	13.80	
		velocity	7.55	9.31	9.11	8.93	8.33		8.25	8.03	7.88	7.68	7.29	7.23	8.06		9.11	8.20	7.61	
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	13	16.5	153.5					
Kajiki, Ryo (JPN) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2018 National Sports Festival (Fukui, JPN)			Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018																	
date	08-Oct-18	time	6.04	9.86	13.76	17.73	21.83		26.15	30.64	35.14	39.78	44.50		49.61	6 / 1				
reaction time	0.190	interval		3.82	3.90	3.97	4.10		4.32	4.49	4.50	4.64	4.72	5.11			11.69	12.91	13.86	
		velocity	7.45	9.16	8.97	8.82	8.54		8.10	7.80	7.78	7.54	7.42	7.83	8.06		8.98	8.13	7.58	
H1 lead leg		strides		13	13	13	13		13	14	14	15	15		123					
Kishimoto, Takayuki (JPN) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
B FINAL - 2023 Shizuoka International Meeting (Fukuroi, JPN)			Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season																	
date	03-May-23	time	5.90	9.66	13.55	17.48	21.52		25.72	30.14	34.70	39.34	44.11		49.61	9 / 3				
reaction time	0.152	interval		3.76	3.89	3.93	4.04		4.20	4.42	4.56	4.64	4.77	5.50			11.58	12.66	13.97	
		velocity	7.63	9.31	9.00	8.91	8.66		8.33	7.92	7.68	7.54	7.34	7.27	8.06		9.07	8.29	7.52	
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	18	164					
Barr, Thomas (IRL) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 1 - 2024 European Athletics Championships (Roma, ITA)			European Athletics (2024) - 2024 european athletics championships - results book																	
date	10-Jun-24	time	5.92	9.67	13.48	17.34	21.37		25.59	30.25	34.74	39.49	44.21		49.61	4 / 3				
reaction time	0.166	interval		3.75	3.81	3.86	4.03		4.22	4.66	4.49	4.75	4.72	5.40			11.42	12.91	13.96	
		velocity	7.60	9.33	9.19	9.07	8.68		8.29	7.51	7.80	7.37	7.42	7.41	8.06		9.19	8.13	7.52	
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	14	18.2	159.2					
Smidt, Nick (NED) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 1 - 2024 Olympic Games (Paris, FRA)			Paris 2024 Olympic Games - Results Book (2024)																	
date	07-Aug-24	time	5.85	9.50	13.25	17.03	20.93		25.05	29.36	33.80	38.64	43.64		49.61	4 / 6				
reaction time	0.215	interval		3.65	3.75	3.78	3.90		4.12	4.31	4.44	4.84	5.00	5.97			11.18	12.33	14.28	
		velocity	7.69	9.59	9.33	9.26	8.97		8.50	8.12	7.88	7.23	7.00	6.70	8.06		9.39	8.52	7.35	
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	15	18	160					
Drummond, Gerald (CRC) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2025 Yangtze River Delta Athletics Diamond Gala (Keqiao, CHN)			Omega Timing (2025) - diamond league race analysis																	
date	03-May-25	time	5.72	9.38	13.15	17.04	21.17		25.44	29.87	34.49	39.46	44.28		49.61	1 / 7				
reaction time	0.182	interval		3.66	3.77	3.89	4.13		4.27	4.43	4.62	4.97	4.82	5.33			11.32	12.83	14.41	
		velocity	7.87	9.56	9.28	9.00	8.47		8.20	7.90	7.58	7.04	7.26	7.50	8.06		9.28	8.18	7.29	

H1 lead leg	L	strides				13	14		14	14	15	15	15		100				
Douglas, Matt (GBR) (1976)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 7 - 2000 Olympic Games (Sydney, AUS)			<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																
date	24-Sep-00	time	5.96	9.64	13.56	17.48	21.52		25.80	30.20	34.60	39.28	44.04		49.62	8 / 3			
reaction time	0.163	interval		3.68	3.92	3.92	4.04		4.28	4.40	4.40	4.68	4.76	5.58			11.52	12.72	13.84
		velocity	7.55	9.51	8.93	8.93	8.66		8.18	7.95	7.95	7.48	7.35	7.17	8.06		9.11	8.25	7.59
H1 lead leg		strides	21	13	13	13	13		14	14	15	15	15	18.8	164.8				
Mashchenko, Ruslan (RUS) (1971)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2002 European Championships (Munich, GER)			<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																
date	07-Aug-02	time	6.08	9.90	13.74	17.64	21.67		25.80	30.18	34.66	39.30	44.03		49.62	/ 1			
reaction time		interval		3.82	3.84	3.90	4.03		4.13	4.38	4.48	4.64	4.73	5.59			11.56	12.54	13.85
		velocity	7.40	9.16	9.11	8.97	8.68		8.47	7.99	7.81	7.54	7.40	7.16	8.06		9.08	8.37	7.58
H1 lead leg		strides																	
Weakley, Ian (JAM) (1974)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2002 IAAF World Cup (Madrid, ESP)			<i>Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas</i>																
date	20-Sep-02	time	6.02	9.74	13.72	17.73	21.84		26.08	30.49	34.95	39.53	44.17		49.62	1 / 5			
reaction time	0.187	interval		3.72	3.98	4.01	4.11		4.24	4.41	4.46	4.58	4.64	5.45			11.71	12.76	13.68
		velocity	7.48	9.41	8.79	8.73	8.52		8.25	7.94	7.85	7.64	7.54	7.34	8.06		8.97	8.23	7.68
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18.5	169.5				
van Zyl, L.J. (RSA) (1984)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 IAAF World Athletics Final (Stuttgart, GER)			<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>																
date	22-Sep-07	time	5.95	9.72	13.58	17.54	21.66		26.02	30.37	34.85	39.46	44.25		49.62	1 / 8			
reaction time	0.189	interval		3.77	3.86	3.96	4.12		4.36	4.35	4.48	4.61	4.79	5.37			11.59	12.83	13.88
		velocity	7.56	9.28	9.07	8.84	8.50		8.03	8.05	7.81	7.59	7.31	7.45	8.06		9.06	8.18	7.56
H1 lead leg		strides																	
Benjamin, Rai (USA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2019 IAAF World Championships (Doha, QAT) (TV Analysis)			<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	27-Sep-19	time	5.92	9.64	13.40	17.40	21.40		25.56	29.92	34.48	39.32	44.28		49.62	4 / 1			
reaction time	0.217	interval		3.72	3.76	4.00	4.00		4.16	4.36	4.56	4.84	4.96	5.34			11.48	12.52	14.36
		velocity	7.60	9.41	9.31	8.75	8.75		8.41	8.03	7.68	7.23	7.06	7.49	8.06		9.15	8.39	7.31
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	15	14	16.5	157				
Angela, Ramsey (NED) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	16-Jul-22	time	6.17	10.13	14.13	18.16	22.33	24.10		30.77	35.17	39.70	44.26		49.62	3 / 2			
reaction time	0.182	interval		3.96	4.00	4.03	4.17		8.44	4.40	4.53	4.56	5.36				11.99	12.61	13.49
		velocity	7.29	8.84	8.75	8.68	8.39	8.30		8.29	7.95	7.73	7.68	7.46	8.06		8.76	8.33	7.78
H1 lead leg	R	strides	22	14	14	14	14				15	15	15	18	141				
Bassitt, Trevor (USA) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Prefontaine Classic (Eugene, OR)			<i>Omega Timing (2024) - diamond league race analysis</i>																
date	25-May-24	time	5.96	9.87	13.92	17.93	21.97		26.11	30.36	34.78	39.40	44.16		49.62	4 / 6			
reaction time	0.187	interval		3.91	4.05	4.01	4.04		4.14	4.25	4.42	4.62	4.76	5.46			11.97	12.43	13.80
		velocity	7.55	8.95	8.64	8.73	8.66		8.45	8.24	7.92	7.58	7.35	7.33	8.06		8.77	8.45	7.61
H1 lead leg	R	strides	21	14	13	13	13		13	13	13	14	14		141				
Yoshizawa, Ken (JPN) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2004 Japanese National Championships (Tottori, JPN)			<i>Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers</i>																
date	05-Jun-04	time	5.96	9.65	13.45	17.39	21.49		25.78	30.17	34.62	39.21	44.01		49.63	/ 2			
reaction time		interval		3.69	3.80	3.94	4.10		4.29	4.39	4.45	4.59	4.80	5.62			11.43	12.78	13.84
		velocity	7.55	9.49	9.21	8.88	8.54		8.16	7.97	7.87	7.63	7.29	7.12	8.06		9.19	8.22	7.59
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				
Suguimati, Mahau (JPN) (1984)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2006 Japanese National Championships (Kobe, JPN)			<i>Yasunori (2007) - race pattern analysis of top Japanese 400m hurdlers</i>																
date	01-Jul-06	time	6.25	10.12	13.96	17.95	22.00		26.27	30.62	35.12	39.71	44.31		49.63	/ 2			
reaction time		interval		3.87	3.84	3.99	4.05		4.27	4.35	4.50	4.59	4.60	5.32	PB		11.70	12.67	13.69
		velocity	7.20	9.04	9.11	8.77	8.64		8.20	8.05	7.78	7.63	7.61	7.52	8.06		8.97	8.29	7.67
H1 lead leg		strides		12	12	12	12		13	13	13	13	13		113				
Kawakita, Naohiro (JPN) (1980)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2010 Japanese National Championships (Marugume, JPN)			<i>Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>																
date	05-Jun-10	time	6.16	10.07	13.98	17.95	22.02		26.31	30.65	35.19	39.78	44.42		49.63	/ 2			
reaction time	0.169	interval		3.91	3.91	3.97	4.07		4.29	4.34	4.54	4.59	4.64	5.21			11.79	12.70	13.77
		velocity	7.31	8.95	8.95	8.82	8.60		8.16	8.06	7.71	7.63	7.54	7.68	8.06		8.91	8.27	7.63
H1 lead leg		strides		13	13	13	13		14	14	14	15	15		124				
Williams, Rhys (GBR) (1984)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 European Championships (Amsterdam, NED) (TV Analysis)			<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																
date	08-Jul-16	time	6.00	9.68	13.56	17.64	21.72		25.88	30.16	34.64	39.32	44.20		49.63	8 / 5			
reaction time	0.141	interval		3.68	3.88	4.08	4.08		4.16	4.28	4.48	4.68	4.88	5.43			11.64	12.52	14.04
		velocity	7.50	9.51	9.02	8.58	8.58		8.41	8.18	7.81	7.48	7.17	7.37	8.06		9.02	8.39	7.48

H1 lead leg	R	strides	22	14	14	14	14	14	15	15	15	19	156						
Toyoda, Masaki (JPN) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 World Athletics Trials (Fuji, JPN)			<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																
date	06-Sep-20	time	6.09	9.96	13.91	18.07	22.17		26.38	30.56	34.93	39.52	44.23		49.63	1			
reaction time		interval		3.87	3.95	4.16	4.10		4.21	4.18	4.37	4.59	4.71	5.40			11.98	12.49	13.67
		velocity	7.39	9.04	8.86	8.41	8.54		8.31	8.37	8.01	7.63	7.43	7.41	8.06		8.76	8.41	7.68
H1 lead leg		strides		14	14	14	14		14	14	15	15	15		129				
Preis, Constantin (GER) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2022 European Athletics Championships (Munich, GER)			<i>European Athletics (2022) - european athletics championships race analysis</i>																
date	17-Aug-22	time	5.95	9.78	13.67	17.53	21.52	23.34	25.73	30.08	34.60	39.38	44.14		49.63	7 / 1			
reaction time	0.238	interval		3.83	3.89	3.86	3.99		4.21	4.35	4.52	4.78	4.76	5.49			11.58	12.55	14.06
		velocity	7.56	9.14	9.00	9.07	8.77	8.57	8.31	8.05	7.74	7.32	7.35	7.29	8.06		9.07	8.37	7.47
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	16	16	19	174				
Derbyshire, Seamus (GBR) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2022 European Athletics Championships (Munich, GER)			<i>European Athletics (2022) - european athletics championships race analysis</i>																
date	18-Aug-22	time	5.87	9.74	13.66	17.67	21.70	23.50	25.94	30.40	34.93	39.52	44.21		49.63	7 / 4			
reaction time	0.155	interval		3.87	3.92	4.01	4.03		4.24	4.46	4.53	4.59	4.69	5.42			11.80	12.73	13.81
		velocity	7.67	9.04	8.93	8.73	8.68	8.51	8.25	7.85	7.73	7.63	7.46	7.38	8.06		8.90	8.25	7.60
H1 lead leg	R	strides	22	14			14		15	15	15	15	15	19	144				
Bonvin, Julien (SUI) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Weltklasse (Zürich, SUI) (TV Analysis)			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	08-Sep-22	time	5.77	9.34		16.95	20.89	22.46	24.99	29.43	34.04	38.80	43.84		49.63	2 / 7			
reaction time	0.154	interval		3.57		7.61	3.94		4.10	4.44	4.61	4.76	5.04	5.79			11.18	12.48	14.41
		velocity	7.80	9.80		9.20	8.88	8.90	8.54	7.88	7.59	7.35	6.94	6.91	8.06		9.39	8.41	7.29
H1 lead leg	L	strides	20	13			13		13	14	14	15	15	18.2	135.2				
Ibañez Guevara, Pablo Andres (ESA)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 FBK Games (Hengelo, NED)			<i>Omega Timing (2023) - continental tour race analysis</i>																
date	04-Jun-23	time	5.99	9.94	13.93	17.94	21.97		26.21	30.61	35.05	39.63	44.22		49.63	3 / 6			
reaction time	0.156	interval		3.95	3.99	4.01	4.03		4.24	4.40	4.44	4.58	4.59	5.41			11.95	12.67	13.61
		velocity	7.51	8.86	8.77	8.73	8.68		8.25	7.95	7.88	7.64	7.63	7.39	8.06		8.79	8.29	7.71
H1 lead leg	L	strides	21	14								15	15	18.2	83.2				
Drummond, Gerald (CRC) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Memorial van damme (Brussels, BEL)			<i>Omega Timing (2024) - diamond league race analysis</i>																
date	14-Sep-24	time	5.79	9.54	13.35	17.23	21.36		25.65	30.08	34.64	39.26	44.03		49.63	1 / 7			
reaction time	0.221	interval		3.75	3.81	3.88	4.13		4.29	4.43	4.56	4.62	4.77	5.60			11.44	12.85	13.95
		velocity	7.77	9.33	9.19	9.02	8.47		8.16	7.90	7.68	7.58	7.34	7.14	8.06		9.18	8.17	7.53
H1 lead leg	R	strides	21	14	14	14	14		14	14	15	15	15	18	168				
Hennige, Gerhard (FRG) (1940)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 1968 Olympic Games (Mexico City, MEX) (Altitude)			<i>Jonath (1969) - wie gerhard hennige trainiert</i>																
date	13-Oct-68	time	5.9	9.8	13.6	17.6	21.8	23.5	25.8	30.0	34.5	39.1	43.5		49.5	1			
reaction time		interval		3.9	3.8	4.0	4.2		4.0	4.2	4.5	4.6	4.4	6.0	(49.57)		11.70	12.40	13.50
		velocity	7.63	8.97	9.21	8.75	8.33	8.51	8.75	8.33	7.78	7.61	7.95	6.67	8.08		8.97	8.47	7.78
H1 lead leg		strides																	
Morgan, Dinsdale (JAM) (1972)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2000 Olympic Games (Sydney, AUS)			<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																
date	24-Sep-00	time	5.90	9.66	13.54	17.54	21.66		25.94	30.34	34.86	39.42	44.14		49.64	6 / 2			
reaction time	0.171	interval		3.76	3.88	4.00	4.12		4.28	4.40	4.52	4.56	4.72	5.50			11.64	12.80	13.80
		velocity	7.63	9.31	9.02	8.75	8.50		8.18	7.95	7.74	7.68	7.42	7.27	8.06		9.02	8.20	7.61
H1 lead leg		strides	22	14	14	14	14		15	15	15	15	15	18.5	171.5				
Monteiro, Edivaldo (POR) (1976)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2002 European Championships (Munich, GER)			<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																
date	07-Aug-02	time	6.20	10.17	14.07	17.96	22.05		26.31	30.64	36.24	39.81	44.44		49.64	1 / 2			
reaction time		interval		3.97	3.90	3.89	4.09		4.26	4.33	5.60	3.57	4.63	5.20			11.76	12.68	13.80
		velocity	7.26	8.82	8.97	9.00	8.56		8.22	8.08	6.25	9.80	7.56	7.69	8.06		8.93	8.28	7.61
H1 lead leg		strides																	
Taylor, Angelo (USA) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2009 IAAF World Championships (Berlin, GER)			<i>Graubner (2009) - biomechanical analyses at the 12th IAAF world championships</i>																
date	15-Aug-09	time	6.04	9.75	13.48	17.39	21.46		25.87	30.36	34.88	39.48	44.42		49.64	5 / 4			
reaction time	0.171	interval		3.71	3.73	3.91	4.07		4.41	4.49	4.52	4.60	4.94	5.22			11.35	12.97	14.06
		velocity	7.45	9.43	9.38	8.95	8.60		7.94	7.80	7.74	7.61	7.09	7.66	8.06		9.25	8.10	7.47
H1 lead leg		strides																	
Abe, Takatoshi (JPN) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 Asian Championships (Kobe, JPN)			<i>Yasuho (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>																
date	09-Jul-11	time	6.03	9.75	13.55	17.44	21.39		25.56	29.86	34.38	39.20	44.05		49.64	1			
reaction time	0.168	interval		3.72	3.80	3.89	3.95		4.17	4.30	4.52	4.82	4.85	5.59			11.41	12.42	14.19
		velocity	7.46	9.41	9.21	9.00	8.86		8.39	8.14	7.74	7.26	7.22	7.16	8.06		9.20	8.45	7.40

H1 lead leg	strides	13	13	13	13		14	14	14	16	15		125						
Tanabe, Shotaro (JPN) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2016 Kinan Memorial (Osaka, JPN)		(2016.05.24) - https://twitter.com/touchdown_time?lang=en&lang=en&lang=en																	
date	08-May-16	time	5.99	9.78	13.71	17.68	21.75		25.97	30.42	34.97	39.61	44.39		49.64	8 / 1			
reaction time		interval		3.79	3.93	3.97	4.07		4.22	4.45	4.55	4.64	4.78	5.25	PB		11.69	12.74	13.97
		velocity	7.51	9.23	8.91	8.82	8.60		8.29	7.87	7.69	7.54	7.32	7.62	8.06		8.98	8.24	7.52
H1 lead leg	strides																		
Iwasaki, Takafumi (JPN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 Ready Steady Tokyo (Tokyo, JPN)		<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																	
date	09-May-21	time	5.99	9.81	13.73	17.77	21.92		26.26	30.68	35.14	39.72	44.34		49.64	2 / 5			
reaction time	0.183	interval		3.82	3.92	4.04	4.15		4.34	4.42	4.46	4.58	4.62	5.30	PB		11.78	12.91	13.66
		velocity	7.51	9.16	8.93	8.66	8.43		8.06	7.92	7.85	7.64	7.58	7.55	8.06		8.91	8.13	7.69
H1 lead leg	strides		14	14	14	14		14	15	15	15	15		130					
Harvey, Jonathan (USA) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)		<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																	
date	11-Jun-21	time	5.87	9.57		17.20	21.27		30.07	34.70	39.33	44.03		49.64	2 / 7				
reaction time	0.149	interval		3.70		7.63	4.07		8.80	4.63	4.63	4.70	5.61	PB		11.33	12.87	13.96	
		velocity	7.67	9.46		9.17	8.60		7.95	7.56	7.56	7.45	7.13	8.06		9.27	8.16	7.52	
H1 lead leg	R	strides	21	13		13				15	15	15	18.5	110.5					
Nathaniel, Ezekiel (NGR) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)		<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																	
date	16-Jul-22	time	5.90	9.63	13.43	17.40	21.63	23.44		30.40	34.87	39.46	44.20		49.64	1 / 3			
reaction time	0.135	interval		3.73	3.80	3.97	4.23		8.77	4.47	4.59	4.74	5.44			11.50	13.00	13.80	
		velocity	7.63	9.38	9.21	8.82	8.27	8.53		7.98	7.83	7.63	7.38	7.35	8.06		9.13	8.08	7.61
H1 lead leg	R	strides	21	13	13	14	14				14		15	17.2	121.2				
Bengtström, Carl (SWE) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 5 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)		<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																	
date	16-Jul-22	time	5.93	9.73	13.77	17.83	21.93	23.68		30.46	34.86	39.56	44.26		49.64	8 / 3			
reaction time	0.169	interval		3.80	4.04	4.06	4.10		8.53	4.40	4.70	4.70	5.38			11.90	12.63	13.80	
		velocity	7.59	9.21	8.66	8.62	8.54	8.45		8.21	7.95	7.45	7.45	7.43	8.06		8.82	8.31	7.61
H1 lead leg	L	strides	22	14	14	14	14				15	15	15	18	141				
Hemeida, Bassem (QAT) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Repechage 1 - 2024 Olympic Games (Paris, FRA)		<i>Paris 2024 Olympic Games - Results Book (2024)</i>																	
date	07-Aug-24	time	5.93	9.75	13.70	17.62	21.66		25.94	30.34	34.93	39.56	44.31		49.64	2 / 6			
reaction time	0.146	interval		3.82	3.95	3.92	4.04		4.28	4.40	4.59	4.63	4.75	5.33			11.69	12.72	13.97
		velocity	7.59	9.16	8.86	8.93	8.66		8.18	7.95	7.63	7.56	7.37	7.50	8.06		8.98	8.25	7.52
H1 lead leg	R	strides	21			13	13		14	14	14	14	14	18	135				
Schubert, Rainer (FRG) (1941)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1972 Olympic Games (Munich, FRG)		<i>Le Masurier (1977) - die olympischen 400-m-hürdenlauf vom Mexico City, München und Montreal</i>																	
date	03-Sep-72	time	6.1	9.9	13.7	17.6	21.6	23.3	25.8	30.2	34.6	39.3	44.2		49.65	7 / 5			
reaction time		interval		3.8	3.8	3.9	4.0		4.2	4.4	4.4	4.7	4.9	5.45			11.50	12.60	14.00
		velocity	7.38	9.21	9.21	8.97	8.75	8.58	8.33	7.95	7.95	7.45	7.14	7.34	8.06		9.13	8.33	7.50
H1 lead leg	L	strides	21	13	13	13	13		13	15	15	15	15		146				
Chiba, Yoshihiro (JPN) (1979)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2006 Seiko Super Grand Prix (Yokohama, JPN)		<i>Yasunori (2007) - race pattern analysis of top Japanese 400m hurdlers</i>																	
date	24-Sep-06	time	5.99	9.76	13.61	17.65	21.79		26.06	30.48	34.95	39.45	44.09		49.65	1 / 5			
reaction time		interval		3.77	3.85	4.04	4.14		4.27	4.42	4.47	4.50	4.64	5.56			11.66	12.83	13.61
		velocity	7.51	9.28	9.09	8.66	8.45		8.20	7.92	7.83	7.78	7.54	7.19	8.06		9.01	8.18	7.71
H1 lead leg	strides		14	14	14	14		14	15	15	15	15		130					
Abe, Takatoshi (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 1 - 2017 IAAF World Championships (London, GBR)		<i>Morioka (2018) - Analysis of the race patterns of the top 400m hurdles in Japan</i>																	
date	06-Aug-17	time	6.22	9.89	13.66	17.46	21.36		25.46	29.86	34.40	39.00	43.90		49.65	3 / 2			
reaction time	0.316	interval		3.67	3.77	3.80	3.90		4.10	4.40	4.54	4.60	4.90	5.75			11.24	12.40	14.04
		velocity	7.23	9.54	9.28	9.21	8.97		8.54	7.95	7.71	7.61	7.14	6.96	8.06		9.34	8.47	7.48
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	15	15	18	161				
Barr, Thomas (IRL) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)		<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																	
date	06-Jun-19	time	5.93	9.70	13.63	17.68	21.78		25.98	30.28	34.75	39.48	44.28		49.65	5 / 4			
reaction time	0.194	interval		3.77	3.93	4.05	4.10		4.20	4.30	4.47	4.73	4.80	5.37			11.75	12.60	14.00
		velocity	7.59	9.28	8.91	8.64	8.54		8.33	8.14	7.83	7.40	7.29	7.45	8.06		8.94	8.33	7.50
H1 lead leg	L	strides	20	13	13	13	13		13	13	14	15	15	18	160				
Happio, Wilfried (FRA) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)		<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>																	
date	17-Sep-20	time	5.91	9.71		21.59	23.4		30.10	34.53	39.21	44.01		49.65	5 / 5				
reaction time	0.166	interval		3.80		11.88			8.51	4.43	4.68	4.80	5.64						13.91
		velocity	7.61	9.21		8.84	8.55		8.23	7.90	7.48	7.29	7.09	8.06					7.55

H1 lead leg	L	strides	20	13							14	15	15	17.5	94.5				
Lattin, Amere (USA) (1997)																			
FINAL - 2023 Seiko Golden Grand Prix (Yokohama, JPN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
										Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season									
date	21-May-23	time	5.86	9.56	13.41	17.32	21.39		25.69	30.06	34.65	39.32	44.13		49.65	6 / 5			
reaction time	0.146	interval		3.70	3.85	3.91	4.07		4.30	4.37	4.59	4.67	4.81	5.52			11.46	12.74	14.07
		velocity	7.68	9.46	9.09	8.95	8.60		8.14	8.01	7.63	7.49	7.28	7.25	8.06		9.16	8.24	7.46
H1 lead leg	L	strides	20	13	13	13	13		14	14	14	14	14	17	159				
Tziortzis, Stavros (GRE) (1949)																			
FINAL - 1972 Olympic Games (Munich, FRG)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
										Le Masurier (1977) - die olympischen 400-m-hürdenlauf vom Mexico City, München und Montreal									
date	03-Sep-72	time	6.2	9.9	13.8	17.7	21.8	23.5	26.1	30.3	34.8	39.4	44.2		49.66	8 / =6			
reaction time		interval		3.7	3.9	3.9	4.1		4.3	4.2	4.5	4.6	4.8	5.46	NR		11.50	12.60	13.90
		velocity	7.26	9.46	8.97	8.97	8.54	8.51	8.14	8.33	7.78	7.61	7.29	7.33	8.05		9.13	8.33	7.55
H1 lead leg	R	strides	22	15	15	15	15		16	16	16	16	17		163				
Gavrilenko, Yevgeniy (URS) (1951)																			
FINAL - 1972 Olympic Games (Munich, FRG)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
										Letzelter (1973) - schrittgestaltung und geschwindigkeitsverlauf beim 400-m-hürdenlauf der olympischen spiele 1972									
date	03-Sep-72	time	6.0	9.8	13.7	17.6	21.6	23.3	25.9	30.3	34.8	39.3	44.1		49.66	2 / =6			
reaction time		interval		3.80	3.85	3.95	4.00		4.25	4.40	4.50	4.55	4.75	5.61			11.60	12.65	13.80
		velocity	7.50	9.21	9.09	8.86	8.75	8.58	8.24	7.95	7.78	7.69	7.37	7.13	8.05		9.05	8.30	7.61
H1 lead leg	L	strides	21	13	13	13	13		13		15	15	15		131				
Kawamura, Hideaki (JPN) (1974)																			
FINAL - 2004 Japanese National Championships (Tottori, JPN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
										Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers									
date	05-Jun-04	time	5.97	9.77	13.64	17.68	21.92		26.27	30.72	35.16	39.70	44.34		49.66	/ 3			
reaction time		interval		3.80	3.87	4.04	4.24		4.35	4.45	4.44	4.54	4.64	5.32			11.71	13.04	13.62
		velocity	7.54	9.21	9.04	8.66	8.25		8.05	7.87	7.88	7.71	7.54	7.52	8.05		8.97	8.05	7.71
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131				
Feng Zhiqiang (CHN) (1998)																			
FINAL - 2017 Chinese National Games (Tianjin, CHN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
										Wang (2020) - comparative analysis of pre-competitoin training of finalist in 400m hurdlers at 13th national games									
date	04-Sep-17	time	5.91	9.92	14.07	18.30	22.55		27.00	31.50	36.10	40.40	44.86		49.66	/ 1			
reaction time		interval		4.01	4.15	4.23	4.25		4.45	4.50	4.60	4.30	4.46	4.80	PB		12.39	13.20	13.36
		velocity	7.61	8.73	8.43	8.27	8.24		7.87	7.78	7.61	8.14	7.85	8.33	8.05		8.47	7.95	7.86
H1 lead leg		strides	21	13	13	13	13		14	14	15	15	15	18	164				
Holmes, TJ (USA) (1995)																			
FINAL - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
										Henson (2020) - Athlete First: 2018 year end hurdle report									
date	21-Jul-18	time	5.92	9.64			21.24		25.40	29.76	34.40	39.12	44.00		49.66	4 / 7			
reaction time	0.211	interval		3.72			11.60		4.16	4.36	4.64	4.72	4.88	5.66					14.24
		velocity	7.60	9.41			9.05		8.41	8.03	7.54	7.42	7.17	7.07	8.05				7.37
H1 lead leg	L	strides	20	13					13	13	14	14	15		102				
Happio, Wilfried (FRA) (1998)																			
FINAL - 2021 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
										Henson (2021) - Athlete First: 2021 year end hurdle report									
date	09-Jul-21	time	5.84	9.54		17.32	21.37	23.1	25.52	30.05	34.60	39.34	44.17		49.66	3 / 5			
reaction time	0.123	interval		3.70		7.78	4.05		4.15	4.53	4.55	4.74	4.83	5.49			11.48	12.73	14.12
		velocity	7.71	9.46		9.00	8.64	8.66	8.43	7.73	7.69	7.38	7.25	7.29	8.05		9.15	8.25	7.44
H1 lead leg	L	strides	20	13			13		13	14		15	15		103				
Nakai, Shuta (JPN) (2001)																			
A FINAL - 2023 Shizuoka International Meeting (Fukuroi, JPN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
										Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season									
date	03-May-23	time	6.20	9.98	13.82	17.73	21.75		25.95	30.23	34.67	39.28	44.01		49.66	9 / 2			
reaction time	0.193	interval		3.78	3.84	3.91	4.02		4.20	4.28	4.44	4.61	4.73	5.65	PB		11.53	12.50	13.78
		velocity	7.26	9.26	9.11	8.95	8.71		8.33	8.18	7.88	7.59	7.40	7.08	8.05		9.11	8.40	7.62
H1 lead leg	R	strides	20	13	13	13	13		14	14	15	15	15	18	163				
Xie Zhiyu (CHN) (2000)																			
FINAL - 2025 Yangtze River Delta Athletics Diamond Gala (Keqiao, CHN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
										Omega Timing (2025) - diamond league race analysis									
date	03-May-25	time	5.93	9.70	13.53	17.42	21.41		25.60	29.96	34.52	39.37	44.17		49.66	2 / 8			
reaction time	0.169	interval		3.77	3.83	3.89	3.99		4.19	4.36	4.56	4.85	4.80	5.49			11.49	12.54	14.21
		velocity	7.59	9.28	9.14	9.00	8.77		8.35	8.03	7.68	7.22	7.29	7.29	8.05		9.14	8.37	7.39
H1 lead leg	L	strides				13	13		13	14	14	15	15		97				
Tamesue, Dai (JPN) (1978)																			
Heat 3 - 2007 IAAF World Championships (Osaka, JPN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
										Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers									
date	25-Aug-07	time	5.87	9.59	13.44	17.43	21.48		25.68	29.98	34.53	39.23	44.08		49.67	7 / 6			
reaction time	0.197	interval		3.72	3.85	3.99	4.05		4.20	4.30	4.55	4.70	4.85	5.59			11.56	12.55	14.10
		velocity	7.67	9.41	9.09	8.77	8.64		8.33	8.14	7.69	7.45	7.22	7.16	8.05		9.08	8.37	7.45
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				
Barr, Thomas (IRL) (1992)																			
FINAL - 2022 Doha Diamond League (Doha, QAT) (TV Analysis)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
										Henson (2022) - Athlete First: 2022 year end hurdle report									
date	13-May-22	time	5.90	9.67	13.58	17.65	21.85	23.6	26.16		35.33	39.91	44.44		49.67	2 / 3			
reaction time	0.171	interval		3.77	3.91	4.07	4.20		4.31		9.17	4.58	4.53	5.23			11.75		
		velocity	7.63	9.28	8.95	8.60	8.33	8.47	8.12		7.63	7.64	7.73	7.65	8.05		8.94		

H1 lead leg	L	strides	20	13	13	13	13	13	14	14	113								
Happio, Wilfried (FRA) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Bauhaus Galan (Stockholm, SWE)															Omega Timing (2023) - diamond league race analysis				
date	02-Jul-23	time	5.79	9.44	13.12	16.88	20.80		24.86	29.12	33.68	38.71	43.77		49.67	6 / 5			
reaction time	0.151	interval		3.65	3.68	3.76	3.92		4.06	4.26	4.56	5.03	5.06	5.90			11.09	12.24	14.65
		velocity	7.77	9.59	9.51	9.31	8.93		8.62	8.22	7.68	6.96	6.92	6.78	8.05		9.47	8.58	7.17
H1 lead leg	L	strides	20	13		13	13		13	13	14	15	15		129				
Song Jiahui (CHN) (2002)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Chinese National Grand Prix Final (Rizhao, CHN)															Shandong Athletics Sport Science (2024)				
date	29-Jun-24	time	6.04	9.77	13.64	17.65	21.77		26.02	30.33	34.98	39.62	44.28		49.67	8 / 3			
reaction time	0.206	interval		3.73	3.87	4.01	4.12		4.25	4.31	4.65	4.64	4.66	5.39			11.61	12.68	13.95
		velocity	7.45	9.38	9.04	8.73	8.50		8.24	8.12	7.53	7.54	7.51	7.42	8.05		9.04	8.28	7.53
H1 lead leg	L	strides	20	13	13	13	13		13	13	14	14	14	18	158				
Smidt, Nick (NED) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2025 Yangtze River Delta Athletics Diamond Gala (Keqiao, CHN)															Omega Timing (2025) - diamond league race analysis				
date	03-May-25	time	5.86	9.56	13.33	17.25	21.28		25.49	29.89	34.35	39.05	43.93		49.67	9 / 9			
reaction time	0.179	interval		3.70	3.77	3.92	4.03		4.21	4.40	4.46	4.70	4.88	5.74			11.39	12.64	14.04
		velocity	7.68	9.46	9.28	8.93	8.68		8.31	7.95	7.85	7.45	7.17	6.97	8.05		9.22	8.31	7.48
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	15			128				
Romera, José María (ESP) (1980)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2002 IAAF World Cup (Madrid, ESP)															Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas				
date	20-Sep-02	time	5.85	9.62	13.39	17.23	21.21		25.32	29.69	34.15	38.91	43.85		49.68	8 / 6			
reaction time	0.147	interval		3.77	3.77	3.84	3.98		4.11	4.37	4.46	4.76	4.94	5.83			11.38	12.46	14.16
		velocity	7.69	9.28	9.28	9.11	8.79		8.52	8.01	7.85	7.35	7.09	6.86	8.05		9.23	8.43	7.42
H1 lead leg	R	strides	21	13	13	13	13		14	14	14	15	15	18.5	163.5				
Tinsley, Michael (USA) (1984)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2006 USATF National Championships (Indianapolis, IN)															USATF Men's Hurdle Development (2006)				
date	24-Jun-06	time	6.01	9.76	12.48	17.42	21.49		25.79	30.18	34.75	39.34	44.06		49.68	8 / 6			
reaction time		interval		3.75	2.72	4.94	4.07		4.30	4.39	4.57	4.59	4.72	5.62			11.41	12.76	13.88
		velocity	7.49	9.33	12.87	7.09	8.60		8.14	7.97	7.66	7.63	7.42	7.12	8.05		9.20	8.23	7.56
H1 lead leg	R	strides	22	14	14	14	14		14	14	15	15	15		151				
Preis, Constantin (GER) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2024 European Athletics Championships (Roma, ITA)															European Athletics (2024) - 2024 european athletics championships - results book				
date	10-Jun-24	time	6.11	9.96	13.93	17.94	22.05		26.33	30.82	35.34	40.02	44.59		49.68	7 / 4			
reaction time	0.226	interval		3.85	3.97	4.01	4.11		4.28	4.49	4.52	4.68	4.57	5.09			11.83	12.88	13.77
		velocity	7.36	9.09	8.82	8.73	8.52		8.18	7.80	7.74	7.48	7.66	7.86	8.05		8.88	8.15	7.63
H1 lead leg	L	strides	22	14	14	14	14		14	15	15	15	15	18	170				
Drummond, Gerald (CRC) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2024 Olympic Games (Paris, FRA)															Paris 2024 Olympic Games - Results Book (2024)				
date	07-Aug-24	time	5.81	9.55	13.42	17.35	21.43		25.71	30.02	34.61	39.35	44.21		49.68	2 / 7			
reaction time	0.219	interval		3.74	3.87	3.93	4.08		4.28	4.31	4.59	4.74	4.86	5.47			11.54	12.67	14.19
		velocity	7.75	9.36	9.04	8.91	8.58		8.18	8.12	7.63	7.38	7.20	7.31	8.05		9.10	8.29	7.40
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	18	168				
Sánchez, Félix (DOM) (1977)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2000 Olympic Games (Sydney, AUS)															Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games				
date	25-Sep-00	time	6.00	9.68	13.48	17.44	21.52	23.12	25.80	30.20	34.76	39.44	44.16		49.69	1 / 7			
reaction time	0.178	interval		3.68	3.80	3.96	4.08		4.28	4.40	4.56	4.68	4.72	5.53			11.44	12.76	13.96
		velocity	7.50	9.51	9.21	8.84	8.58	8.65	8.18	7.95	7.68	7.48	7.42	7.23	8.05		9.18	8.23	7.52
H1 lead leg		strides		13	13	13	13		13	14	14	15	15		123				
Yoshikata, Masahira (JPN) (1982)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 Osaka Grand Prix (Osaka, JPN)															Yasunori (2008) - race pattern analysis of the world and Japanese top 400m hurdlers				
date	05-May-07	time	6.07	9.82	13.69	17.61	21.71		25.88	30.27	34.72	39.34	44.13		49.69	1 / 5			
reaction time		interval		3.75	3.87	3.92	4.10		4.17	4.39	4.45	4.62	4.79	5.56			11.54	12.66	13.86
		velocity	7.41	9.33	9.04	8.93	8.54		8.39	7.97	7.87	7.58	7.31	7.19	8.05		9.10	8.29	7.58
H1 lead leg		strides		14	14	14	14		14	15	15	15	15		130				
Müller, Vít (CZE) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)															Henson (2024) - Athlete First: 2021 year end hurdle report				
date	01-Aug-21	time	6.13	9.90	13.76	17.67	21.70		25.76	30.20	34.70	39.36	44.18		49.69	3 / 8			
reaction time	0.145	interval		3.77	3.86	3.91	4.03		4.06	4.44	4.50	4.66	4.82	5.51			11.54	12.53	13.98
		velocity	7.34	9.28	9.07	8.95	8.68		8.62	7.88	7.78	7.51	7.26	7.26	8.05		9.10	8.38	7.51
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15		144				
Kurokawa, Kazuki (JPN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2022 World Athletics Championships (Eugene, OR)															Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season				
date	17-Jul-22	time	5.81	9.49	13.35	17.18	21.14	22.76	25.33	29.68	34.25	39.02	43.93		49.69	1 / 6			
reaction time	0.136	interval		3.68	3.86	3.83	3.96		4.19	4.35	4.57	4.77	4.91	5.76			11.37	12.50	14.25
		velocity	7.75	9.51	9.07	9.14	8.84	8.79	8.35	8.05	7.66	7.34	7.13	6.94	8.05		9.23	8.40	7.37

H1 lead leg	L	strides	13	13	13	13		14	14	15	15	15	18	143					
Samba, Abderrahmane (QAT) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Bauhaus Galan (Stockholm, SWE) (TV Analysis)			Henson (2024) - Athlete First: 2024 year end hurdle report																
date	02-Jun-24	time	6.10	10.00	13.93	17.80	21.76		25.90	30.17	34.53	39.46	44.07		49.69	2 / 7			
reaction time	0.187	interval		3.90	3.93	3.87	3.96		4.14	4.27	4.36	4.93	4.61	5.62			11.70	12.37	13.90
		velocity	7.38	8.97	8.91	9.04	8.84		8.45	8.20	8.03	7.10	7.59	7.12	8.05		8.97	8.49	7.55
H1 lead leg	L	strides	20	13	13	13	13		13	14	15	15	14	18	161				
Sanchez, Félix (DOM) (1977)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2000 Olympic Games (Sydney, AUS)			Ditralo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games																
date	24-Sep-00	time	5.86	9.58	13.38	17.18	21.14		25.34		35.54	39.34	44.22		49.70	4 / 3			
reaction time	0.142	interval		3.72	3.80	3.80	3.96		4.20		10.20	3.80	4.88	5.48			11.32		
		velocity	7.68	9.41	9.21	9.21	8.84		8.33		6.86	9.21	7.17	7.30	8.05		9.28		
H1 lead leg		strides	21	13	13	13	13		13	14	15	15	15	18.2	163.2				
Kawakita, Naohiro (JPN) (1980)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2006 Japanese National Championships (Kobe, JPN)			Yasunori (2007) - race pattern analysis of top Japanese 400m hurdlers																
date	01-Jul-06	time	6.16	10.01	13.95	17.94	22.01		26.25	30.69	35.33	39.98	44.63		49.70	1 / 3			
reaction time		interval		3.85	3.94	3.99	4.07		4.24	4.44	4.64	4.65	4.65	5.07			11.78	12.75	13.94
		velocity	7.31	9.09	8.88	8.77	8.60		8.25	7.88	7.54	7.53	7.53	7.89	8.05		8.91	8.24	7.53
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				
Konishi, Yuta (JPN) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2015 Seiko Golden Grand Prix (Kawaskai, JPN)			Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan																
date	10-May-15	time	6.17	10.14	14.16	18.30	22.42		26.57	30.79	35.21	39.71	44.38		49.70	1 / 2			
reaction time		interval		3.97	4.02	4.14	4.12		4.15	4.22	4.42	4.50	4.67	5.32			12.13	12.49	13.59
		velocity	7.29	8.82	8.71	8.45	8.50		8.43	8.29	7.92	7.78	7.49	7.52	8.05		8.66	8.41	7.73
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131				
Bett, Nicholas (KEN) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Doha Diamond League (Doha, QAT) (TV Analysis)			Henson (2020) - Athlete First: 2017 year end hurdle report																
date	05-May-17	time	6.23	9.96	13.70	17.63	21.63		25.83	30.13	34.53	39.16	44.16		49.70	5 / 4			
reaction time	0.168	interval		3.73	3.74	3.93	4.00		4.20	4.30	4.40	4.63	5.00	5.54			11.40	12.50	14.03
		velocity	7.22	9.38	9.36	8.91	8.75		8.33	8.14	7.95	7.56	7.00	7.22	8.05		9.21	8.40	7.48
H1 lead leg	R	strides	21	13	13	13	13		13	13	13	13	15	17	157				
Yamamoto, Tatsuhiro (JPN) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)			Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																
date	06-Jun-21	time	6.09	9.98	13.88	17.88	21.94		26.06	30.40	34.82	39.44	44.23		49.70	4 / 2			
reaction time		interval		3.89	3.90	4.00	4.06		4.12	4.34	4.42	4.62	4.79	5.47			11.79	12.52	13.83
		velocity	7.39	9.00	8.97	8.75	8.62		8.50	8.06	7.92	7.58	7.31	7.31	8.05		8.91	8.39	7.59
H1 lead leg	R	strides	21	14	14	14	14		14	15	15	15	15	18.2	169.2				
Teles, Marcio (BRA) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)			Henson (2024) - Athlete First: 2021 year end hurdle report																
date	30-Jul-21	time	6.17	9.93	13.90	18.03	22.18		26.50	30.76	35.20	39.67	44.26		49.70	6 / 6			
reaction time	0.154	interval		3.76	3.97	4.13	4.15		4.32	4.26	4.44	4.47	4.59	5.44			11.86	12.73	13.50
		velocity	7.29	9.31	8.82	8.47	8.43		8.10	8.22	7.88	7.83	7.63	7.35	8.05		8.85	8.25	7.78
H1 lead leg	L	strides	21	13	14	14	14		14	14	15	15	15	18	167				
Saddler, Craig (USA)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 NCAA Championships (Austin, TX) (TV Analysis)			Henson (2023) - Athlete First: 2023 year end hurdle report																
date	09-Jun-23	time	5.96	9.54	13.38	17.31	21.40			30.25	34.85	39.46	44.27		49.70	1 / 9			
reaction time		interval		3.58	3.84	3.93	4.09			8.85	4.60	4.61	4.81	5.43			11.35	12.94	14.02
		velocity	7.55	9.78	9.11	8.91	8.56			7.91	7.61	7.59	7.28	7.37	8.05		9.25	8.11	7.49
H1 lead leg	R	strides	21	13	13	13	13					15	15	15	17	135			
Gucek, Matic Ian (SLO) (2003)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 European Athletics U23 Championships (Espoo, FIN)			European Athletics (2023) - european athletics U23 championships results book																
date	16-Jul-23	time	5.94	9.73	13.58	17.42	21.39		25.48	29.75	34.24	38.95	43.85		49.70	4 / 4			
reaction time	0.162	interval		3.79	3.85	3.84	3.97		4.09	4.27	4.49	4.71	4.90	5.85			11.48	12.33	14.10
		velocity	7.58	9.23	9.09	9.11	8.82		8.56	8.20	7.80	7.43	7.14	6.84	8.05		9.15	8.52	7.45
H1 lead leg	R	strides	22	14	14	14	14		14	14	14	15	15	19	169				
Imazeki, Yuta (JPN) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Race A - 2011 Shizuoka International Athletics Meeting (Fukuroi, JPN)			Yasuhoiri (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11																
date	03-May-11	time	6.21	10.16	14.13	18.17	22.32		26.56	30.85	35.29	39.84	44.46		49.71	1 / 3			
reaction time		interval		3.95	3.97	4.04	4.15		4.24	4.29	4.44	4.55	4.62	5.25			11.96	12.68	13.61
		velocity	7.25	8.86	8.82	8.66	8.43		8.25	8.16	7.88	7.69	7.58	7.62	8.05		8.78	8.28	7.71
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131				
Mägi, Rasmus (EST) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Müller Anniversary Games (London, GBR) (TV Analysis)			Henson (2020) - Athlete First: 2019 year end hurdle report																
date	20-Jul-19	time	6.12	9.92	13.72	17.64	21.76	23.5	25.96		34.88	39.52		49.71	9 / 5				
reaction time	0.158	interval		3.80	3.80	3.92	4.12		4.20		8.92	4.64					11.52		
		velocity	7.35	9.21	9.21	8.93	8.50	8.51	8.33		7.85	7.54			8.05		9.11		

H1 lead leg	L	strides	21	13	13	13	13	13	14	100									
Madari Palliyalil, Jabir (IND) (1996)																			
Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT)										<i>Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships</i>									
date	28-Sep-19	time	5.95	9.82	13.69	17.64	21.74	25.92	30.19	34.61	39.24	44.12		49.71	9 / 5				
reaction time	0.199	interval		3.87	3.87	3.95	4.10	4.18	4.27	4.42	4.63	4.88	5.59			11.69	12.55	13.93	
		velocity	7.56	9.04	9.04	8.86	8.54	8.37	8.20	7.92	7.56	7.17	7.16	8.05		8.98	8.37	7.54	
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	16	16	19.7	178.7					
Lahoulou, Abdelmalik (ALG) (1992)																			
FINAL - 2023 Seiko Golden Grand Prix (Yokohama, JPN)										<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>									
date	21-May-23	time	6.16	9.78	13.51	17.33	21.30	25.38	29.56	34.08	38.96	44.06		49.71	3 / 6				
reaction time	0.195	interval		3.62	3.73	3.82	3.97	4.08	4.18	4.52	4.88	5.10	5.65			11.17	12.23	14.50	
		velocity	7.31	9.67	9.38	9.16	8.82	8.58	8.37	7.74	7.17	6.86	7.08	8.05		9.40	8.59	7.24	
H1 lead leg	L	strides	21	13	13	13	13	13	13	14	15	16	18	162					
Chalmers, Alastair (GBR) (2000)																			
Heat 2 - 2024 European Athletics Championships (Roma, ITA)										<i>European Athletics (2024) - 2024 european athletics championships - results book</i>									
date	09-Jun-24	time	5.76	9.46	13.23	17.10	21.22	25.62	30.10	34.76	39.53	44.28		49.71	7 / 3				
reaction time	0.146	interval		3.70	3.77	3.87	4.12	4.40	4.48	4.66	4.77	4.75	5.43			11.34	13.00	14.18	
		velocity	7.81	9.46	9.28	9.04	8.50	7.95	7.81	7.51	7.34	7.37	7.37	8.05		9.26	8.08	7.40	
H1 lead leg		strides											0						
Hemery, David (GBR) (1944)																			
Heat 2 - 1972 Olympic Games (Munich, FRG)										<i>Schmidt (1973) - vorolympisches training von john akii-bua über 400 hürden</i>									
date	01-Sep-72	time				21.8			30.3			44.3		49.72	5 / 1				
reaction time		interval							8.50			14.00	5.42					14.00	
		velocity				8.49			8.24			7.50	7.38	8.05				7.50	
H1 lead leg		strides																	
Clement, Kerron (USA) (1985)																			
Heat 1 - 2007 USATF National Championships (Indianapolis, IN)										<i>USATF Men's Hurdle Development (2007)</i>									
date	21-Jun-07	time	5.99	9.78	13.65	17.60	21.79	26.04	30.41	34.87	39.57	44.38		49.72	6 / 1				
reaction time		interval		3.79	3.87	3.95	4.19	4.25	4.37	4.46	4.70	4.81	5.34			11.61	12.81	13.97	
		velocity	7.51	9.23	9.04	8.86	8.35	8.24	8.01	7.85	7.45	7.28	7.49	8.05		9.04	8.20	7.52	
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	15	15		141					
Hann, Mamadou Kasse (FRA) (1986)																			
FINAL - 2017 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)										<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>									
date	18-Jun-17	time	6.04	9.92		17.76	21.88	26.08	30.60	35.16	39.80	44.44		49.72	5 / 5				
reaction time	0.158	interval		3.88		7.84	4.12	4.20	4.52	4.56	4.64	4.64	5.28			11.72	12.84	13.84	
		velocity	7.45	9.02		8.93	8.50	8.33	7.74	7.68	7.54	7.54	7.58	8.05		8.96	8.18	7.59	
H1 lead leg	L	strides	21	13		13		14	14	14	14	14		117					
Allen, CJ (USA) (1995)																			
Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)										<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>									
date	25-Jun-21	time	6.10	10.00	13.90	17.87	21.97	26.10	30.47	34.93	39.50	44.30		49.72	3 / 4				
reaction time	0.225	interval		3.90	3.90	3.97	4.10	4.13	4.37	4.46	4.57	4.80	5.42			11.77	12.60	13.83	
		velocity	7.38	8.97	8.97	8.82	8.54	8.47	8.01	7.85	7.66	7.29	7.38	8.05		8.92	8.33	7.59	
H1 lead leg	L	strides	19	13	13	13	13		13	14	15	15	18.2	146.2					
Kawagoe, Hiroya (JPN) (1997)																			
FINAL - 2022 Japanese National Championships (Osaka, JPN)										<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>									
date	11-Jun-22	time	6.01	9.84	13.76	17.82	21.94	26.21	30.63	35.10	39.66	44.33		49.72	4 / 2				
reaction time	0.193	interval		3.83	3.92	4.06	4.12	4.27	4.42	4.47	4.56	4.67	5.39	PB		11.81	12.81	13.70	
		velocity	7.49	9.14	8.93	8.62	8.50	8.20	7.92	7.83	7.68	7.49	7.42	8.05		8.89	8.20	7.66	
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	18.7	170.7					
de Jesús, Mikael Antonio (POR) (199)																			
Semi-Final 2 - 2024 European Athletics Championships (Roma, ITA)										<i>European Athletics (2024) - 2024 european athletics championships - results book</i>									
date	10-Jun-24	time	5.96	9.67	13.50	17.52	21.63	25.97	30.46	34.90	39.58	44.33		49.72	2 / 6				
reaction time	0.164	interval		3.71	3.83	4.02	4.11	4.34	4.49	4.44	4.68	4.75	5.39			11.56	12.94	13.87	
		velocity	7.55	9.43	9.14	8.71	8.52	8.06	7.80	7.88	7.48	7.37	7.42	8.05		9.08	8.11	7.57	
H1 lead leg	L	strides	21	13	13	13	13	14	14	15	15	15	18	164					
Rosser, Khalifah (USA) (1995)																			
Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)										<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>									
date	28-Jun-24	time	5.93	9.65	13.40	17.35	21.39	25.39	29.79	34.38	39.16	44.01		49.72	6 / 2				
reaction time		interval		3.72	3.75	3.95	4.04	4.00	4.40	4.59	4.78	4.85	5.71			11.42	12.44	14.22	
		velocity	7.59	9.41	9.33	8.86	8.66	8.75	7.95	7.63	7.32	7.22	7.01	8.05		9.19	8.44	7.38	
H1 lead leg	R	strides	20	13	13	13	13	14	14	14	14	15	17.5	160.5					
Rawlinson, Christopher (GBR) (1972)																			
Heat 4 - 2002 European Championships (Munich, GER)										<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>									
date	07-Aug-02	time	6.02	9.72	13.44	17.32	21.34	25.50	29.82	34.56	39.30	44.10		49.73	1 / 2				
reaction time		interval		3.70	3.72	3.88	4.02	4.16	4.32	4.74	4.74	4.80	5.63			11.30	12.50	14.28	
		velocity	7.48	9.46	9.41	9.02	8.71	8.41	8.10	7.38	7.38	7.29	7.10	8.04		9.29	8.40	7.35	

H1 lead leg strides

Green, Jack (GBR) (1991)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)																			
date	10-Jun-18	time	6.04	9.84	13.72	17.68	21.80		26.12	30.56	35.04	39.60	44.40		49.73	8 / 5			
reaction time	0.176	interval		3.80	3.88	3.96	4.12		4.32	4.44	4.48	4.56	4.80	5.33			11.64	12.88	13.84
		velocity	7.45	9.21	9.02	8.84	8.50		8.10	7.88	7.81	7.68	7.29	7.50	8.04		9.02	8.15	7.59
H1 lead leg	R	strides	22	14	14	13	14		15	15	15	15	16		153				

Abe, Takatoshi (JPN) (1991)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Japanese National Championships (Niigata, JPN)																			
date	02-Oct-20	time	6.01	9.59	13.35	17.17	21.10		25.28	29.68	34.23	39.01	43.94		49.73	5 / 1			
reaction time	0.170	interval		3.58	3.76	3.82	3.93		4.18	4.40	4.55	4.78	4.93	5.79			11.16	12.51	14.26
		velocity	7.49	9.78	9.31	9.16	8.91		8.37	7.95	7.69	7.32	7.10	6.91	8.04		9.41	8.39	7.36
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	15	15	19	163				

Iwasaki, Takafumi (JPN) (1997)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)																			
date	06-Jun-21	time	6.06	9.91	13.91	17.97	22.15		26.41	30.76	35.19	39.77	44.43		49.73	7 / 3			
reaction time		interval		3.85	4.00	4.06	4.18		4.26	4.35	4.43	4.58	4.66	5.30			11.91	12.79	13.67
		velocity	7.43	9.09	8.75	8.62	8.37		8.22	8.05	7.90	7.64	7.51	7.55	8.04		8.82	8.21	7.68
H1 lead leg	L	strides	21	14	14	14	14		14	15	15	15	15	18.2	169.2				

Preis, Constantin (GER) (1998)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																			
date	30-Jul-21	time	6.13	10.03	14.02	18.03	22.23		26.56	30.93	35.33	39.92	44.42		49.73	9 / 4			
reaction time	0.215	interval		3.90	3.99	4.01	4.20		4.33	4.37	4.40	4.59	4.50	5.31			11.90	12.90	13.49
		velocity	7.34	8.97	8.77	8.73	8.33		8.08	8.01	7.95	7.63	7.78	7.53	8.04		8.82	8.14	7.78
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	15	15	18	171				

McAlister, Chris (GBR) (1995)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Weltklasse (Zürich, SUI) (TV Analysis)																			
date	09-Sep-21	time		6.24			22.40	24.1	26.64			39.88	44.48		49.73	1 / 7			
reaction time	0.168	interval					16.16		4.24			13.24	4.60	5.25					
		velocity		7.21			8.66	8.30	8.25			7.93	7.61	7.62	8.04				
H1 lead leg	R	strides		22					14				15		51				

Ogawa, Daiki (JPN) (2003)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A FINAL - 2024 Shizuoka International Meeting (Fukuroi, JPN)																			
date	03-May-24	time	6.04	9.94	13.95	18.07	22.31		26.56	30.90	35.29	39.86	44.54		49.73	3 / 4			
reaction time	0.170	interval		3.90	4.01	4.12	4.24		4.25	4.34	4.39	4.57	4.68	5.19			12.03	12.83	13.64
		velocity	7.45	8.97	8.73	8.50	8.25		8.24	8.06	7.97	7.66	7.48	7.71	8.04		8.73	8.18	7.70
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131				

Bailey, Aldrich (USA) (1994)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 USA Olympic Trials (Eugene, OR)																			
date	30-Jun-24	time	5.75	9.47	13.28	17.15	21.05	22.86	25.20	29.52	34.29	39.12	43.83		49.73	3 / 6			
reaction time		interval		3.72	3.81	3.87	3.90		4.15	4.32	4.77	4.83	4.71	5.90			11.40	12.37	14.31
		velocity	7.83	9.41	9.19	9.04	8.97	8.75	8.43	8.10	7.34	7.25	7.43	6.78	8.04		9.21	8.49	7.34
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	17.5	159.5				

Cawley, Rex (USA) (1940)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1964 Olympic Games (Tokyo, JPN)																			
date	16-Oct-64	time	5.9		13.8		21.8			30.3		38.9			49.6	6 / 1			
reaction time		interval			7.9		8.0			8.5		8.6		10.7					
		velocity	7.63		8.86		8.75			8.24		8.14		7.01	8.06				
H1 lead leg		strides																	

Kitur, Simon (KEN) (1959)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1988 Olympic Games (Seoul, KOR)																			
date	24-Sep-88	time	6.12	9.92	13.81	17.81	21.90		26.10	30.45	34.91	39.63	44.45		49.74	1 / 6			
reaction time		interval		3.80	3.89	4.00	4.09		4.20	4.35	4.46	4.72	4.82	5.29			11.69	12.64	14.00
		velocity	7.35	9.21	9.00	8.75	8.56		8.33	8.05	7.85	7.42	7.26	7.56	8.04		8.98	8.31	7.50
H1 lead leg		strides	22	15	15	15	15		15	15	15	16	16	18.1	177.1				

Mashchenko, Ruslan (RUS) (1971)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1997 European Cup (Munich, GER)																			
date	21-Jun-97	time	6.05	9.79	13.70	17.72	21.84		26.06	30.47	34.94	39.60	44.33		49.74	/ 3			
reaction time		interval		3.74	3.91	4.02	4.12		4.22	4.41	4.47	4.66	4.73	5.41			11.67	12.75	13.86
		velocity	7.44	9.36	8.95	8.71	8.50		8.29	7.94	7.83	7.51	7.40	7.39	8.04		9.00	8.24	7.58
H1 lead leg		strides																	

Kawakita, Naohiro (JPN) (1980)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2009 Japanese National Championships (Hiroshima, JPN)																			
date	27-Jun-09	time	6.13	9.97	13.86	17.85	21.95		26.30	30.75	35.30	39.94	44.59		49.74	4 / 3			
reaction time		interval		3.84	3.89	3.99	4.10		4.35	4.45	4.55	4.64	4.65	5.15			11.72	12.90	13.84
		velocity	7.34	9.11	9.00	8.77	8.54		8.05	7.87	7.69	7.54	7.53	7.77	8.04		8.96	8.14	7.59

H1 lead leg	strides	13	13	13	13		14	14	14	15	15		124						
Samba, Abderrahmane (QAT) (1995)																			
FINAL	- 2017 IAAF World Championships (London, GBR) (TV Analysis)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	09-Aug-17	time	5.80	9.56	13.36	17.16	21.08	25.24	29.48	33.88	38.44	43.04		49.74	6 / 7				
reaction time	0.206	interval	3.76	3.80	3.80	3.92		4.16	4.24	4.40	4.56	4.60	6.70			11.36	12.32	13.56	
		velocity	7.76	9.31	9.21	9.21	8.93	8.41	8.25	7.95	7.68	7.61	5.97	8.04		9.24	8.52	7.74	
H1 lead leg	R	strides	21	13	13	13	13	13	13	14	14	14	19	160					
Abe, Takatoshi (JPN) (1991)																			
FINAL	- 2019 Asian Athletics Championships (Doha, QAT)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	22-Apr-19	time	5.97	9.64	13.33	17.10	21.04	25.19	29.66	34.27	39.06	43.93		49.74	7 / 5				
reaction time	0.189	interval	3.67	3.69	3.77	3.94		4.15	4.47	4.61	4.79	4.87	5.81			11.13	12.56	14.27	
		velocity	7.54	9.54	9.49	9.28	8.88	8.43	7.83	7.59	7.31	7.19	6.88	8.04		9.43	8.36	7.36	
H1 lead leg		strides		13	13	13	13	13	14	14	15	15		123					
Valliant, Ludvy (FRA) (1995)																			
FINAL	- FINAL - 2022 Prefontaine Classic (Eugene, OR) (TV Analysis)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	05-Jun-22	time	5.83	9.53	13.30	17.20	21.20	25.27	29.63	34.10	38.90	43.83		49.74	3 / 6				
reaction time	0.141	interval	3.70	3.77	3.90	4.00		4.07	4.36	4.47	4.80	4.93	5.91			11.37	12.43	14.20	
		velocity	7.72	9.46	9.28	8.97	8.75	8.60	8.03	7.83	7.29	7.10	6.77	8.04		9.23	8.45	7.39	
H1 lead leg	R	strides	21	13	13	13	13	13	14	14	15	15		144					
Zazini, Sokwakhana (RSA) (2000)																			
FINAL	- 2023 Doha Diamond League (Doha, QAT)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	05-May-23	time	5.83	9.46	13.25	17.13	21.12	25.58	30.07	34.69	39.36	44.01		49.74	1 / 6				
reaction time	0.170	interval	3.63	3.79	3.88	3.99		4.46	4.49	4.62	4.67	4.65	5.73			11.30	12.94	13.94	
		velocity	7.72	9.64	9.23	9.02	8.77	7.85	7.80	7.58	7.49	7.53	6.98	8.04		9.29	8.11	7.53	
H1 lead leg	L	strides	23	14	14	14	14	15			16	16		126					
Kendziera, Dave (USA) (1994)																			
FINAL	- 2023 USATF National Championships (Eugene, OR) (TV Analysis)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	09-Jul-23	time	6.00	9.84	13.58	17.35	21.25	25.29	29.59	34.13	38.90			49.74	8 / 7				
reaction time		interval		3.84	3.74	3.77	3.90	4.04	4.30	4.54	4.77		10.84			11.35	12.24		
		velocity	7.50	9.11	9.36	9.28	8.97	8.66	8.14	7.71	7.34		6.92	8.04		9.25	8.58		
H1 lead leg	L	strides	21	14	13	13	13		14	14	15		117						
Yamauchi, Hiromu (JPN) (1999)																			
B FINAL	- 2024 Shizuoka International Meeting (Fukuroi, JPN)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	03-May-24	time	6.12	9.91	13.81	17.85	22.01	26.26	30.53	35.00	39.57	44.31		49.74	8 / 2				
reaction time	0.230	interval	3.79	3.90	4.04	4.16		4.25	4.27	4.47	4.57	4.74	5.43			11.73	12.68	13.78	
		velocity	7.35	9.23	8.97	8.66	8.41	8.24	8.20	7.83	7.66	7.38	7.37	8.04		8.95	8.28	7.62	
H1 lead leg		strides		13	13	14	14	14	14	15	15	15		127					
Lambrugh, Mario (ITA) (1992)																			
Heat 3	- 2024 European Athletics Championships (Roma, ITA)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	09-Jun-24	time	5.88	9.63	13.56	17.47	21.52	25.72	30.09	34.77	39.69	44.48		49.74	8 / 1				
reaction time	0.208	interval	3.75	3.93	3.91	4.05		4.20	4.37	4.68	4.92	4.79	5.26			11.59	12.62	14.39	
		velocity	7.65	9.33	8.91	8.95	8.64	8.33	8.01	7.48	7.11	7.31	7.60	8.04		9.06	8.32	7.30	
H1 lead leg		strides																	
Edlund, Oskar (SWE) (2002)																			
Heat 2	- 2024 Olympic Games (Paris, FRA)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	05-Aug-24	time	5.81	9.40	13.11	16.90	20.88	25.06	29.49	34.14	38.98	43.88		49.74	6 / 7				
reaction time	0.188	interval	3.59	3.71	3.79	3.98		4.18	4.43	4.65	4.84	4.90	5.86			11.09	12.59	14.39	
		velocity	7.75	9.75	9.43	9.23	8.79	8.37	7.90	7.53	7.23	7.14	6.83	8.04		9.47	8.34	7.30	
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	15	15	18	162					
Cuypers, Alain (BEL) (1967)																			
Semi-Final 2	- 1988 Olympic Games (Seoul, KOR)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	24-Sep-88	time	6.20	10.13	14.07	18.06	22.14	26.45	30.79	35.22	39.76	44.40		49.75	7 / 7				
reaction time		interval	3.93	3.94	3.99	4.08		4.31	4.34	4.43	4.54	4.64	5.35	PB		11.86	12.73	13.61	
		velocity	7.26	8.91	8.88	8.77	8.58	8.12	8.06	7.90	7.71	7.54	7.48	8.04		8.85	8.25	7.71	
H1 lead leg		strides	21	14	14	14	14	14	14	15	15	15	18.5	168.5					
Young, Blair (AUS) (1971)																			
Heat 2	- 2000 Olympic Games (Sydney, AUS)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	24-Sep-00	time	6.06	9.82	13.74	17.74	21.86	26.18		35.42	39.90	44.50		49.75	6 / 4				
reaction time	0.193	interval	3.76	3.92	4.00	4.12		4.32		9.24	4.48	4.60	5.25			11.68			
		velocity	7.43	9.31	8.93	8.75	8.50	8.10		7.58	7.81	7.61	7.62	8.04		8.99			
H1 lead leg		strides	21	13	13	14	14	14	15	15	15	15	18.4	167.4					
Shao Yi (CHN) (1979)																			
FINAL	- 2003 Chinese National Championships (Shanghai, CHN)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	14-Sep-03	time	6.14	9.94	13.84	17.90	22.02	26.30	30.64	35.12	39.68	44.40		49.75	1 / 1				
reaction time		interval	3.80	3.90	4.06	4.12		4.28	4.34	4.48	4.56	4.72	5.35	PB		11.76	12.74	13.76	
		velocity	7.33	9.21	8.97	8.62	8.50	8.18	8.06	7.81	7.68	7.42	7.48	8.04		8.93	8.24	7.63	

H1 lead leg	strides	13	13	14	14		14	14	14	14	15		125						
Kishimoto, Takayuki (JPN) (1990)																			
A FINAL - 2014 Shizuoka International Athletics Meeting (Fukuroi, JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
date	03-May-14	time	5.96	9.71	13.56	17.60	21.75	26.07	30.49	35.03	39.70	44.42		49.75		/ 1			
reaction time		interval	3.75	3.85	4.04	4.15		4.32	4.42	4.54	4.67	4.72	5.33				11.64	12.89	13.93
		velocity	7.55	9.33	9.09	8.66	8.43	8.10	7.92	7.71	7.49	7.42	7.50	8.04			9.02	8.15	7.54
H1 lead leg	strides		13	13	13	13		14	14	15	15	15		125					
Nezir, Ismail (TUR) (2003)																			
Semi-Final 1 - 2022 European Athletics Championships (Munich, GER)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
		<i>European Athletics (2022) - european athletics championships race analysis</i>																	
date	18-Aug-22	time	6.20	10.13	14.12	18.23	22.35	24.13	26.47	30.75	35.23	39.87	44.44		49.75		4 / 5		
reaction time	0.229	interval		3.93	3.99	4.11	4.12		4.12	4.28	4.48	4.64	4.57	5.31			12.03	12.52	13.69
		velocity	7.26	8.91	8.77	8.52	8.50	8.29	8.50	8.18	7.81	7.54	7.66	7.53	8.04		8.73	8.39	7.67
H1 lead leg	L	strides	20	13		13	13		13	13	13	14	14	17	143				
Bonvin, Julien (SUI) (1999)																			
Semi-Final 2 - 2023 World Athletics Championships (Budapest, HUN) (TV Analysis)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
		<i>Henson (2023) - Athlete First: 2023 year end hurdle report</i>																	
date	21-Aug-23	time	5.90	9.67	13.38	17.05	20.99	25.29	29.66	34.30	39.11	44.08		49.75		4 / 8			
reaction time	0.175	interval		3.77	3.71	3.67	3.94	4.30	4.37	4.64	4.81	4.97	5.67				11.15	12.61	14.42
		velocity	7.63	9.28	9.43	9.54	8.88	8.14	8.01	7.54	7.28	7.04	7.05	8.04			9.42	8.33	7.28
H1 lead leg	L	strides	20	13	13	13	13		14	14	15	15		18	148				
Mori, Fabrizio (ITA) (1969)																			
FINAL - 1991 European Cup (Frankfurt, GER)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
		<i>Federle (2003) - http://www.fgs.uni-halle.de</i>																	
date	29-Jun-91	time	6.43	10.33	14.28	18.27	22.35	26.60	31.01	35.38	40.01	44.65		49.76		/ 3			
reaction time		interval		3.90	3.95	3.99	4.08	4.25	4.41	4.37	4.63	4.64	5.11				11.84	12.74	13.64
		velocity	7.00	8.97	8.86	8.77	8.58	8.24	7.94	8.01	7.56	7.54	7.83	8.04			8.87	8.24	7.70
H1 lead leg		strides																	
Mužik, Jiri (CZE) (1976)																			
Heat 2 - 2002 European Championships (Munich, GER)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
		<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																	
date	07-Aug-02	time	6.24	10.23	14.29	18.37	22.52	26.69	30.95	35.31	39.85	44.47		49.76		/ 1			
reaction time	0.169	interval		3.99	4.06	4.08	4.15	4.17	4.26	4.36	4.54	4.62	5.29				12.13	12.58	13.52
		velocity	7.21	8.77	8.62	8.58	8.43	8.39	8.22	8.03	7.71	7.58	7.56	8.04			8.66	8.35	7.77
H1 lead leg		strides																	
Yoshikata, Masahira (JPN) (1982)																			
FINAL - 2006 Seiko Super Grand Prix (Yokohama, JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
		<i>Yasunori (2007) - race pattern analysis of top Japanese 400m hurdlers</i>																	
date	24-Sep-06	time	5.92	9.57	13.31	17.15	21.14	25.31	29.66	34.10	38.75	43.77		49.76		/ 6			
reaction time		interval		3.65	3.74	3.84	3.99	4.17	4.35	4.44	4.65	5.02	5.99				11.23	12.51	14.11
		velocity	7.60	9.59	9.36	9.11	8.77	8.39	8.05	7.88	7.53	6.97	6.68	8.04			9.35	8.39	7.44
H1 lead leg		strides		14	14	14	14		14	15	15	15	15		130				
Koike, Takayuki (JPN) (1984)																			
FINAL - 2010 Japanese National Championships (Marugume, JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
		<i>Yasuhoiri (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>																	
date	05-Jun-10	time	6.02	9.79	13.71	17.66	21.78	26.03	30.40	34.94	39.51	44.23		49.76		/ 3			
reaction time	0.197	interval		3.77	3.92	3.95	4.12	4.25	4.37	4.54	4.57	4.72	5.53				11.64	12.74	13.83
		velocity	7.48	9.28	8.93	8.86	8.50	8.24	8.01	7.71	7.66	7.42	7.23	8.04			9.02	8.24	7.59
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131				
Imazeki, Yuta (JPN) (1987)																			
FINAL - 2012 Shizuoka International Athletics Meeting (Fukuroi, JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
		<i>Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions</i>																	
date	03-May-12	time	6.22	10.11	14.01	18.00	22.15	26.30	30.59	35.08	39.68	44.38		49.76		/ 3			
reaction time		interval		3.89	3.90	3.99	4.15	4.15	4.29	4.49	4.60	4.70	5.38				11.78	12.59	13.79
		velocity	7.23	9.00	8.97	8.77	8.43	8.43	8.16	7.80	7.61	7.45	7.43	8.04			8.91	8.34	7.61
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131				
Matsushita, Yuki (JPN) (1991)																			
FINAL - 2015 Japanese National Championships (Niigata, JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
		<i>Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan</i>																	
date	28-Jun-15	time	6.11	9.91	13.83	17.78	21.88	26.15	30.57	35.21	39.86	44.55		49.76		6 / 1			
reaction time	0.169	interval		3.80	3.92	3.95	4.10	4.27	4.42	4.64	4.65	4.69	5.21				11.67	12.79	13.98
		velocity	7.36	9.21	8.93	8.86	8.54	8.20	7.92	7.54	7.53	7.46	7.68	8.04			9.00	8.21	7.51
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	19	165				
Konishi, Yuta (JPN) (1990)																			
FINAL - 2016 Kansai Business Championships (Osaka, JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
		<i>(2017) - tdata-store.com/2017/05/22/post-605/</i>																	
date	20-May-16	time	6.12	10.01	13.90	17.83	21.95	26.32	30.64	35.10	39.72	44.44		49.76		5 / 1			
reaction time		interval		3.89	3.89	3.93	4.12	4.37	4.32	4.46	4.62	4.72	5.32				11.71	12.81	13.80
		velocity	7.35	9.00	9.00	8.91	8.50	8.01	8.10	7.85	7.58	7.42	7.52	8.04			8.97	8.20	7.61
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				
Kawagoe, Hiroya (JPN) (1997)																			
FINAL - 2021 Ready Steady Tokyo (Tokyo, JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
		<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																	
date	09-May-21	time	5.96	9.79	13.75	17.75	21.86	26.16	30.50	35.04	39.62	44.29		49.76		9 / 6			
reaction time	0.142	interval		3.83	3.96	4.00	4.11	4.30	4.34	4.54	4.58	4.67	5.47	PB			11.79	12.75	13.79
		velocity	7.55	9.14	8.84	8.75	8.52	8.14	8.06	7.71	7.64	7.49	7.31	8.04			8.91	8.24	7.61

H1 lead leg		strides	14	14	14	14	15	15	15	15	15	131							
Toyoda, Masaki (JPN) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Seiko Golden Grand Prix (Tokyo, JPN)										Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season									
date	08-May-22	time	6.09	10.09	14.21	18.37	22.56		26.78	31.03	35.42	39.89	44.49		49.76	4 / 4			
reaction time	0.183	interval	4.00	4.12	4.16	4.19		4.22	4.25	4.39	4.47	4.60	5.27				12.28	12.66	13.46
		velocity	7.39	8.75	8.50	8.41	8.35		8.29	8.24	7.97	7.83	7.61	7.59	8.04		8.55	8.29	7.80
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	18	168				
McAlister, Chris (GBR) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis)										Henson (2022) - Athlete First: 2022 year end hurdle report									
date	30-Jun-22	time	6.12	9.92	13.72	17.60	21.70	23.39	25.92	30.38	34.86	39.48	44.32		49.76	8 / 7			
reaction time	0.175	interval	3.80	3.80	3.88	4.10		4.22	4.46	4.48	4.62	4.84	5.44				11.48	12.78	13.94
		velocity	7.35	9.21	9.21	9.02	8.54	8.55	8.29	7.85	7.81	7.58	7.23	7.35	8.04		9.15	8.22	7.53
H1 lead leg	R	strides	22	14	14	14	14		14	15	15	15	15		152				
Imazeki, Yuta (JPN) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2010 Osaka Grand Prix (Osaka, JPN)										Yasuho (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11									
date	08-May-10	time	6.29	10.26	14.21	18.28	22.42		26.69	31.06	35.60	40.10	44.64		49.77	1 / 4			
reaction time		interval	3.97	3.95	4.07	4.14		4.27	4.37	4.54	4.50	4.54	5.13				11.99	12.78	13.58
		velocity	7.15	8.82	8.86	8.60	8.45		8.20	8.01	7.71	7.78	7.71	7.80	8.04		8.76	8.22	7.73
H1 lead leg		strides	14	14	14	14		15	15	15	15	15	15	131					
Smidt, Nick (NED) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Bislett Games (Oslo, NOR) (TV Analysis)										Henson (2022) - Athlete First: 2022 year end hurdle report									
date	16-Jun-22	time	5.92	9.72	13.64	17.68		23.70	26.28	30.62	34.92	39.56	44.28		49.77	1 / 6			
reaction time	0.172	interval	3.80	3.92	4.04			8.60	4.34	4.30	4.64	4.72	5.49				11.76	12.94	13.66
		velocity	7.60	9.21	8.93	8.66		8.44	8.14	8.06	8.14	7.54	7.42	7.29	8.04		8.93	8.11	7.69
H1 lead leg	L	strides	21	13	13	14	14				14	15	15	18	137				
Angela, Ramsey (NED) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)										Henson (2022) - Athlete First: 2022 year end hurdle report									
date	17-Jul-22	time	5.90	9.70	13.57	17.56	21.67	23.51	25.90	30.17	34.67	39.40	44.23		49.77	4 / 4			
reaction time	0.155	interval	3.80	3.87	3.99	4.11		4.23	4.27	4.50	4.73	4.83	5.54				11.66	12.61	14.06
		velocity	7.63	9.21	9.04	8.77	8.52	8.51	8.27	8.20	7.78	7.40	7.25	7.22	8.04		9.01	8.33	7.47
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	18.2	171.2				
Tsutsue, Kaito (JPN) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2023 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	6.08	9.84	13.75	17.69	21.67		25.80	30.24	34.80	39.48	44.25		49.77	1 / 4			
reaction time	0.185	interval	3.76	3.91	3.94	3.98		4.13	4.44	4.56	4.68	4.77	5.52				11.61	12.55	14.01
		velocity	7.40	9.31	8.95	8.88	8.79		8.47	7.88	7.68	7.48	7.34	7.25	8.04		9.04	8.37	7.49
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	15	15	19	163				
Kikuta, Kyo (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 Championships (Niigata, JPN)										Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season									
date	28-Jun-24	time	5.97	9.88	13.98	18.08	22.31		26.63	31.03	35.44	39.91	44.54		49.77	5 / 1			
reaction time	0.199	interval	3.91	4.10	4.10	4.23		4.32	4.40	4.41	4.47	4.63	5.23				12.11	12.95	13.51
		velocity	7.54	8.95	8.54	8.54	8.27		8.10	7.95	7.94	7.83	7.56	7.65	8.04		8.67	8.11	7.77
H1 lead leg	L	strides	21	15	15	15	15		15	15	15	15	15	19	175				
Nilsson, Vance (USA) (2005)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)										USATF and Karmarush (2024) - USA Olympic trials results and race analysis									
date	28-Jun-24	time	6.02	9.79	13.63	17.60	21.63	23.44	25.75	30.20	34.93	39.74	44.49		49.77	8 / 3			
reaction time		interval	3.77	3.84	3.97	4.03		4.12	4.45	4.73	4.81	4.75	5.28				11.58	12.60	14.29
		velocity	7.48	9.28	9.11	8.82	8.68	8.53	8.50	7.87	7.40	7.28	7.37	7.58	8.04		9.07	8.33	7.35
H1 lead leg	R	strides	20	13	13	13	13		13	13	14	14	15	17	158				
Büttner, Dieter (FRG) (1949)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 1972 Olympic Games (Munich, FRG)										Schmidt (1973) - vorolympisches training von john akii-bua über 400 hürden									
date	01-Sep-72	time					21.5			30.4					49.78	1 / 1			
reaction time		interval								8.90									
		velocity					8.60			7.87				8.04					
H1 lead leg		strides																	
Matsushita, Yuki (JPN) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B Race - 2015 Shizuoka International Athletics Meeting (Fukuroi, JPN)										Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan									
date	03-May-15	time	6.04	9.88	13.78	17.72	21.76		26.03	30.40	35.00	39.67	44.47		49.78	1 / 3			
reaction time	0.164	interval	3.84	3.90	3.94	4.04		4.27	4.37	4.60	4.67	4.80	5.31				11.68	12.68	14.07
		velocity	7.45	9.11	8.97	8.88	8.66		8.20	8.01	7.61	7.49	7.29	7.53	8.04		8.99	8.28	7.46
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				
Abe, Takatoshi (JPN) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Bislett Games (Oslo, NOR) (TV Analysis)										Henson (2020) - Athlete First: 2019 year end hurdle report									
date	13-Jun-19	time	6.02	9.78	13.68	17.58	21.72	23.5	25.92	30.29	34.83	39.54	44.31		49.78	8 / 5			
reaction time	0.188	interval	3.76	3.90	3.90	4.14		4.20	4.37	4.54	4.71	4.77	5.47				11.56	12.71	14.02
		velocity	7.48	9.31	8.97	8.97	8.45	8.51	8.33	8.01	7.71	7.43	7.34	7.31	8.04		9.08	8.26	7.49

H1 lead leg	R	strides	21	13	13	13	13	13	14	14	15	15	17.5	161.5					
Dean, Caleb (USA) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)			Henson (2021) - Athlete First: 2021 year end hurdle report																
date	25-Jun-21	time	5.93	9.77	13.67	17.60	21.77		26.07	30.53	35.03	39.77	44.53		49.78		7 / 5		
reaction time	0.178	interval		3.84	3.90	3.93	4.17		4.30	4.46	4.50	4.74	4.76	5.25			11.67	12.93	14.00
		velocity	7.59	9.11	8.97	8.91	8.39		8.14	7.85	7.78	7.38	7.35	7.62	8.04		9.00	8.12	7.50
H1 lead leg	R	strides		13	13	13	13		15	15	15	15	15	18	145				
Müller, Vít (CZE) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2022 European Athletics Championships (Munich, GER)			European Athletics (2022) - european athletics championships race analysis																
date	18-Aug-22	time	6.01	9.84	13.62	17.54	21.51	23.29	25.54	29.86	34.52	39.14	44.01		49.78		1 / 6		
reaction time	0.177	interval		3.83	3.78	3.92	3.97		4.03	4.32	4.66	4.62	4.87	5.77			11.53	12.32	14.15
		velocity	7.49	9.14	9.26	8.93	8.82	8.59	8.68	8.10	7.51	7.58	7.19	6.93	8.04		9.11	8.52	7.42
H1 lead leg	L	strides	21				13		13	14	14	15	15	18	123				
Yamauchi, Hiromu (JPN) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Japanese National Championships (Osaka, JPN)			Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season																
date	03-Jun-23	time	6.21	10.06	13.98	19.07	22.19		26.36	30.65	35.15	39.72	44.44		49.78		6 / 2		
reaction time	0.223	interval		3.85	3.92	5.09	3.12		4.17	4.29	4.50	4.57	4.72	5.34			12.86	11.58	13.79
		velocity	7.25	9.09	8.93	6.88	11.22		8.39	8.16	7.78	7.66	7.42	7.49	8.04		8.16	9.07	7.61
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	19	169				
Ishida, Yusuke (JPN) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Japanese National Championships (Osaka, JPN)			Morioka (2018) - Analysis of the race patterns of the top 400m hurdles in Japan																
date	24-Jun-17	time	6.16	9.96	13.86	17.77	21.76		26.06	30.38	34.90	39.59	44.34		49.79		/ 2		
reaction time	0.185	interval		3.80	3.90	3.91	3.99		4.30	4.32	4.52	4.69	4.75	5.45			11.61	12.61	13.96
		velocity	7.31	9.21	8.97	8.95	8.77		8.14	8.10	7.74	7.46	7.37	7.34	8.03		9.04	8.33	7.52
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				
Shang Shou (CHN) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Chinese National Games (Tianjin, CHN)			Wang (2020) - comparative analysis of pre-competitoin training of finalist in 400m hurdlers at 13th national games																
date	04-Sep-17	time	5.84	9.75	13.72	17.81	22.02		26.32	30.72	35.21	39.79	44.44		49.79		/ 2		
reaction time		interval		3.91	3.97	4.09	4.21		4.30	4.40	4.49	4.58	4.65	5.35			11.97	12.91	13.72
		velocity	7.71	8.95	8.82	8.56	8.31		8.14	7.95	7.80	7.64	7.53	7.48	8.03		8.77	8.13	7.65
H1 lead leg		strides	22	14	14	14	14		14	14	15	15	15	19	170				
Bencosme, José Reynaldo (ITA) (199)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)			Henson (2020) - Athlete First: 2018 year end hurdle report																
date	31-May-18	time	6.04	9.80	13.64	17.52	21.48		25.60	30.00	34.48	39.28	44.12		49.79		2 / 7		
reaction time	0.153	interval		3.76	3.84	3.88	3.96		4.12	4.40	4.48	4.80	4.84	5.67			11.48	12.48	14.12
		velocity	7.45	9.31	9.11	9.02	8.84		8.50	7.95	7.81	7.29	7.23	7.05	8.03		9.15	8.41	7.44
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	15	15		143				
Holmes, TJ (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Prefontaine Classic (Stanford, CA) (TV Analysis)			Henson (2020) - Athlete First: 2019 year end hurdle report																
date	30-Jun-19	time	5.90	9.46	13.30	17.13	21.10		25.46	29.86	34.56	39.16	44.03		49.79		8 / 5		
reaction time	0.282	interval		3.56	3.84	3.83	3.97		4.36	4.40	4.70	4.60	4.87	5.76			11.23	12.73	14.17
		velocity	7.63	9.83	9.11	9.14	8.82		8.03	7.95	7.45	7.61	7.19	6.94	8.03		9.35	8.25	7.41
H1 lead leg	L	strides	20	13		13	13		14	14	14		15		116				
Hyde, Jaheel (JAM) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Müller Anniversary Games (London, GBR) (TV Analysis)			Henson (2020) - Athlete First: 2019 year end hurdle report																
date	20-Jul-19	time	5.96	9.80	13.80	17.76	21.88	23.6	26.16		34.92	39.56	44.28		49.79		2 / 6		
reaction time	0.159	interval		3.84	4.00	3.96	4.12		4.28		8.76	4.64	4.72	5.51			11.80		
		velocity	7.55	9.11	8.75	8.84	8.50	8.47	8.18		7.99	7.54	7.42	7.26	8.03		8.90		
H1 lead leg	L	strides	22	14	14	13	13		14			15	15	18	138				
Yamamoto, Tatsuhiko (JPN) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Japanese National Championships (Niigata, JPN)			Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season																
date	02-Oct-20	time	6.06	9.91	13.86	17.87	22.01		26.28	30.66	35.12	39.69	44.38		49.79		4 / 2		
reaction time	0.156	interval		3.85	3.95	4.01	4.14		4.27	4.38	4.46	4.57	4.69	5.41			11.81	12.79	13.72
		velocity	7.43	9.09	8.86	8.73	8.45		8.20	7.99	7.85	7.66	7.46	7.39	8.03		8.89	8.21	7.65
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	18.7	170.7				
Oda, Masaya (JPN) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN)			Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season																
date	24-Oct-20	time	5.99	9.82	13.75	17.68	21.72		25.98	30.35	34.88	39.56	44.33		49.79		2 / 1		
reaction time		interval		3.83	3.93	3.93	4.04		4.26	4.37	4.53	4.68	4.77	5.46			11.69	12.67	13.98
		velocity	7.51	9.14	8.91	8.91	8.66		8.22	8.01	7.73	7.48	7.34	7.33	8.03		8.98	8.29	7.51
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	19.2	171.2				
Preis, Constantin (GER) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Bislett Games (Oslo, NOR) (TV Analysis)			Henson (2021) - Athlete First: 2021 year end hurdle report																
date	01-Jul-21	time	6.00	9.82	13.66	17.70	21.72		25.88		34.72	39.48	44.38		49.79		2 / 5		
reaction time	0.246	interval		3.82	3.84	4.04	4.02		4.16		8.84	4.76	4.90	5.41			11.70		
		velocity	7.50	9.16	9.11	8.66	8.71		8.41		7.92	7.35	7.14	7.39	8.03		8.97		

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	14	14		14	15		16	16		111						
Narisako, Kenji (JPN) (1984)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2004 Japanese National Championships (Tottori, JPN)			<i>Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers</i>																
date	05-Jun-04	time	6.02	9.79	13.61	17.61	21.76		26.20	30.57	35.06	39.65	44.34		49.80	4			
reaction time		interval		3.77	3.82	4.00	4.15		4.44	4.37	4.49	4.59	4.69	5.46			11.59	12.96	13.77
		velocity	7.48	9.28	9.16	8.75	8.43		7.88	8.01	7.80	7.63	7.46	7.33	8.03		9.06	8.10	7.63
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				
Warholm, Karsten (NOR) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Bislett Games (Oslo, NOR) (TV Analysis)			<i>Henson (2021) - Athlete First: 2016 year end hurdle report</i>																
date	09-Jun-16	time	5.92	9.72	13.64	17.60	21.80		26.00	30.36	34.96	39.76	44.60		49.80	7 / 5			
reaction time	0.163	interval		3.80	3.92	3.96	4.20		4.20	4.36	4.60	4.80	4.84	5.20			11.68	12.76	14.24
		velocity	7.60	9.21	8.93	8.84	8.33		8.33	8.03	7.61	7.29	7.23	7.69	8.03		8.99	8.23	7.37
H1 lead leg	L	strides	20	13	13	13	13		13	13	15	15	15		143				
Abe, Takatoshi (JPN) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)			<i>Henson (2021) - Athlete First: 2018 year end hurdle report</i>																
date	08-Sep-18	time	5.92	9.60	13.40	17.32	21.36		25.52	29.96	34.52	39.32	44.16		49.80	7 / 6			
reaction time	0.192	interval		3.68	3.80	3.92	4.04		4.16	4.44	4.56	4.80	4.84	5.64			11.40	12.64	14.20
		velocity	7.60	9.51	9.21	8.93	8.66		8.41	7.88	7.68	7.29	7.23	7.09	8.03		9.21	8.31	7.39
H1 lead leg	R	strides	20	13	13	13	13			14	14	15	15	17.5	147.5				
Dobek, Patryk (POL) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Bislett Games (Oslo, NOR) (TV Analysis)			<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																
date	13-Jun-19	time	5.92	9.62	13.45		21.42	23.1	25.55	29.99	34.46	39.30	44.21		49.80	2 / 6			
reaction time	0.155	interval		3.70	3.83		7.97		4.13	4.44	4.47	4.84	4.91	5.59					14.22
		velocity	7.60	9.46	9.14		8.78	8.66	8.47	7.88	7.83	7.23	7.13	7.16	8.03				7.38
H1 lead leg	L	strides	20	13	13				13	14	14	15	15	18	135				
Inoue, Kakeru (JPN) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN)			<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																
date	01-Jun-21	time	6.04	9.76	13.61	17.52	21.55		25.73	30.08	34.58	39.27	44.18		49.80	8 / 1			
reaction time	0.258	interval		3.72	3.85	3.91	4.03		4.18	4.35	4.50	4.69	4.91	5.62			11.48	12.56	14.10
		velocity	7.45	9.41	9.09	8.95	8.68		8.37	8.05	7.78	7.46	7.13	7.12	8.03		9.15	8.36	7.45
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	19	165				
Koroknai, Máté (HUN) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)			<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>																
date	30-Jul-21	time	6.07	9.93	13.83	17.82	21.78		25.90	30.16	34.60	39.27	44.10		49.80	7 / 6			
reaction time	0.151	interval		3.86	3.90	3.99	3.96		4.12	4.26	4.44	4.67	4.83	5.70			11.75	12.34	13.94
		velocity	7.41	9.07	8.97	8.77	8.84		8.50	8.22	7.88	7.49	7.25	7.02	8.03		8.94	8.51	7.53
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	14	15		143				
Zazini, Sokwakhana (RSA) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Bauhaus Galan (Stockholm, SWE) (TV Analysis)			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	30-Jun-22	time	5.92	9.76	13.60	17.46	21.44	23.11	25.56	29.90	34.34	39.02	43.94		49.80	1 / 8			
reaction time	0.171	interval		3.84	3.84	3.86	3.98		4.12	4.34	4.44	4.68	4.92	5.86			11.54	12.44	14.04
		velocity	7.60	9.11	9.11	9.07	8.79	8.65	8.50	8.06	7.88	7.48	7.11	6.83	8.03		9.10	8.44	7.48
H1 lead leg	L	strides	23	15	15	15	15		15	16	16	17	17	21	185				
Smidt, Nick (NED) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	16-Jul-22	time	5.93	9.73	13.70	17.77	21.93	23.78	26.13	30.50	35.00	39.60	44.33		49.80	8 / 4			
reaction time	0.180	interval		3.80	3.97	4.07	4.16		4.20	4.37	4.50	4.60	4.73	5.47			11.84	12.73	13.83
		velocity	7.59	9.21	8.82	8.60	8.41	8.41	8.33	8.01	7.78	7.61	7.40	7.31	8.03		8.87	8.25	7.59
H1 lead leg	L	strides	20	13	13	13	13		14	14	14	14	14	17.7	159.7				
Rowe, Shawn (JAM) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	17-Jul-22	time	5.86	9.57	13.47	17.30	21.33	23.08	25.50	30.03	34.53	39.33	44.13		49.80	2 / 8			
reaction time	0.158	interval		3.71	3.90	3.83	4.03		4.17	4.53	4.50	4.80	4.80	5.67			11.44	12.73	14.10
		velocity	7.68	9.43	8.97	9.14	8.68	8.67	8.39	7.73	7.78	7.29	7.29	7.05	8.03		9.18	8.25	7.45
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	14	17	158				
Oda, Masaya (JPN) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Michitaka Kinami Memorial (Osaka, JPN)			<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season</i>																
date	12-May-24	time	5.91	9.64	13.51	17.50	21.64		25.86	30.23	34.82	39.49	44.26		49.80	2 / 6			
reaction time	0.178	interval		3.73	3.87	3.99	4.14		4.22	4.37	4.59	4.67	4.77	5.54			11.59	12.73	14.03
		velocity	7.61	9.38	9.04	8.77	8.45		8.29	8.01	7.63	7.49	7.34	7.22	8.03		9.06	8.25	7.48
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	19	169				
Imazeki, Yuta (JPN) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2010 Japanese National Championships (Marugume, JPN)			<i>Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>																
date	05-Jun-10	time	6.17	10.19	14.36	18.55	22.85		27.20	31.54	35.93	40.36	44.79		49.81	4			
reaction time	0.181	interval		4.02	4.17	4.19	4.30		4.35	4.34	4.39	4.43	4.43	5.02			12.38	12.99	13.25
		velocity	7.29	8.71	8.39	8.35	8.14		8.05	8.06	7.97	7.90	7.90	7.97	8.03		8.48	8.08	7.92

H1 lead leg	strides	14	14	14	14	15	15	15	15	15	131								
Williams, Rhys (GBR) (1984)																			
Heat 1 - 2010 Commonwealth Games (Dehli, IND)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	Arnold (2010) - 400mH planning and peaking	
date	09-Oct-10	time	6.1	10.1	14.1	18.1	22.2	24.0	26.4	30.7	35.3	39.9	44.4		49.81	4 / 1			
reaction time	0.209	interval	4.0	4.0	4.0	4.1	4.2	4.3	4.6	4.6	4.5	5.41			12.00	12.60	13.70		
		velocity	7.38	8.75	8.75	8.75	8.54	8.33	8.33	8.14	7.61	7.61	7.78	7.39	8.03	8.75	8.33	7.66	
H1 lead leg	strides																		
Abe, Takatoshi (JPN) (1991)																			
FINAL - 2011 Japanese National Championships (Kumagaya, JPN)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	Yasuho (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11	
date	11-Jun-11	time	6.19	10.08	14.02	18.02	22.14	26.41	30.71	35.20	39.74	44.41		49.81	/ 3				
reaction time		interval	3.89	3.94	4.00	4.12	4.27	4.30	4.49	4.54	4.67	5.40			11.83	12.69	13.70		
		velocity	7.27	9.00	8.88	8.75	8.50	8.20	8.14	7.80	7.71	7.49	7.41	8.03	8.88	8.27	7.66		
H1 lead leg	strides		13	13	13	13	14	14	15	15	15	15	125						
Kishimoto, Takayuki (JPN) (1990)																			
FINAL - 2014 Seiko Golden Grand Prix (Tokyo, JPN)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions	
date	11-May-14	time	5.92	9.64	13.46	17.41	21.60	25.97	30.47	34.97	39.61	44.33		49.81	/ 4				
reaction time		interval	3.72	3.82	3.95	4.19	4.37	4.50	4.50	4.64	4.72	5.48			11.49	13.06	13.86		
		velocity	7.60	9.41	9.16	8.86	8.35	8.01	7.78	7.78	7.54	7.42	7.30	8.03	9.14	8.04	7.58		
H1 lead leg	strides		13	13	13	13	14	14	15	15	15	15	125						
Kishimoto, Takayuki (JPN) (1990)																			
FINAL - 2015 Japanese National Championships (Niigata, JPN)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan	
date	28-Jun-15	time	6.01	9.76	13.61	17.55	21.64	25.91	30.26	34.78	39.42	44.26		49.81	5 / 2				
reaction time	0.134	interval	3.75	3.85	3.94	4.09	4.27	4.35	4.52	4.64	4.84	5.55			11.54	12.71	14.00		
		velocity	7.49	9.33	9.09	8.88	8.56	8.20	8.05	7.74	7.54	7.23	7.21	8.03	9.10	8.26	7.50		
H1 lead leg	R	strides	21	13	13	13	13	14	14	15	15	15	19	165					
Mörö, Oskari (FIN) (1993)																			
FINAL - 2016 Athletissime (Laussane, SUI) (TV Analysis)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	Henson (2020) - Athlete First: 2016 year end hurdle report	
date	25-Aug-16	time	6.00	9.83	13.86	17.86	21.96	26.26	30.60	35.06	39.63	44.33		49.81	2 / 4				
reaction time	0.129	interval	3.83	4.03	4.00	4.10	4.30	4.34	4.46	4.57	4.70	5.48			11.86	12.74	13.73		
		velocity	7.50	9.14	8.68	8.75	8.54	8.14	8.06	7.85	7.66	7.45	7.30	8.03	8.85	8.24	7.65		
H1 lead leg	L	strides	21	14	14	13	13	14	14	15	15	15	18	166					
Angela, Ramsey (NED) (1999)																			
FINAL - 2021 Bislett Games (Oslo, NOR) (TV Analysis)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	Henson (2021) - Athlete First: 2021 year end hurdle report	
date	01-Jul-21	time	6.08	9.96		18.02	22.16	26.44		35.26	39.90	44.54		49.81	1 / 6				
reaction time	0.199	interval	3.88		8.06	4.14	4.28		8.82	4.64	4.64	5.27			11.94				
		velocity	7.40	9.02		8.68	8.45	8.18		7.94	7.54	7.54	7.59	8.03	8.79				
H1 lead leg	R	strides	22	14				15			15	15	81						
Kurokawa, Kazuki (JPN) (2001)																			
B FINAL - 2023 Michitaka Kinami Memorial (Osaka, JPN)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season	
date	07-May-23	time	5.91	9.61	13.46	17.47	21.59	25.91	30.21	34.73	39.39	44.19		49.81	6 / 1				
reaction time	0.158	interval	3.70	3.85	4.01	4.12	4.32	4.30	4.52	4.66	4.80	5.62			11.56	12.74	13.98		
		velocity	7.61	9.46	9.09	8.73	8.50	8.10	8.14	7.74	7.51	7.29	7.12	8.03	9.08	8.24	7.51		
H1 lead leg		strides	13	13	13	13	14	14	15	15	15	15	125						
Thid, David (SWE) (2003)																			
Heat 3 - 2024 European Athletics Championships (Roma, ITA)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	European Athletics (2024) - 2024 european athletics championships - results book	
date	09-Jun-24	time	5.87	9.68	13.79	17.95	22.12	26.43	30.82	35.29	39.97	44.57		49.81	7 / 2				
reaction time	0.198	interval	3.81	4.11	4.16	4.17	4.31	4.39	4.47	4.68	4.60	5.24		PB	12.08	12.87	13.75		
		velocity	7.67	9.19	8.52	8.41	8.39	8.12	7.97	7.83	7.48	7.61	7.63	8.03	8.69	8.16	7.64		
H1 lead leg		strides											0						
Gonigam, Philippe (FRA) (1963)																			
FINAL - 1986 French National Championships (Aix les Bains, FRA)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	Veney - split times from PJ	
date	10-Aug-86	time	6.11	10.03	14.09	18.17	22.36	26.58	30.81	35.16	39.62	44.16		49.82	/ 1				
reaction time		interval	3.92	4.06	4.08	4.19	4.22	4.23	4.35	4.46	4.54	5.66			12.06	12.64	13.35		
		velocity	7.36	8.93	8.62	8.58	8.35	8.29	8.27	8.05	7.85	7.71	7.07	8.03	8.71	8.31	7.87		
H1 lead leg		strides																	
Warholm, Karsten (NOR) (1996)																			
FINAL - 2016 European Championships (Amsterdam, NED) (TV Analysis)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	Henson (2020) - Athlete First: 2016 year end hurdle report	
date	08-Jul-16	time	5.88	9.52	13.36	17.36	21.40	25.60	29.76	34.16	39.04	44.08		49.82	4 / 6				
reaction time	0.153	interval	3.64	3.84	4.00	4.04	4.20	4.16	4.40	4.88	5.04	5.74			11.48	12.40	14.32		
		velocity	7.65	9.62	9.11	8.75	8.66	8.33	8.41	7.95	7.17	6.94	6.97	8.03	9.15	8.47	7.33		
H1 lead leg	L	strides	20	13	13	13	13	13		13	14	15	18	145					
Kučera, Martin (SVK) (1990)																			
FINAL - 2016 European Championships (Amsterdam, NED) (TV Analysis)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	Henson (2020) - Athlete First: 2016 year end hurdle report	
date	08-Jul-16	time	6.08	9.96	13.92	18.08	22.20		30.60	35.00	39.64	44.52		49.82	1 / 7				
reaction time	0.121	interval	3.88	3.96	4.16	4.12		8.40	4.40	4.64	4.88	5.30			12.00	12.52	13.92		
		velocity	7.40	9.02	8.84	8.41	8.50		8.33	7.95	7.54	7.17	7.55	8.03	8.75	8.39	7.54		

H1 lead leg	R	strides	20	13	13	13	13	13	14	14	16.7	116.7							
Toyoda, Masaki (JPN) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN)			Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season																
date	23-Aug-20	time	6.01	9.91	13.85	17.90	21.97		26.21	30.46	34.83	39.52	44.29		49.82	5 / 2			
reaction time	0.146	interval		3.90	3.94	4.05	4.07		4.24	4.25	4.37	4.69	4.77	5.53			11.89	12.56	13.83
		velocity	7.49	8.97	8.88	8.64	8.60		8.25	8.24	8.01	7.46	7.34	7.23	8.03		8.83	8.36	7.59
H1 lead leg		strides		14	14	14	14		14	14	15	15	15		129				
Peng Ming-Yang (TPE) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
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	5.96	9.61	13.31	17.17	21.15		25.41	29.71	34.32	39.14	44.14		49.82	7 / 5			
reaction time	0.168	interval		3.65	3.70	3.86	3.98		4.26	4.30	4.61	4.82	5.00	5.68			11.21	12.54	14.43
		velocity	7.55	9.59	9.46	9.07	8.79		8.22	8.14	7.59	7.26	7.00	7.04	8.03		9.37	8.37	7.28
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				
Hemeida, Bassem (QAT) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2024 Olympic Games (Paris, FRA)			Paris 2024 Olympic Games - Results Book (2024)																
date	05-Aug-24	time	5.89	9.62	13.43	17.32	21.35		25.66	30.18	34.87	39.66	44.39		49.82	5 / 5			
reaction time	0.141	interval		3.73	3.81	3.89	4.03		4.31	4.52	4.69	4.79	4.73	5.43			11.43	12.86	14.21
		velocity	7.64	9.38	9.19	9.00	8.68		8.12	7.74	7.46	7.31	7.40	7.37	8.03		9.19	8.16	7.39
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	18	164				
Bonvin, Julien (SUI) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2024 Olympic Games (Paris, FRA)			Paris 2024 Olympic Games - Results Book (2024)																
date	05-Aug-24	time	5.80	9.53	13.25	17.08	21.08		25.33	29.79	34.43	39.22	44.12		49.82	8 / 6			
reaction time	0.167	interval		3.73	3.72	3.83	4.00		4.25	4.46	4.64	4.79	4.90	5.70			11.28	12.71	14.33
		velocity	7.76	9.38	9.41	9.14	8.75		8.24	7.85	7.54	7.31	7.14	7.02	8.03		9.31	8.26	7.33
H1 lead leg	L	strides	21	13	13	13	13		14	14			15	18	134				
Yates, Richard (GBR) (1986)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2010 Commonwealth Games (Dehli, IND)			Arnold (2010) - 400mH planning and peaking																
date	09-Oct-10	time	6.0	9.9	13.8	17.9	22.1	23.9	26.3	30.6	35.0	39.6	44.3		49.83	5 / 1			
reaction time	0.233	interval		3.9	3.9	4.1	4.2		4.2	4.3	4.4	4.6	4.7	5.53			11.90	12.70	13.70
		velocity	7.50	8.97	8.97	8.54	8.33	8.37	8.33	8.14	7.95	7.61	7.45	7.23	8.03		8.82	8.27	7.66
H1 lead leg		strides																	
Franz, Felix (GER) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2014 European Championships (Zurich, SUI)			Green (2015) - twitter.com/jackpgreen (from Behm?)																
date	15-Aug-14	time	6.03	9.91	13.75	17.83	21.91		26.11	30.55	35.07	39.79	44.51		49.83	1 / 5			
reaction time	0.174	interval		3.88	3.84	4.08	4.08		4.20	4.44	4.52	4.72	4.72	5.32			11.80	12.72	13.96
		velocity	7.46	9.02	9.11	8.58	8.58		8.33	7.88	7.74	7.42	7.42	7.52	8.03		8.90	8.25	7.52
H1 lead leg	L	strides		13	13	13	13		13	14	14	14	14		121				
Selmon, Kenny (USA) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)			Henson (2020) - Athlete First: 2019 year end hurdle report																
date	06-Jun-19	time	6.00	9.78	13.63	17.56	21.60		25.72	30.03	34.55	39.37	44.25		49.83	8 / 5			
reaction time	0.228	interval		3.78	3.85	3.93	4.04		4.12	4.31	4.52	4.82	4.88	5.58			11.56	12.47	14.22
		velocity	7.50	9.26	9.09	8.91	8.66		8.50	8.12	7.74	7.26	7.17	7.17	8.03		9.08	8.42	7.38
H1 lead leg	R	strides	21	13	13	13	13		13	13	14	15	15	17.7	160.7				
Watrin, Julien (BEL) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)			Henson (2022) - Athlete First: 2022 year end hurdle report																
date	16-Jul-22	time	5.97	9.76	13.60	17.50	21.46	23.27	25.70	30.07	34.57	39.23	44.16		49.83	5 / 2			
reaction time	0.199	interval		3.79	3.84	3.90	3.96		4.24	4.37	4.50	4.66	4.93	5.67			11.53	12.57	14.09
		velocity	7.54	9.23	9.11	8.97	8.84	8.59	8.25	8.01	7.78	7.51	7.10	7.05	8.03		9.11	8.35	7.45
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	18	164				
Kodama, Yusaka (JPN) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Japanese National Championsips (Osaka, JPN)			Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season																
date	03-Jun-23	time	5.91	9.63	13.41	17.25	21.37		25.58	29.90	34.37	39.04	44.01		49.83	7 / 3			
reaction time	0.198	interval		3.72	3.78	3.84	4.12		4.21	4.32	4.47	4.67	4.97	5.82			11.34	12.65	14.11
		velocity	7.61	9.41	9.26	9.11	8.50		8.31	8.10	7.83	7.49	7.04	6.87	8.03		9.26	8.30	7.44
H1 lead leg	R	strides	21	13	13	13	14		14	15	15	15	15	19.7	167.7				
Hyde, Jaheel (JAM) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Prefontaine Classic (Eugene, OR)			Omega Timing (2024) - diamond league race analysis																
date	25-May-24	time	5.79	9.68	13.70	17.65	21.63		25.81	30.10	34.60	39.29	44.07		49.83	9 / 7			
reaction time	0.188	interval		3.89	4.02	3.95	3.98		4.18	4.29	4.50	4.69	4.78	5.76			11.86	12.45	13.97
		velocity	7.77	9.00	8.71	8.86	8.79		8.37	8.16	7.78	7.46	7.32	6.94	8.03		8.85	8.43	7.52
H1 lead leg		strides			14	14	14		14	14	14	15	15		114				
Bertoncelli, Giacomo (ITA) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2024 European Athletics Championships (Roma, ITA)			European Athletics (2024) - 2024 european athletics championships - results book																
date	10-Jun-24	time	5.95	9.80	13.86	17.94	22.09		26.31	30.65	35.07	39.70	44.44		49.83	3 / 7			
reaction time	0.158	interval		3.85	4.06	4.08	4.15		4.22	4.34	4.42	4.63	4.74	5.39			11.99	12.71	13.79
		velocity	7.56	9.09	8.62	8.58	8.43		8.29	8.06	7.92	7.56	7.38	7.42	8.03		8.76	8.26	7.61

H1 lead leg	L	strides	21	14	14	14	14	14	15	15	15	15	15	18.5	169.5				
Morale, Salvatore (ITA) (1938)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1961 International Fall Meeting (Rome, ITA)																			
date	15-Oct-61	time	5.8	9.8	13.8	17.8	21.8	23.4	26.0	30.2	34.6	39.6	44.4		49.7	6 / 1			
reaction time		interval		4.0	4.0	4.0	4.0		4.2	4.2	4.4	5.0	4.8	5.3	AR		12.0	12.4	14.2
		velocity	7.76	8.75	8.75	8.75	8.75	8.55	8.33	8.33	7.95	7.00	7.29	7.55	8.05	(50.1y)	8.75	8.47	7.39
H1 lead leg		strides																	
Yates, Richard (GBR) (1986)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2010 Commonwealth Games (Dehli, IND)																			
date	10-Oct-10	time	6.2	10.1	14.1	18.2	22.4		26.5	30.9	35.3	39.8	44.5		49.84	4 / 5			
reaction time	0.225	interval		3.9	4.0	4.1	4.2		4.1	4.4	4.4	4.5	4.7	5.34			12.00	12.70	13.60
		velocity	7.26	8.97	8.75	8.54	8.33		8.54	7.95	7.95	7.78	7.45	7.49	8.03		8.75	8.27	7.72
H1 lead leg	R	strides	21	14	14	14	14		14	14	14	15	15	18	167				
Nozawa, Keisuke (JPN) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A FINAL - 2019 Shizuoka International Athletics Meeting (Fukuori, JPN)																			
date	03-May-19	time	6.12	9.88	13.81	17.78	21.86		25.94	30.15	34.48	39.21	44.13		49.84	9 / 1			
reaction time		interval		3.76	3.93	3.97	4.08		4.08	4.21	4.33	4.73	4.92	5.71			11.66	12.37	13.98
		velocity	7.35	9.31	8.91	8.82	8.58		8.58	8.31	8.08	7.40	7.11	7.01	8.03		9.01	8.49	7.51
H1 lead leg	L	strides	21	14	14	14	14		14	14	14	15	15	19.2	168.2				
Kishimoto, Takayuki (JPN) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Michitaka Kinami Memorial (Osaka, JPN)																			
date	01-May-22	time	5.94	9.79	13.76	17.83	21.96		26.18	30.46	34.97	39.57	44.34		49.84	9 / 4			
reaction time	0.125	interval		3.85	3.97	4.07	4.13		4.22	4.28	4.51	4.60	4.77	5.50			11.89	12.63	13.88
		velocity	7.58	9.09	8.82	8.60	8.47		8.29	8.18	7.76	7.61	7.34	7.27	8.03		8.83	8.31	7.56
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125				
Ibrahim, Marc Anthony (LBN) (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 - West Asian Championships - 2024 Seashore Doha Meeting (Doha, QAT)																			
date	10-May-24	time	5.34	9.35	13.42	17.45	21.60		26.06	30.62	35.30	40.10	44.89		49.84	5 / 1			
reaction time	0.173	interval		4.01	4.07	4.03	4.15		4.46	4.56	4.68	4.80	4.79	4.95			12.11	13.17	14.27
		velocity	8.43	8.73	8.60	8.68	8.43		7.85	7.68	7.48	7.29	7.31	8.08	8.03		8.67	7.97	7.36
H1 lead leg		strides																	
Kendziera, Dave (USA) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 USA Olympic Trials (Eugene, OR)																			
date	30-Jun-24	time	5.78	9.41	13.29	17.16	21.06	22.82	25.13	29.31	33.83	38.68	43.65		49.84	2 / 7			
reaction time		interval		3.63	3.88	3.87	3.90		4.07	4.18	4.52	4.85	4.97	6.19			11.38	12.15	14.34
		velocity	7.79	9.64	9.02	9.04	8.97	8.76	8.60	8.37	7.74	7.22	7.04	6.46	8.03		9.23	8.64	7.32
H1 lead leg	R	strides	20	13	13	13	13		13	13	14	15	16	18	161				
Tan Chunhua (CHN) (1977)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2001 Chinese National Games (Guangzhou, CHN)																			
date	22-Nov-01	time	6.08	10.05	14.10	18.16	22.27		26.52	30.89	35.36	39.86	44.50		49.85	1 / 1			
reaction time		interval		3.97	4.05	4.06	4.11		4.25	4.37	4.47	4.50	4.64	5.35			12.08	12.73	13.61
		velocity	7.40	8.82	8.64	8.62	8.52		8.24	8.01	7.83	7.78	7.54	7.48	8.02		8.69	8.25	7.71
H1 lead leg		strides		14	14	14	14		14	14	14	15	15	19	147				
Bett, Nicholas (KEN) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Bislett Games (Oslo, NOR) (TV Analysis)																			
date	09-Jun-16	time	6.08	9.72	13.48	17.40	21.52		25.72	30.00	34.44	39.04	44.00		49.85	4 / 6			
reaction time	0.177	interval		3.64	3.76	3.92	4.12		4.20	4.28	4.44	4.60	4.96	5.85			11.32	12.60	14.00
		velocity	7.40	9.62	9.31	8.93	8.50		8.33	8.18	7.88	7.61	7.06	6.84	8.02		9.28	8.33	7.50
H1 lead leg	R	strides	21	13		13	13		13	13	13	15	15	17.2	146.2				
Toyoda, Masaki (JPN) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese National Championships (Osaka, JPN)																			
date	11-Jun-22	time	6.14	10.06	14.08	18.23	22.46		26.64	30.88	35.25	39.77	44.48		49.85	9 / 3			
reaction time	0.211	interval		3.92	4.02	4.15	4.23		4.18	4.24	4.37	4.52	4.71	5.37			12.09	12.65	13.60
		velocity	7.33	8.93	8.71	8.43	8.27		8.37	8.25	8.01	7.74	7.43	7.45	8.02		8.68	8.30	7.72
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	18.7	168.7				
Urbaniak, Sebastian (POL) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Silesia Kamila Skolimowska Memorial (Chorzów, POL) (TV Analysis)																			
date	06-Aug-22	time	5.96	9.83	13.70	17.73	21.73	23.48	25.96	30.36		39.53			49.85	8 / 8			
reaction time	0.160	interval		3.87	3.87	4.03	4.00		4.23	4.40		9.17					11.77	12.63	
		velocity	7.55	9.04	9.04	8.68	8.75	8.52	8.27	7.95		7.63			8.02		8.92	8.31	
H1 lead leg	L	strides	21	14	14	14	14		14	14					105				
Stigler, Michael (USA) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis)																			
date	06-Jul-17	time	6.00	9.80	13.72	17.68	21.76		26.04	30.36	34.72	39.32	44.12		49.86	6 / 6			
reaction time	0.224	interval		3.80	3.92	3.96	4.08		4.28	4.32	4.36	4.60	4.80	5.74			11.68	12.68	13.76
		velocity	7.50	9.21	8.93	8.84	8.58		8.18	8.10	8.03	7.61	7.29	6.97	8.02		8.99	8.28	7.63

H1 lead leg	R	strides	22	13	13	13	13		15	15	15	15	15	18	167				
Maeno, Kei (JPN) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Japanese National Championships (Yamaguchi, JPN)			Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018																
date	23-Jun-18	time	6.02	9.82	13.74	17.76	21.98		26.22	30.62	35.17	39.76	44.45		49.86	5 / 3			
reaction time	0.215	interval		3.80	3.92	4.02	4.22		4.24	4.40	4.55	4.59	4.69	5.41			11.74	12.86	13.83
		velocity	7.48	9.21	8.93	8.71	8.29		8.25	7.95	7.69	7.63	7.46	7.39	8.02		8.94	8.16	7.59
H1 lead leg	R	strides	21	13	13	13	14		14	15	15	15	15	18.2	166.2				
Chen Chieh (TPE) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A FINAL - 2019 Kinami Memorial (Osaka, JPN)			Matsubayashi (2019) - research on athlete performance and technique- 2019 data book																
date	06-May-19	time	5.99	9.76	13.60	17.52	21.62		25.86	30.35	34.92	39.61	44.44		49.86	7 / 3			
reaction time		interval		3.77	3.84	3.92	4.10		4.24	4.49	4.57	4.69	4.83	5.42			11.53	12.83	14.09
		velocity	7.51	9.28	9.11	8.93	8.54		8.25	7.80	7.66	7.46	7.25	7.38	8.02		9.11	8.18	7.45
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	18.2	162.2				
Kishimoto, Takayuki (JPN) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Seiko Golden Grand Prix (Tokyo, JPN)			Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season																
date	08-May-22	time	5.91	9.69	13.58	17.60	21.74		26.03	30.43	35.02	39.61	44.41		49.86	5 / 5			
reaction time	0.138	interval		3.78	3.89	4.02	4.14		4.29	4.40	4.59	4.59	4.80	5.45			11.69	12.83	13.98
		velocity	7.61	9.26	9.00	8.71	8.45		8.16	7.95	7.63	7.63	7.29	7.34	8.02		8.98	8.18	7.51
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	18.2	164.2				
Müller, Vít (CZE) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2022 European Athletics Championships (Munich, GER)			European Athletics (2022) - european athletics championships race analysis																
date	17-Aug-22	time	6.01	9.83	13.70	17.62	21.54	23.31	25.63	30.06	34.71	39.35	44.20		49.86	2 / 4			
reaction time	0.196	interval		3.82	3.87	3.92	3.92		4.09	4.43	4.65	4.64	4.85	5.66			11.61	12.44	14.14
		velocity	7.49	9.16	9.04	8.93	8.93	8.58	8.56	7.90	7.53	7.54	7.22	7.07	8.02		9.04	8.44	7.43
H1 lead leg	L	strides	21	13			13		13	14	14	15	15	18	136				
Ideura, Noriuki (JPN) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 Japanese National Championships (Kumagaya, JPN)			Yasuhori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11																
date	11-Jun-11	time	6.27	10.24	14.24	18.29	22.44		26.66	30.98	35.40	39.92	44.57		49.87	1 / 4			
reaction time		interval		3.97	4.00	4.05	4.15		4.22	4.32	4.42	4.52	4.65	5.30	PB		12.02	12.69	13.59
		velocity	7.18	8.82	8.75	8.64	8.43		8.29	8.10	7.92	7.74	7.53	7.55	8.02		8.74	8.27	7.73
H1 lead leg		strides		14	14	14	14		14	15	15	15	15		130				
Clement, Kerron (USA) (1985)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)			Henson (2020) - Athlete First: 2016 year end hurdle report																
date	16-Jun-16	time	5.97	9.73	13.53	17.37	21.47		25.73	30.17	34.70	39.37	44.37		49.87	6 / 2			
reaction time	0.150	interval		3.76	3.80	3.84	4.10		4.26	4.44	4.53	4.67	5.00	5.50			11.40	12.80	14.20
		velocity	7.54	9.31	9.21	9.11	8.54		8.22	7.88	7.73	7.49	7.00	7.27	8.02		9.21	8.20	7.39
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	13	14	17.2	155.2				
Rodger, Sebastian (GBR) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)			Henson (2020) - Athlete First: 2018 year end hurdle report																
date	10-Jun-18	time	6.12	10.00	14.12	18.24	22.40		26.64	30.84	35.12	39.60	44.24		49.87	1 / 6			
reaction time	0.163	interval		3.88	4.12	4.12	4.16		4.24	4.20	4.28	4.48	4.64	5.63			12.12	12.60	13.40
		velocity	7.35	9.02	8.50	8.50	8.41		8.25	8.33	8.18	7.81	7.54	7.10	8.02		8.66	8.33	7.84
H1 lead leg	R	strides	22	14	14	14	14		14	14	15	15	15	19	170				
Rosser, Khallifah (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Prefontaine Classic (Stanford, CA) (TV Analysis)			Henson (2020) - Athlete First: 2019 year end hurdle report																
date	30-Jun-19	time	5.93	9.53	13.36	17.26		25.43	29.80	34.36	39.10	43.96		49.87	9 / 6				
reaction time	0.361	interval		3.60	3.83	3.90		8.17	4.37	4.56	4.74	4.86	5.91				11.33	12.54	14.16
		velocity	7.59	9.72	9.14	8.97		8.57	8.01	7.68	7.38	7.20	6.77	8.02			9.27	8.37	7.42
H1 lead leg	R	strides	21	13		13				14	15		15		91				
Lambrugh, Mario (ITA) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)			Henson (2020) - Athlete First: 2020 year end hurdle report																
date	17-Sep-20	time	5.94	9.74			21.79	23.6		30.46	35.03	39.74	44.54		49.87	2 / 6			
reaction time	0.136	interval		3.80			12.05			8.67	4.57	4.71	4.80	5.33					14.08
		velocity	7.58	9.21			8.71	8.47		8.07	7.66	7.43	7.29	7.50	8.02				7.46
H1 lead leg	R	strides	22	14								15	15	15	18.5				
Lattin, Amere (USA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis)			Henson (2021) - Athlete First: 2021 year end hurdle report																
date	04-Jul-21	time	5.72	9.44	13.24	17.20	21.28	23.1	25.64		34.64	39.36	44.20		49.87	3 / 7			
reaction time	0.140	interval		3.72	3.80	3.96	4.08		4.36		9.00	4.72	4.84	5.67			11.48		
		velocity	7.87	9.41	9.21	8.84	8.58	8.66	8.03		7.78	7.42	7.23	7.05	8.02		9.15		
H1 lead leg	L	strides	20	13	13	13	13		14			15	15	17	133				
Toyoda, Masaki (JPN) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Michitaka Kinami Memorial (Osaka, JPN)			Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season																
date	01-May-22	time	6.11	9.98	13.95	18.05	22.12		26.24	30.46	34.87	39.49	44.34		49.87	4 / 5			
reaction time	0.183	interval		3.87	3.97	4.10	4.07		4.12	4.22	4.41	4.62	4.85	5.53			11.94	12.41	13.88
		velocity	7.36	9.04	8.82	8.54	8.60		8.50	8.29	7.94	7.58	7.22	7.23	8.02		8.79	8.46	7.56

H1 lead leg	L	strides	21	14	14	14	14	14	14	15	15	16	19	170					
Rodrigues, Pedro (POR) (1971)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 6 - 2000 Olympic Games (Sydney, AUS)			Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games																
date	24-Sep-00	time	6.06	9.64	14.10	18.02	22.02		26.30	30.58	35.02	39.58	44.46		49.90	5 / 4			
reaction time	0.162	interval		3.58	4.46	3.92	4.00		4.28	4.28	4.44	4.56	4.88	5.44			11.96	12.56	13.88
		velocity	7.43	9.78	7.85	8.93	8.75		8.18	8.18	7.88	7.68	7.17	7.35	8.02		8.78	8.36	7.56
H1 lead leg		strides	21	13	13	13	13		14	14	15	15	15	18.4	164.4				
Bekrić, Emir (SRB) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2014 European Championships (Zurich, SUI)			Green (2015) - twitter.com/jackpgreen (from Behm?)																
date	15-Aug-14	time	6.00	9.78	13.58	17.46	21.42		25.46	29.78	34.30	39.06	44.06		49.90	/ 6			
reaction time	0.233	interval		3.78	3.80	3.88	3.96		4.04	4.32	4.52	4.76	5.00	5.84			11.46	12.32	14.28
		velocity	7.50	9.26	9.21	9.02	8.84		8.66	8.10	7.74	7.35	7.00	6.85	8.02		9.16	8.52	7.35
H1 lead leg	L	strides		13	13	13	13		13	14	14	14	14		121				
Culson, Javier (PUR) (1984)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)			Henson (2021) - Athlete First: 2017 year end hurdle report																
date	13-May-17	time	5.84	9.48	13.24	17.12	21.16		25.40	29.76	34.36	39.08	44.08		49.90	2 / 5			
reaction time	0.194	interval		3.64	3.76	3.88	4.04		4.24	4.36	4.60	4.72	5.00	5.82			11.28	12.64	14.32
		velocity	7.71	9.62	9.31	9.02	8.66		8.25	8.03	7.61	7.42	7.00	6.87	8.02		9.31	8.31	7.33
H1 lead leg	L	strides	20	13	13	13	13		13	13	14	14	15	17.5	158.5				
Xie Zhiyu (CHN) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2024 Olympic Games (Paris, FRA)			Paris 2024 Olympic Games - Results Book (2024)																
date	05-Aug-24	time	5.94	9.64	13.50	17.42	21.46		25.62	29.99	34.60	39.37	44.26		49.90	3 / 8			
reaction time	0.191	interval		3.70	3.86	3.92	4.04		4.16	4.37	4.61	4.77	4.89	5.64			11.48	12.57	14.27
		velocity	7.58	9.46	9.07	8.93	8.66		8.41	8.01	7.59	7.34	7.16	7.09	8.02		9.15	8.35	7.36
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	17.2	159.2				
Dean, Caleb (USA) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Long Hurdles - 2025 Grand Slam Track Miami (Miramar, FL)			Grand Slam Track (2025) - results and splits by race																
date	02-May-25	time	5.71	9.49	13.24	16.94	20.81	22.53	24.83	29.16	33.63	38.54	43.45		49.90	6 / 5			
reaction time	0.510	interval		3.78	3.75	3.70	3.87		4.02	4.33	4.47	4.91	4.91	6.45			11.23	12.22	14.29
		velocity	7.88	9.26	9.33	9.46	9.04	8.88	8.71	8.08	7.83	7.13	7.13	6.20	8.02		9.35	8.59	7.35
H1 lead leg	R	strides	20	13	13				14	14	14	16	16	19	139				
Königsmark, Varg (GER) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2014 European Championships (Zurich, SUI)			Green (2015) - twitter.com/jackpgreen (from Behm?)																
date	15-Aug-14	time	6.03	9.79	13.71	17.59	21.51		25.71	30.03	34.55	39.31	44.35		49.91	/ 7			
reaction time	0.190	interval		3.76	3.92	3.88	3.92		4.20	4.32	4.52	4.76	5.04	5.56			11.56	12.44	14.32
		velocity	7.46	9.31	8.93	9.02	8.93		8.33	8.10	7.74	7.35	6.94	7.19	8.01		9.08	8.44	7.33
H1 lead leg	L	strides		13	13	13	13		14	14	14	15	15		124				
Preis, Constantin (GER) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)			Henson (2020) - Athlete First: 2020 year end hurdle report																
date	17-Sep-20	time	6.24	10.14			22.36	24.2		31.06	35.53	40.14	44.74		49.91	1 / 7			
reaction time	0.250	interval		3.90			12.22			8.70	4.47	4.61	4.60	5.17					13.68
		velocity	7.21	8.97			8.59	8.26		8.05	7.83	7.59	7.61	7.74	8.01				7.68
H1 lead leg	R	strides	22	14							15	15	15	18	99				
Kawagoe, Hiroya (JPN) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B 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	6.09	9.96	13.91	17.95	22.07		26.36	30.76	35.24	39.77	44.48		49.91	5 / 1			
reaction time	0.184	interval		3.87	3.95	4.04	4.12		4.29	4.40	4.48	4.53	4.71	5.43			11.86	12.81	13.72
		velocity	7.39	9.04	8.86	8.66	8.50		8.16	7.95	7.81	7.73	7.43	7.37	8.01		8.85	8.20	7.65
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	19	171				
Barr, Thomas (IRL) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Doha Diamond League (Doha, QAT) (TV Analysis)			Henson (2021) - Athlete First: 2021 year end hurdle report																
date	28-May-21	time	6.07	9.94				23.9			35.50	40.09	44.68		49.91	1 / 7			
reaction time	0.204	interval		3.87						25.56	4.59	4.59	5.23						
		velocity	7.41	9.04				8.37		8.22	7.63	7.63	7.65	8.01					
H1 lead leg	L	strides	20	13							14	14		61					
Valliant, Ludvy (FRA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Bauhaus Galan (Stockholm, SWE)			Omega Timing (2023) - diamond league race analysis																
date	02-Jul-23	time	5.85	9.54	13.26	17.03	20.92		25.02	29.34	34.01	38.83	43.78		49.91	4 / 6			
reaction time	0.199	interval		3.69	3.72	3.77	3.89		4.10	4.32	4.67	4.82	4.95	6.13			11.18	12.31	14.44
		velocity	7.69	9.49	9.41	9.28	9.00		8.54	8.10	7.49	7.26	7.07	6.53	8.01		9.39	8.53	7.27
H1 lead leg	R	strides	21	13		13	13		13	14		14	15		116				
Woody, Joey (USA) (1973)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2007 USATF National Championships (Indianapolis, IN)			USATF Men's Hurdle Development (2007)																
date	21-Jun-07	time	6.09	9.99	13.68	17.60	21.62		25.86	30.31	34.82	39.54	44.38		49.92	4 / 2			
reaction time		interval		3.90	3.69	3.92	4.02		4.24	4.45	4.51	4.72	4.84	5.54			11.51	12.71	14.07
		velocity	7.39	8.97	9.49	8.93	8.71		8.25	7.87	7.76	7.42	7.23	7.22	8.01		9.12	8.26	7.46

H1 lead leg	R	strides	21	13	13	13	13	13	14	14	15	15	144						
Matsushita, Yuki (JPN) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Japanese National Championships (Osaka, JPN)																			
date	24-Jun-17	time	6.14	9.96	13.88	17.80	21.79		26.09	30.43	34.92	39.54	44.33		49.92		/ 3		
reaction time	0.155	interval		3.82	3.92	3.92	3.99		4.30	4.34	4.49	4.62	4.79	5.59			11.66	12.63	13.90
		velocity	7.33	9.16	8.93	8.93	8.77		8.14	8.06	7.80	7.58	7.31	7.16	8.01		9.01	8.31	7.55
H1 lead leg		strides		13	13	13	13		14	14	15	15	15	125					
van Zyl, L.J. (RSA) (1985)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Weltklasse (Zürich, SUI) (TV Analysis)																			
date	24-Aug-17	time	5.96	9.68	13.56		21.60		25.80	30.12	34.60	39.20	44.24		49.92		1 / 7		
reaction time	0.188	interval		3.72	3.88		8.04		4.20	4.32	4.48	4.60	5.04	5.68					14.12
		velocity	7.55	9.41	9.02		8.71		8.33	8.10	7.81	7.61	6.94	7.04	8.01				7.44
H1 lead leg	L	strides	22	14	14				14	15	15		16	19	129				
Brockman, Charles (USA) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 NCAA Championships (Eugene, OR) (TV Analysis)																			
date	11-Jun-21	time	6.03	9.77	13.60	17.50	21.53		25.77	30.27	34.83	39.50	44.33		49.92		5 / 8		
reaction time	0.190	interval		3.74	3.83	3.90	4.03		4.24	4.50	4.56	4.67	4.83	5.59			11.47	12.77	14.06
		velocity	7.46	9.36	9.14	8.97	8.68		8.25	7.78	7.68	7.49	7.25	7.16	8.01		9.15	8.22	7.47
H1 lead leg	R	strides	22	14	14	13	14		15	15	15	15	15	152					
Drummond, Gerald (CRC) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																			
date	30-Jul-21	time	6.00	9.83	13.83	17.96		26.60			35.47	40.00	44.70		49.92		2 / 7		
reaction time	0.183	interval		3.83	4.00	4.13		8.64			8.87	4.53	4.70	5.22			11.96		
		velocity	7.50	9.14	8.75	8.47		8.10			7.89	7.73	7.45	7.66	8.01		8.78		
H1 lead leg	L	strides	21	13	14	14	14		14	14	15	15	15	18	167				
Nezir, Ismail (TUR) (2003)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Memorial van Damme (Brussels, BEL) (TV Analysis)																			
date	02-Sep-22	time	6.14	10.04	13.98		22.19	23.88	26.36	30.59	35.20	39.87	44.58		49.92		1 / 7		
reaction time	0.170	interval		3.90	3.94		8.21		2.48	4.23	4.61	4.67	4.71	5.34					13.99
		velocity	7.33	8.97	8.88		8.53	8.38	14.11	8.27	7.59	7.49	7.43	7.49	8.01				7.51
H1 lead leg	L	strides	20	13	13				13	13	14	14	14	114					
Watrén, Julien (BEL) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 FBK Games (Hengelo, NED)																			
date	04-Jun-23	time	5.94	9.66	13.50	17.37	21.40		25.58	30.04	34.64	39.41	44.28		49.92		4 / 7		
reaction time	0.242	interval		3.72	3.84	3.87	4.03		4.18	4.46	4.60	4.77	4.87	5.64			11.43	12.67	14.24
		velocity	7.58	9.41	9.11	9.04	8.68		8.37	7.85	7.61	7.34	7.19	7.09	8.01		9.19	8.29	7.37
H1 lead leg	R	strides	20	13								14	15	18	80				
Chen Tein-Wen (TAI) (1978)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2000 Olympic Games (Sydney, AUS)																			
date	24-Sep-00	time	6.10	9.90	13.82	17.86	21.94		26.26		34.98	39.54	44.34		49.93		2 / 5		
reaction time	0.180	interval		3.80	3.92	4.04	4.08		4.32		8.72	4.56	4.80	5.59	NR		11.76		
		velocity	7.38	9.21	8.93	8.66	8.58		8.10		8.03	7.68	7.29	7.16	8.01		8.93		
H1 lead leg		strides	21	14	14	14	14		14	14	15	15	15	19.1	169.1				
Borsumato, Anthony (GBR) (1973)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2002 European Championships (Munich, GER)																			
date	07-Aug-02	time	6.09	9.87	13.73	17.69	21.69		25.81	30.13	34.65	39.46	44.32		49.93		/ 2		
reaction time		interval		3.78	3.86	3.96	4.00		4.12	4.32	4.52	4.81	4.86	5.61			11.60	12.44	14.19
		velocity	7.39	9.26	9.07	8.84	8.75		8.50	8.10	7.74	7.28	7.20	7.13	8.01		9.05	8.44	7.40
H1 lead leg		strides																	
Hutcherson, Orentheus (USA) (1976)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2007 USATF National Championships (Indianapolis, IN)																			
date	21-Jun-07	time	5.91	9.74	13.69	17.76	21.97		26.35	30.81	35.24	39.82	44.50		49.93		8 / 4		
reaction time		interval		3.83	3.95	4.07	4.21		4.38	4.46	4.43	4.58	4.68	5.43			11.85	13.05	13.69
		velocity	7.61	9.14	8.86	8.60	8.31		7.99	7.85	7.90	7.64	7.48	7.37	8.01		8.86	8.05	7.67
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	153					
Koike, Takayuki (JPN) (1984)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2009 Osaka Grand Prix (Osaka, JPN)																			
date	09-May-09	time	6.02	9.79	13.63	17.57	21.59		25.78	30.15	34.77	39.44	44.28		49.93		/ 7		
reaction time		interval		3.77	3.84	3.94	4.02		4.19	4.37	4.62	4.67	4.84	5.65			11.55	12.58	14.13
		velocity	7.48	9.28	9.11	8.88	8.71		8.35	8.01	7.58	7.49	7.23	7.08	8.01		9.09	8.35	7.43
H1 lead leg		strides		14	14	14	14		14	14	15	15	15	129					
Shoaib, Mohamed (SUD) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 North-West University Pukke Invitational (Sasolburg, RSA) (TV Analysis)																			
date	28-Mar-17	time	5.96	9.72	13.52	17.36	21.28		25.40	29.68	34.12	38.76	43.60		49.93		1 / 2		
reaction time		interval		3.76	3.80	3.84	3.92		4.12	4.28	4.44	4.64	4.84	6.33	NR PB		11.40	12.32	13.92
		velocity	7.55	9.31	9.21	9.11	8.93		8.50	8.18	7.88	7.54	7.23	6.32	8.01		9.21	8.52	7.54

H1 lead leg	R	strides	13	13	13	13		13	13	13	14	14	18.5	137.5					
Happio, Wilfried (FRA) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 European U20 Championships (Grosseto, ITA) (TV Analysis)			Henson (2020) - Athlete First: 2017 year end hurdle report																
date	23-Jul-17	time	5.88	9.64	13.56	17.60	21.84		26.04	30.56	34.92	39.48	44.24		49.93	6 / 1			
reaction time	0.234	interval	3.76	3.92	4.04	4.24		4.20	4.52	4.36	4.56	4.76	5.69	NJR PB			11.72	12.96	13.68
		velocity	7.65	9.31	8.93	8.66	8.25		8.33	7.74	8.03	7.68	7.35	7.03	8.01		8.96	8.10	7.68
H1 lead leg	L	strides	13	13	13	13		13	14	14	15	15	18		141				
Kishimoto, Takayuki (JPN) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A FINAL - 2017 Shizuoka International Athletics Meeting (Fukuoki, JPN)			Morioka (2018) - Analysis of the race patterns of the top 400m hurdles in Japan																
date	03-May-17	time	5.93	9.65	13.50	17.44	21.51		25.76	30.16	34.73	39.42	44.26		49.93	1 / 1			
reaction time		interval	3.72	3.85	3.94	4.07		4.25	4.40	4.57	4.69	4.84	5.67				11.51	12.72	14.10
		velocity	7.59	9.41	9.09	8.88	8.60		8.24	7.95	7.66	7.46	7.23	7.05	8.01		9.12	8.25	7.45
H1 lead leg		strides	13	13	13	13		14	14	15	15	15		125					
Abe, Takatoshi (JPN) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2017 IAAF World Championships (London, GBR)			Morioka (2018) - Analysis of the race patterns of the top 400m hurdles in Japan																
date	07-Aug-17	time	5.98	9.65	13.39	17.16	21.06		25.10	29.50	34.20	39.10	44.07		49.93	4 / 5			
reaction time	0.212	interval	3.67	3.74	3.77	3.90		4.04	4.40	4.70	4.90	4.97	5.86				11.18	12.34	14.57
		velocity	7.53	9.54	9.36	9.28	8.97		8.66	7.95	7.45	7.14	7.04	6.83	8.01		9.39	8.51	7.21
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	15	15	18	161				
Obayashi, Masayuki (JPN) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2018 Shizuoka International Athletics Meeting (Fukuoki, JPN)			Morioka (2018) - race pattern analysis of Japan's top 400m hurdles - main national competitions in 2018																
date	03-May-18	time	6.01	9.75	13.93	18.07	22.26		26.48	30.77	35.21	39.76	44.48		49.93	6 / 1			
reaction time	0.168	interval	3.74	4.18	4.14	4.19		4.22	4.29	4.44	4.55	4.72	5.45		PB		12.06	12.70	13.71
		velocity	7.49	9.36	8.37	8.45	8.35		8.29	8.16	7.88	7.69	7.42	7.34	8.01		8.71	8.27	7.66
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	15	15	19.7	176.7				
McAlister, Chris (GBR) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Müller Anniversary Games (London, GBR) (TV Analysis)			Henson (2020) - Athlete First: 2019 year end hurdle report																
date	20-Jul-19	time	6.28	10.08	14.04	18.00	22.12	23.8	26.28		35.04	39.60	44.40		49.93	3 / 8			
reaction time	0.179	interval	3.80	3.96	3.96	4.12		4.16		8.76	4.56	4.80	5.53				11.72		
		velocity	7.17	9.21	8.84	8.84	8.50	8.40	8.41		7.99	7.68	7.29	7.23	8.01		8.96		
H1 lead leg	R	strides	22	14	14	14	14		14			15	15	19.2	141.2				
Yamamoto, Tatsuhiro (JPN) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN)			Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season																
date	24-Oct-20	time	6.06	9.99	13.96	17.92	21.96		26.08	30.36	34.87	39.62	44.48		49.93	8 / 2			
reaction time		interval	3.93	3.97	3.96	4.04		4.12	4.28	4.51	4.75	4.86	5.45				11.86	12.44	14.12
		velocity	7.43	8.91	8.82	8.84	8.66		8.50	8.18	7.76	7.37	7.20	7.34	8.01		8.85	8.44	7.44
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	18	170				
Abuaku, Joshua (GER) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)			Henson (2024) - Athlete First: 2021 year end hurdle report																
date	01-Aug-21	time	6.00	9.76	13.60	17.50	21.53		25.76	30.36	34.93	39.60	44.50		49.93	2 / 8			
reaction time	0.179	interval	3.76	3.84	3.90	4.03		4.23	4.60	4.57	4.67	4.90	5.43				11.50	12.86	14.14
		velocity	7.50	9.31	9.11	8.97	8.68		8.27	7.61	7.66	7.49	7.14	7.37	8.01		9.13	8.16	7.43
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	15	15		143				
McMaster, Kyron (IVB) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Doha Diamond League (Doha, QAT) (TV Analysis)			Henson (2022) - Athlete First: 2022 year end hurdle report																
date	13-May-22	time	5.70	9.37	13.18	17.28	21.52	23.3	25.89		34.93	39.57	44.28		49.93	3 / 4			
reaction time	0.208	interval	3.67	3.81	4.10	4.24		4.37		9.04	4.64	4.71	5.65				11.58		
		velocity	7.89	9.54	9.19	8.54	8.25	8.58	8.01		7.74	7.54	7.43	7.08	8.01		9.07		
H1 lead leg	L	strides	21	13	13	13	13		14			14	14		115				
Gucek, Matic Ian (SLO) (2003)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2022 European Athletics Championships (Munich, GER)			European Athletics (2022) - european athletics championships race analysis																
date	18-Aug-22	time	5.83	9.64	13.50	17.60	21.78	23.56	26.00	30.40	35.00	39.56	44.36		49.93	3 / 7			
reaction time	0.188	interval	3.81	3.86	4.10	4.18		4.22	4.40	4.60	4.56	4.80	5.57				11.77	12.80	13.96
		velocity	7.72	9.19	9.07	8.54	8.37	8.49	8.29	7.95	7.61	7.68	7.29	7.18	8.01		8.92	8.20	7.52
H1 lead leg	R	strides	22				14		14	14	15	15	15	18	127				
Rosser, Khalifah (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2024 USA Olympic Trials (Eugene, OR)			USATF and Karmarush (2024) - USA Olympic trials results and race analysis																
date	27-Jun-24	time	5.91	9.67	13.50	17.40	21.36	23.14	25.35	29.67	34.32	39.06	43.95		49.93	6 / 2			
reaction time		interval	3.76	3.83	3.90	3.96		3.99	4.32	4.65	4.74	4.89	5.98				11.49	12.27	14.28
		velocity	7.61	9.31	9.14	8.97	8.84	8.64	8.77	8.10	7.53	7.38	7.16	6.69	8.01		9.14	8.56	7.35
H1 lead leg	R	strides	20	13	13	13	13		13	13	14	14	15	17.5	158.5				
Dyrzka, Juan Carlos (ARG) (1941)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 1968 Olympic Games (Mexico City, MEX) (Altitude)			Jonath (1969) - wie gerhard hennige trainiert																
date	13-Oct-68	time	6.1	10.0	14.0	17.9	21.9	23.6	26.1	30.5	35.0	39.5	44.2		49.8	1 / 1			
reaction time		interval	3.9	4.0	3.9	4.0		4.2	4.4	4.5	4.5	4.7	5.6		NR		11.80	12.60	13.70
		velocity	7.38	8.97	8.75	8.97	8.75	8.47	8.33	7.95	7.78	7.78	7.45	7.14	8.03	(49.82)	8.90	8.33	7.66

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

H1 lead leg	R	strides	22	13	13	13	13	13	13	15	15	15	145						
Toyoda, Ken (JPN) (2002)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A FINAL - 2023 Michitaka Kinami Memorial (Osaka, JPN)			<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																
date	07-May-23	time	5.86	9.54	13.35	17.18	21.14		25.33	29.75	34.32	39.11	44.04		49.95	7 / 2			
reaction time	0.156	interval		3.68	3.81	3.83	3.96		4.19	4.42	4.57	4.79	4.93	5.91			11.32	12.57	14.29
		velocity	7.68	9.51	9.19	9.14	8.84		8.35	7.92	7.66	7.31	7.10	6.77	8.01		9.28	8.35	7.35
H1 lead leg		strides		13	13	13	13		13	13	13	15	15		121				
Bánóczy, Árpád (HUN) (2002)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2024 European Athletics Championships (Roma, ITA)			<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																
date	09-Jun-24	time	5.94	9.69	13.63	17.67	21.77		25.99	30.41	34.87	39.63	44.38		49.95	6 / 3			
reaction time	0.217	interval		3.75	3.94	4.04	4.10		4.22	4.42	4.46	4.76	4.75	5.57			11.73	12.74	13.97
		velocity	7.58	9.33	8.88	8.66	8.54		8.29	7.92	7.85	7.35	7.37	7.18	8.01		8.95	8.24	7.52
H1 lead leg		strides													0				
Bonvin, Julien (SUI) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2024 European Athletics Championships (Roma, ITA)			<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																
date	10-Jun-24	time	5.75	9.38	13.12	16.92	20.91		25.17	29.85	34.56	39.47	44.29		49.95	3 / 5			
reaction time	0.170	interval		3.63	3.74	3.80	3.99		4.26	4.68	4.71	4.91	4.82	5.66			11.17	12.93	14.44
		velocity	7.83	9.64	9.36	9.21	8.77		8.22	7.48	7.43	7.13	7.26	7.07	8.01		9.40	8.12	7.27
H1 lead leg	L	strides	21	13	13	13	13		14	15	15	15	15	18.2	165.2				
Vimbert, Gilles (FRA) (1966)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1987 Résisprint International (La Chaux-de-Ford, FRA)			<i>Behm (1988) - 45-39</i>																
date	16-Aug-87	time	6.0	9.8	13.8	17.5	22.2		26.6	30.7	35.3	39.9	44.6		49.96	/ 1			
reaction time		interval		3.8	4.0	3.7	4.7		4.4	4.1	4.6	4.6	4.7	5.4	PB		11.5	13.2	13.9
		velocity	7.50	9.21	8.75	9.46	7.45		7.95	8.54	7.68	7.54	7.45	7.46	8.01		9.13	7.95	7.55
H1 lead leg		strides																	
Budko, Vladimir (RUS) (1965)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1991 European Cup (Frankfurt, GER)			<i>Federle (2003) - http://www.fgs.uni-halle.de</i>																
date	29-Jun-91	time	6.31	10.15	14.07	18.03	22.05		26.17	30.49	34.89	39.51	44.35		49.96	/ 4			
reaction time		interval		3.84	3.92	3.96	4.02		4.12	4.32	4.40	4.62	4.84	5.61			11.72	12.46	13.86
		velocity	7.13	9.11	8.93	8.84	8.71		8.50	8.10	7.95	7.58	7.23	7.13	8.01		8.96	8.43	7.58
H1 lead leg		strides																	
Iakovákis, Periklís (GRE) (1979)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 Olympic Games (Beijing, CHN)			<i>Behm (2008) - Pekin 2008: Le quatrache masculin - féminin</i>																
date	18-Aug-08	time	5.9	9.7	13.3	17.1	20.9		25.0	29.5	34.0	38.7	43.6		49.96	2 / 8			
reaction time	0.195	interval		3.8	3.6	3.8	3.8		4.1	4.5	4.5	4.7	4.9	6.36			11.20	12.40	14.10
		velocity	7.63	9.21	9.72	9.21	9.21		8.54	7.78	7.78	7.45	7.14	6.29	8.01		9.38	8.47	7.45
H1 lead leg	L	strides	21	13	13	13	14		14	14	15	16	16	18.5	167.5				
Li Zhilong (CHN) (1988)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2013 Chinese National Grand Prix Final (Shenyang, CHN)			<i>Li (2014) - research on training characteristics of Li Zhilong's of Chinese men's 400m hurdles</i>																
date	16-Jun-13	time	6.16	10.08	14.08	18.12	22.28		26.56	30.92	35.36	39.96	44.72		49.96	/ 1			
reaction time		interval		3.92	4.00	4.04	4.16		4.28	4.36	4.44	4.60	4.76	5.24			11.96	12.80	13.80
		velocity	7.31	8.93	8.75	8.66	8.41		8.18	8.03	7.88	7.61	7.35	7.63	8.01		8.78	8.20	7.61
H1 lead leg		strides																	
Jackson, Bershawn (USA) (1983)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 USA Olympic Trials (Eugene, OR) (TV Analysis)			<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																
date	10-Jul-16	time	5.90	9.68	13.61	17.68	21.82		25.86	30.00	34.30	39.07	43.98		49.96	1 / 7			
reaction time	0.233	interval		3.78	3.93	4.07	4.14		4.04	4.14	4.30	4.77	4.91	5.98			11.78	12.32	13.98
		velocity	7.63	9.26	8.91	8.60	8.45		8.66	8.45	8.14	7.34	7.13	6.69	8.01		8.91	8.52	7.51
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	19.5	178.5				
Fredericks, Cornel (RSA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Doha Diamond League (Doha, QAT) (TV Analysis)			<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																
date	05-May-17	time	6.00	9.76	13.63	17.53	21.56		25.70	30.06	34.53	39.26	44.20		49.96	1 / 5			
reaction time	0.147	interval		3.76	3.87	3.90	4.03		4.14	4.36	4.47	4.73	4.94	5.76			11.53	12.53	14.14
		velocity	7.50	9.31	9.04	8.97	8.68		8.45	8.03	7.83	7.40	7.09	6.94	8.01		9.11	8.38	7.43
H1 lead leg	R	strides	22	14	14	14	14		14	15	15	15	16	19.5	172.5				
Fredericks, Cornel (RSA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Weltklasse (Zürich, SUI) (TV Analysis)			<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																
date	30-Aug-18	time	5.92	9.68	13.48	17.44	21.52	23.4	25.76	30.24		39.44			49.96	8 / 5			
reaction time	0.144	interval		3.76	3.80	3.96	4.08		4.24	4.48		9.20					11.52	12.80	
		velocity	7.60	9.31	9.21	8.84	8.58	8.55	8.25	7.81		7.61			8.01		9.11	8.20	
H1 lead leg	R	strides	21	14	14		14		14	15	15				107				
Xie Zhiyu (CHN) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)			<i>CAA Hurdle Development (2019)</i>																
date	17-Aug-19	time	6.42	10.36	14.34	18.39	22.60		26.86	31.20	35.64	40.34	44.92		49.96	6 / 1			
reaction time	0.284	interval		3.94	3.98	4.05	4.21		4.26	4.34	4.44	4.70	4.58	5.04	PB		11.97	12.81	13.72
		velocity	7.01	8.88	8.79	8.64	8.31		8.22	8.06	7.88	7.45	7.64	7.94	8.01		8.77	8.20	7.65

H1 lead leg	L	strides	21	13	13	13	13	13	13	13	13	14	14	17	157					
Vega, Fernando (MEX) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT)			Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships																	
date	28-Sep-19	time	5.93	9.78	13.64	17.62	21.62		25.80	30.20	34.68	39.35	44.25		49.96	2 / 6				
reaction time	0.220	interval		3.85	3.86	3.98	4.00		4.18	4.40	4.48	4.67	4.90	5.71			11.69	12.58	14.05	
		velocity	7.59	9.09	9.07	8.79	8.75		8.37	7.95	7.81	7.49	7.14	7.01	8.01		8.98	8.35	7.47	
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19	176					
Toyoda, Masaki (JPN) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 Japanese National Championships (Niigata, JPN)			Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season																	
date	02-Oct-20	time	6.09	9.94	13.85	17.92	22.06		26.36	30.63	35.09	39.72	44.48		49.96	9 / 3				
reaction time	0.203	interval		3.85	3.91	4.07	4.14		4.30	4.27	4.46	4.63	4.76	5.48			11.83	12.71	13.85	
		velocity	7.39	9.09	8.95	8.60	8.45		8.14	8.20	7.85	7.56	7.35	7.30	8.01		8.88	8.26	7.58	
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	18.7	168.7					
Yamamoto, Tatsuhiro (JPN) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2022 Seiko Golden Grand Prix (Tokyo, JPN)			Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season																	
date	08-May-22	time	6.11	10.06	14.06	18.12	22.26		26.51	30.88	35.35	39.86	44.54		49.96	3 / 6				
reaction time	0.134	interval		3.95	4.00	4.06	4.14		4.25	4.37	4.47	4.51	4.68	5.42			12.01	12.76	13.66	
		velocity	7.36	8.86	8.75	8.62	8.45		8.24	8.01	7.83	7.76	7.48	7.38	8.01		8.74	8.23	7.69	
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	18.7	168.7					
Lahoulou, Abdelmalik (ALG) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2023 FBK Games (Hengelo, NED)			Omega Timing (2023) - continental tour race analysis																	
date	04-Jun-23	time	5.98	9.68	13.48	17.34	21.27		25.42	29.90	34.54	39.40	44.28		49.96	1 / 8				
reaction time	0.173	interval		3.70	3.80	3.86	3.93		4.15	4.48	4.64	4.86	4.88	5.68			11.36	12.56	14.38	
		velocity	7.53	9.46	9.21	9.07	8.91		8.43	7.81	7.54	7.20	7.17	7.04	8.01		9.24	8.36	7.30	
H1 lead leg	L	strides	22	13								15	15	18	83					
Gollnow, David (GER) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2011 European U23 Championships (Ostrava, CZE)			Beck (2011) - 400-meter-hürdensprinter im aufschwung																	
date	16-Jul-11	time	6.22	10.16	14.19	18.16	22.30		26.62	31.02	35.54	40.20	44.84		49.97	2 / 6				
reaction time	0.201	interval		3.94	4.03	3.97	4.14		4.32	4.40	4.52	4.66	4.64	5.13			11.94	12.86	13.82	
		velocity	7.23	8.88	8.68	8.82	8.45		8.10	7.95	7.74	7.51	7.54	7.80	8.00		8.79	8.16	7.60	
H1 lead leg		strides	21	13	13	13	13		14	14	14	15	15	145						
Konishi, Yuta (JPN) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2014 Japanese National Championships (Fukushima, JPN)			Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions																	
date	08-Jun-14	time	5.99	9.83	13.68	17.58	21.55		25.74	30.06	34.60	39.27	44.19		49.97	7 / 3				
reaction time		interval		3.84	3.85	3.90	3.97		4.19	4.32	4.54	4.67	4.92	5.78			11.59	12.48	14.13	
		velocity	7.51	9.11	9.09	8.97	8.82		8.35	8.10	7.71	7.49	7.11	6.92	8.00		9.06	8.41	7.43	
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	19.2	171					
Watanabe, Yoshihiro (JPN) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2015 Japanese National Junior Championships (Nagoya, JPN)			Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan																	
date	18-Oct-15	time	6.01	9.75	13.64	17.68	21.78		26.08	30.52	35.02	39.66	44.50		49.97	5 / 1				
reaction time		interval		3.74	3.89	4.04	4.10		4.30	4.44	4.50	4.64	4.84	5.47	PB		11.67	12.84	13.98	
		velocity	7.49	9.36	9.00	8.66	8.54		8.14	7.88	7.78	7.54	7.23	7.31	8.00		9.00	8.18	7.51	
H1 lead leg		strides		14	14	14	14		15	15	15	15	15	131						
Müller, Vít (CZE) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 3 - 2019 IAAF World Championships (Doha, QAT)			Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships																	
date	28-Sep-19	time	6.08	9.83	13.56	17.39	21.44		25.60	30.04	34.66	39.36	44.23		49.97	3 / 7				
reaction time	0.178	interval		3.75	3.73	3.83	4.05		4.16	4.44	4.62	4.70	4.87	5.74			11.31	12.65	14.19	
		velocity	7.40	9.33	9.38	9.14	8.64		8.41	7.88	7.58	7.45	7.19	6.97	8.00		9.28	8.30	7.40	
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	18.5	162.5					
Kishimoto, Takayuki (JPN) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN)			Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																	
date	01-Jun-21	time	6.01	9.79	13.66	17.62	21.67		25.99	30.25	34.73	39.55	44.44		49.97	5 / 2				
reaction time	0.140	interval		3.78	3.87	3.96	4.05		4.32	4.26	4.48	4.82	4.89	5.53			11.61	12.63	14.19	
		velocity	7.49	9.26	9.04	8.84	8.64		8.10	8.22	7.81	7.26	7.16	7.23	8.00		9.04	8.31	7.40	
H1 lead leg	R	strides	21	13	13	13	13		14	14	14	15	15	18.2	163.2					
Smidt, Nick (NED) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2024 Seashore Doha Meeting (Doha, QAT)			Omega Timing (2024) - diamond league race analysis																	
date	10-May-24	time	5.97	9.76	13.66	17.65	21.80		26.17	30.54	35.10	39.80	44.50		49.97	1 / 6				
reaction time	0.194	interval		3.79	3.90	3.99	4.15		4.37	4.37	4.56	4.70	4.70	5.47			11.68	12.89	13.96	
		velocity	7.54	9.23	8.97	8.77	8.43		8.01	8.01	7.68	7.45	7.45	7.31	8.00		8.99	8.15	7.52	
H1 lead leg	L	strides	20	13	13	13	13		14			15	15	18	134					
Rosser, Khallifah (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Long Hurdles - 2025 Grand Slam Track Miami (Miramar, FL)			Grand Slam Track (2025) - results and splits by race																	
date	02-May-25	time	5.73	9.58	13.55	17.49	21.68	23.41	25.76	30.16	34.84	39.42	44.26		49.97	8 / 6				
reaction time	0.580	interval		3.85	3.97	3.94	4.19		4.08	4.40	4.68	4.58	4.84	5.71			11.76	12.67	14.10	
		velocity	7.85	9.09	8.82	8.88	8.35	8.54	8.58	7.95	7.48	7.64	7.23	7.01	8.00		8.93	8.29	7.45	

H1 lead leg	R	strides	21					13	14	14	15	15	17.7	109.7					
Nallet, Jean-Claude (FRA) (1947)																			
Semi-Final 2	- 1978 European Championships (Prague, TCH)																		
date	30-Aug-78	time	6.23	10.36	14.14	18.16	22.22							49.98		Lamare (1978) - championnats d'Europa 1978			
reaction time		interval	4.13	3.78	4.02	4.06											11.93		
		velocity	7.22	8.47	9.26	8.71	8.62							8.00			8.80		
H1 lead leg		strides																	
Vimbert, Gilles (FRA) (1966)																			
FINAL	- 1987 French National Championships (Annecy, FRA)																		
date	09-Aug-87	time	5.98	9.83	13.76	17.88	22.18	26.46	30.70	35.26	39.87	44.61		49.98		Veney - split times from PJ			
reaction time		interval	3.85	3.93	4.12	4.30	4.28	4.24	4.56	4.61	4.74	5.37					11.90	12.82	13.91
		velocity	7.53	9.09	8.91	8.50	8.14	8.18	8.25	7.68	7.59	7.38	7.45	8.00			8.82	8.19	7.55
H1 lead leg		strides	20	13	13	13	14	14	14	14	15	15		145					
Greene, David (Dai) (GBR) (1986)																			
Heat 2	- 2010 Commonwealth Games (Dehli, IND)																		
date	09-Oct-10	time	6.1	10.0	14.0	18.0	22.3	24.1	26.6	30.9	35.4	40.0	44.6		49.98		Arnold (2010) - 400mH planning and peaking		
reaction time	0.177	interval	3.9	4.0	4.0	4.3	4.3	4.3	4.5	4.6	4.6	5.38					11.90	12.90	13.70
		velocity	7.38	8.97	8.75	8.75	8.14	8.30	8.14	8.14	7.78	7.61	7.61	7.43	8.00		8.82	8.14	7.66
H1 lead leg		strides																	
Tateno, Tetsuya (JPN) (1991)																			
FINAL	- 2014 Japanese National Championships (Fukushima, JPN)																		
date	08-Jun-14	time	6.04	9.81	13.63	17.55	21.59	25.79	30.23	34.77	39.57	44.47		49.98		Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions			
reaction time		interval	3.77	3.82	3.92	4.04	4.20	4.44	4.54	4.80	4.90	5.51					11.51	12.68	14.24
		velocity	7.45	9.28	9.16	8.93	8.66	8.33	7.88	7.71	7.29	7.14	7.26	8.00			9.12	8.28	7.37
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	16	16	19.2	174					
Konishi, Yuta (JPN) (1990)																			
FINAL	- 2015 Shizuoka International Athletics Meeting (Fukuroi, JPN)																		
date	03-May-15	time	6.17	10.04	13.98	18.00	22.15	26.32	30.76	35.30	39.97	44.64		49.98		Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan			
reaction time	0.189	interval	3.87	3.94	4.02	4.15	4.17	4.44	4.54	4.67	4.67	5.34					11.83	12.76	13.88
		velocity	7.29	9.04	8.88	8.71	8.43	8.39	7.88	7.71	7.49	7.49	7.49	8.00			8.88	8.23	7.56
H1 lead leg		strides	14	14	14	14	15	15	15	15	15	15		131					
Tsutsue, Kaito (JPN) (1998)																			
B FINAL	- 2021 Denka Athletics Challenge Cup (Niigata, JPN)																		
date	06-Jun-21	time	6.02	9.74	13.56	17.43	21.54	25.78	30.16	34.68	39.37	44.26		49.98		Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season			
reaction time		interval	3.72	3.82	3.87	4.11	4.24	4.38	4.52	4.69	4.89	5.72					11.41	12.73	14.10
		velocity	7.48	9.41	9.16	9.04	8.52	8.25	7.99	7.74	7.46	7.16	6.99	8.00			9.20	8.25	7.45
H1 lead leg	R	strides	22	13	13	13	14	14	14	15	15	15	19.7	167.7					
McAlister, Chris (GBR) (1995)																			
FINAL	- 2021 Herculis Meeting International d'Athletisme (Monaco, MON) (TV Analysis)																		
date	09-Jul-21	time	5.97	9.77	17.65	23.5			34.77	39.60	44.57			49.98		Henson (2021) - Athlete First: 2021 year end hurdle report			
reaction time	0.144	interval	3.80		7.88			17.12	4.83	4.97	5.41						11.68		
		velocity	7.54	9.21	8.88	8.51		8.18	7.25	7.04	7.39			8.00			8.99		
H1 lead leg	R	strides	22	14						16	16			68					
Abe, Takatoshi (JPN) (1991)																			
Heat 5	- 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																		
date	30-Jul-21	time	6.03	9.80	13.63	17.70	21.80	26.05	30.53	35.13	39.66	44.45		49.98		Henson (2024) - Athlete First: 2021 year end hurdle report			
reaction time	0.166	interval	3.77	3.83	4.07	4.10	4.25	4.48	4.60	4.53	4.79	5.53					11.67	12.83	13.92
		velocity	7.46	9.28	9.14	8.60	8.54	8.24	7.81	7.61	7.73	7.31	7.23	8.00			9.00	8.18	7.54
H1 lead leg	R	strides	21	13	13	13	13	13	14	14	15	15	17.7	161.7					
McMaster, Kyron (IVB) (1997)																			
Heat 5	- 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																		
date	16-Jul-22	time	5.73	9.43	13.33	17.23	21.33	23.07	25.53	29.97	34.60	39.40	44.36		49.98		Henson (2022) - Athlete First: 2022 year end hurdle report		
reaction time	0.157	interval	3.70	3.90	3.90	4.10	4.20	4.44	4.63	4.80	4.96	5.62					11.50	12.74	14.39
		velocity	7.85	9.46	8.97	8.97	8.54	8.67	8.33	7.88	7.56	7.29	7.06	7.12	8.00		9.13	8.24	7.30
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	14	15	17	160					
Fernández, Sérgio (ESP) (1993)																			
Heat 3	- 2024 European Athletics Championships (Roma, ITA)																		
date	09-Jun-24	time	5.90	9.69	13.58	17.61	21.62	25.81	30.20	34.78	39.77	44.58		49.98		European Athletics (2024) - 2024 european athletics championships - results book			
reaction time	0.176	interval	3.79	3.89	4.03	4.01	4.19	4.39	4.58	4.99	4.81	5.40					11.71	12.59	14.38
		velocity	7.63	9.23	9.00	8.68	8.73	8.35	7.97	7.64	7.01	7.28	7.41	8.00			8.97	8.34	7.30
H1 lead leg		strides												0					
Yamamoto, Tatsuhiko (JPN) (1997)																			
B FINAL	- 2021 Michitaka Kinami Memorial (Osaka, JPN)																		
date	01-Jun-21	time	6.09	10.03	14.03	17.95	22.04	26.31	30.65	35.04	39.62	44.44		49.99		Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season			
reaction time	0.165	interval	3.94	4.00	3.92	4.09	4.27	4.34	4.39	4.58	4.82	5.55					11.86	12.70	13.79
		velocity	7.39	8.88	8.75	8.93	8.56	8.20	8.06	7.97	7.64	7.26	7.21	8.00			8.85	8.27	7.61

H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	19	171					
Kishimoto, Takayuki (JPN) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese National Championships (Osaka, JPN)			<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																
date	11-Jun-22	time	5.96	9.73	13.65	17.71	21.94		26.26	30.61	35.19	39.79	44.51		49.99	6 / 4			
reaction time	0.164	interval		3.77	3.92	4.06	4.23		4.32	4.35	4.58	4.60	4.72	5.48			11.75	12.90	13.90
		velocity	7.55	9.28	8.93	8.62	8.27		8.10	8.05	7.64	7.61	7.42	7.30	8.00		8.94	8.14	7.55
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	18.2	164.2				
Angela, Ramsey (NED) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2022 European Athletics Championships (Munich, GER)			<i>European Athletics (2022) - european athletics championships race analysis</i>																
date	18-Aug-22	time	5.95	9.64	13.50	17.39	21.52	23.36	25.75	30.15	34.62	39.23	44.08		49.99	8 / 8			
reaction time	0.203	interval		3.69	3.86	3.89	4.13		4.23	4.40	4.47	4.61	4.85	5.91			11.44	12.76	13.93
		velocity	7.56	9.49	9.07	9.00	8.47	8.56	8.27	7.95	7.83	7.59	7.22	6.77	8.00		9.18	8.23	7.54
H1 lead leg	R	strides	22				14		14	14	15	15	15	18	127				
Yamauchi, Hiromu (JPN) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A FINAL - 2023 Shizuoka International Meeting (Fukuroi, JPN)			<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																
date	03-May-23	time	6.24	10.19	14.21	18.25	22.33		26.53	30.85	35.30	39.90	44.60		49.99	6 / 3			
reaction time	0.206	interval		3.95	4.02	4.04	4.08		4.20	4.32	4.45	4.60	4.70	5.39			12.01	12.60	13.75
		velocity	7.21	8.86	8.71	8.66	8.58		8.33	8.10	7.87	7.61	7.45	7.42	8.00		8.74	8.33	7.64
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	19	169				
Brand, Dany (SUI) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2024 European Athletics Championships (Roma, ITA)			<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																
date	09-Jun-24	time	6.05	9.84	13.70	17.72	21.82		26.09	30.45	34.96	39.81	44.63		49.99	3 / 5			
reaction time	0.214	interval		3.79	3.86	4.02	4.10		4.27	4.36	4.51	4.85	4.82	5.36			11.67	12.73	14.18
		velocity	7.44	9.23	9.07	8.71	8.54		8.20	8.03	7.76	7.22	7.26	7.46	8.00		9.00	8.25	7.40
H1 lead leg		strides													0				
Preis, Constantin (GER) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2024 Olympic Games (Paris, FRA)			<i>Paris 2024 Olympic Games - Results Book (2024)</i>																
date	05-Aug-24	time	6.06	9.85	13.76	17.82	21.96		26.20	30.63	35.23	39.90	44.58		49.99	2 / 8			
reaction time	0.221	interval		3.79	3.91	4.06	4.14		4.24	4.43	4.60	4.67	4.68	5.41			11.76	12.81	13.95
		velocity	7.43	9.23	8.95	8.62	8.45		8.25	7.90	7.61	7.49	7.48	7.39	8.00		8.93	8.20	7.53
H1 lead leg	L	strides	20	13	14	14	14		14	14	15		15		133				
Nozawa, Keisuke (JPN) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2012 Shizuoka International Athletics Meeting (Fukuroi, JPN)			<i>Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions</i>																
date	03-May-12	time	6.17	10.07	14.07	18.12	22.32		26.54	30.89	35.34	39.98	44.75		50.00	1 / 1			
reaction time		interval		3.90	4.00	4.05	4.20		4.22	4.35	4.45	4.64	4.77	5.25			11.95	12.77	13.86
		velocity	7.29	8.97	8.75	8.64	8.33		8.29	8.05	7.87	7.54	7.34	7.62	8.00		8.79	8.22	7.58
H1 lead leg		strides		14	14	14	14		14	14	14	14	15		127				
Wang Yang (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 - 2017 Chinese National Games (Tianjin, CHN)			<i>Wang (2020) - comparative analysis of pre-compétition training of finalist in 400m hurdlers at 13th national games</i>																
date	04-Sep-17	time	5.90	9.85	13.81	17.96	22.16		26.56	30.99	35.44	40.01	44.64		50.00	1 / 3			
reaction time		interval		3.95	3.96	4.15	4.20		4.40	4.43	4.45	4.57	4.63	5.36			12.06	13.03	13.65
		velocity	7.63	8.86	8.84	8.43	8.33		7.95	7.90	7.87	7.66	7.56	7.46	8.00		8.71	8.06	7.69
H1 lead leg		strides	21	15	15	15	15		15	15	15	15	15		156				
Hann, Mamadou Kasse (FRA) (1986)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)			<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																
date	06-Jun-19	time	5.97	9.87	13.77	17.70	21.77		25.97	30.32	34.85	39.48	44.45		50.00	1 / 6			
reaction time	0.157	interval		3.90	3.90	3.93	4.07		4.20	4.35	4.53	4.63	4.97	5.55			11.73	12.62	14.13
		velocity	7.54	8.97	8.97	8.91	8.60		8.33	8.05	7.73	7.56	7.04	7.21	8.00		8.95	8.32	7.43
H1 lead leg	L	strides	21	14	14	13	13		14	14	14	14	15	17.7	163.7				
Campbell, Luke (GER) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT)			<i>Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships</i>																
date	28-Sep-19	time	5.82	9.47	13.17	17.00	21.02		25.25	29.66	34.27	39.00	44.01		50.00	3 / 6			
reaction time	0.146	interval		3.65	3.70	3.83	4.02		4.23	4.41	4.61	4.73	5.01	5.99			11.18	12.66	14.35
		velocity	7.73	9.59	9.46	9.14	8.71		8.27	7.94	7.59	7.40	6.99	6.68	8.00		9.39	8.29	7.32
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	19	165				
Xie Zhiyu (CHN) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Chinese Olympic Trials (Shaoxing, CHN)			<i>CAA Hurdle Development (2021)</i>																
date	13-Jun-21	time	6.22	10.21	14.25	18.28	22.47		26.91	31.38	35.97	40.44	44.98		50.00	6 / 1			
reaction time	0.225	interval		3.99	4.04	4.03	4.19		4.44	4.47	4.59	4.47	4.54	5.02			12.06	13.10	13.60
		velocity	7.23	8.77	8.66	8.68	8.35		7.88	7.83	7.63	7.83	7.71	7.97	8.00		8.71	8.02	7.72
H1 lead leg	L	strides	21	13	13	13	13		14	14	14	14	14	17	160				
Deguchi, Haruto (JPN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
C FINAL - 2023 Shizuoka International Meeting (Fukuroi, JPN)			<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>																
date	03-May-23	time	6.15	10.04	14.05	18.17	22.51		26.75	31.15	35.58	40.11	44.71		50.00	6 / 1			
reaction time	0.205	interval		3.89	4.01	4.12	4.34		4.24	4.40	4.43	4.53	4.60	5.29			12.02	12.98	13.56
		velocity	7.32	9.00	8.73	8.50	8.06		8.25	7.95	7.90	7.73	7.61	7.56	8.00		8.74	8.09	7.74

H1 lead leg	L	strides	21	13	13	13	14		14	15	15	15	15	18	166				
Mashchenko, Ruslan (RUS) (1971)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2000 Olympic Games (Sydney, AUS)			Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games																
date	24-Sep-00	time	5.94	9.62	13.38	17.22	21.18		25.34	29.62	34.14	39.06	44.06		50.01	3 / 3			
reaction time	0.225	interval		3.68	3.76	3.84	3.96		4.16	4.28	4.52	4.92	5.00	5.95			11.28	12.40	14.44
		velocity	7.58	9.51	9.31	9.11	8.84		8.41	8.18	7.74	7.11	7.00	6.72	8.00		9.31	8.47	7.27
H1 lead leg		strides	20	13	13	13	13		13	14	14	15	15	18.3	161.3				
Kawamura, Hideaki (JPN) (1974)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2004 Osaka Grand Prix (Osaka, JPN)			Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers																
date	08-May-04	time	6.10	9.90	13.87	17.99	22.28		26.63	31.00	35.40	39.95	44.62		50.01	/ 6			
reaction time		interval		3.80	3.97	4.12	4.29		4.35	4.37	4.40	4.55	4.67	5.39			11.89	13.01	13.62
		velocity	7.38	9.21	8.82	8.50	8.16		8.05	8.01	7.95	7.69	7.49	7.42	8.00		8.83	8.07	7.71
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131				
Bencosme, José Reynaldo (ITA) (199)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Weltklasse (Zürich, SUI) (TV Analysis)			Henson (2020) - Athlete First: 2018 year end hurdle report																
date	30-Aug-18	time	6.04	9.88	13.76		21.96	23.8	26.12	30.48		39.52	44.32		50.01	1 / 6			
reaction time	0.151	interval		3.84	3.88		8.20		4.16	4.36		9.04	4.80	5.69					13.84
		velocity	7.45	9.11	9.02		8.54	8.40	8.41	8.03		7.74	7.29	7.03	8.00				7.59
H1 lead leg	L	strides	20	13	13				13	14			15		88				
Lattin, Amere (USA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Prefontaine Classic (Stanford, CA) (TV Analysis)			Henson (2020) - Athlete First: 2019 year end hurdle report																
date	30-Jun-19	time	5.73	9.43	13.33	17.26	21.26		25.50	30.10	34.80	39.53	44.36		50.01	1 / 7			
reaction time	0.183	interval		3.70	3.90	3.93	4.00		4.24	4.60	4.70	4.73	4.83	5.65			11.53	12.84	14.26
		velocity	7.85	9.46	8.97	8.91	8.75		8.25	7.61	7.45	7.40	7.25	7.08	8.00		9.11	8.18	7.36
H1 lead leg	L	strides	21	13		13	13		13	15	15		15		118				
Xie Zhiyu (CHN) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Championships (Shenyang, CHN)			CAA Hurdle Development (2019)																
date	10-Jul-19	time	6.27	10.14	14.03	18.00	22.05		26.26	30.80	35.25	39.97	44.69		50.01	5 / 1			
reaction time	0.304	interval		3.87	3.89	3.97	4.05		4.21	4.54	4.45	4.72	4.72	5.32	PB		11.73	12.80	13.89
		velocity	7.18	9.04	9.00	8.82	8.64		8.31	7.71	7.87	7.42	7.42	7.52	8.00		8.95	8.20	7.56
H1 lead leg	L	strides	22	13	13	13	13		13	14	14	14	14	17.5	160.5				
Valle, Emilio (CUB) (1967)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1986 IAAF World Junor Championships (Athens, GRE)			Miskos (1986) - IAAF biomechanical research - Athens 1986 - hurdle races																
date	18-Jul-86	time	6.06	9.96	13.87	17.92	21.86		26.50	31.12	35.64	40.22	44.92		50.02	/ 1			
reaction time		interval		3.90	3.91	4.05	3.94		4.64	4.62	4.52	4.58	4.70	5.10	CR		11.86	13.20	13.80
		velocity	7.43	8.97	8.95	8.64	8.88		7.54	7.58	7.74	7.64	7.45	7.84	8.00		8.85	7.95	7.61
H1 lead leg		strides	21	14	14	14	14		14	15	15	15	15	18	169				
Mashchenko, Ruslan (RUS) (1971)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2002 European Championships (Munich, GER)			Graubner (2009) - http://www.fgs.uni-halle.de																
date	09-Aug-02	time	6.11	9.92	13.73	17.61	21.96		25.75	30.15	34.62	39.34	44.16		50.02	/ 7			
reaction time	0.184	interval		3.81	3.81	3.88	4.35		3.79	4.40	4.47	4.72	4.82	5.86			11.50	12.54	14.01
		velocity	7.36	9.19	9.19	9.02	8.05		9.23	7.95	7.83	7.42	7.26	6.83	8.00		9.13	8.37	7.49
H1 lead leg		strides																	
Tinsley, Michael (USA) (1984)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2015 IAAF World Championships (Beijing, CHN) (TV Analysis)			Henson (2021) - Athlete First: major championships report																
date	25-Aug-15	time	5.72	9.32	13.08	16.88	20.88		25.04	29.16	33.48	38.20	43.04		50.02	5 / 8			
reaction time	0.134	interval		3.60	3.76	3.80	4.00		4.16	4.12	4.32	4.72	4.84	6.98			11.16	12.28	13.88
		velocity	7.87	9.72	9.31	9.21	8.75		8.41	8.50	8.10	7.42	7.23	5.73	8.00		9.41	8.55	7.56
H1 lead leg	L	strides	21	13	13	13	14			14	14	16	15		133				
Hussein, Kariem (SUI) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)			Henson (2021) - Athlete First: 2017 year end hurdle report																
date	13-May-17	time	6.04	9.92	13.92	18.08	22.24		26.40	30.72	35.12				50.02	9 / 6			
reaction time	0.177	interval		3.88	4.00	4.16	4.16		4.16	4.32	4.40						12.04	12.64	
		velocity	7.45	9.02	8.75	8.41	8.41		8.41	8.10	7.95			8.00			8.72	8.31	
H1 lead leg	L	strides	20	13	13	13	13		13	14	14			113					
Jackson, Bershawn (USA) (1983)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Weltklasse (Zürich, SUI) (TV Analysis)			Henson (2020) - Athlete First: 2017 year end hurdle report																
date	24-Aug-17	time	5.60	9.36	13.32		21.52		25.64	29.80	34.16	38.88	43.96		50.02	2 / 8			
reaction time	0.127	interval		3.76	3.96		8.20		4.12	4.16	4.36	4.72	5.08	6.06					14.16
		velocity	8.04	9.31	8.84		8.54		8.50	8.41	8.03	7.42	6.89	6.60	8.00				7.42
H1 lead leg	L	strides	22	15	15				15	15	15		17	20	134				
Kurokawa, Kazuki (JPN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2022 World Athletics Championships (Eugene, OR)			Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season																
date	16-Jul-22	time	5.86	9.53	13.31	17.20	21.42	23.14	25.76	30.23	34.87	39.64	44.51		50.02	3 / 4			
reaction time	0.142	interval		3.67	3.78	3.89	4.22		4.34	4.47	4.64	4.77	4.87	5.51			11.34	13.03	14.28
		velocity	7.68	9.54	9.26	9.00	8.29	8.64	8.06	7.83	7.54	7.34	7.19	7.26	8.00		9.26	8.06	7.35

H1 lead leg	L	strides	21	13	13	13	14		14	15	15	15	15	18	166				
Fredericks, Cornel (RSA) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Doha Diamond League (Doha, QAT) (TV Analysis)																			
date	04-May-18	time	5.96	9.72	13.60	17.52	21.64		25.88	30.32	34.88	39.64	44.40		50.03	1 / 5			
reaction time	0.164	interval		3.76	3.88	3.92	4.12		4.24	4.44	4.56	4.76	4.76	5.63			11.56	12.80	14.08
		velocity	7.55	9.31	9.02	8.93	8.50		8.25	7.88	7.68	7.35	7.35	7.10	8.00		9.08	8.20	7.46
H1 lead leg	R	strides	22	14	14	14	14		14	15	15		15	19	156				
Coroller, Victor (FRA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Meeting de Paris (Paris, FRA) (TV Analysis)																			
date	05-Jul-18	time	5.96	9.72	13.64	17.64	21.72	23.5	25.92	30.36	35.04	39.76	44.56		50.03	3 / 7			
reaction time	0.165	interval		3.76	3.92	4.00	4.08		4.20	4.44	4.68	4.72	4.80	5.47			11.68	12.72	14.20
		velocity	7.55	9.31	8.93	8.75	8.58	8.51	8.33	7.88	7.48	7.42	7.29	7.31	8.00		8.99	8.25	7.39
H1 lead leg	R	strides	21	14	14	14	14		14	14	15	15	15	18.5	168.5				
Bassitt, Trevor (USA) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)																			
date	26-Jun-21	time	5.88	9.64	13.51	17.45	21.55		25.76	30.20	34.87	39.54	44.38		50.03	2 / 8			
reaction time	0.206	interval		3.76	3.87	3.94	4.10		4.21	4.44	4.67	4.67	4.84	5.65			11.57	12.75	14.18
		velocity	7.65	9.31	9.04	8.88	8.54		8.31	7.88	7.49	7.49	7.23	7.08	8.00		9.08	8.24	7.40
H1 lead leg	R	strides		13	13	13	13			14	14	14	14	108					
Hyde, Jaheel (JAM) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																			
date	16-Jul-22	time	5.80	9.63	13.63	17.63	21.70	23.51	26.03	30.26	34.80	39.53	44.37		50.03	6 / 3			
reaction time	0.187	interval		3.83	4.00	4.00	4.07		4.33	4.23	4.54	4.73	4.84	5.66			11.83	12.63	14.11
		velocity	7.76	9.14	8.75	8.75	8.60	8.51	8.08	8.27	7.71	7.40	7.23	7.07	8.00		8.88	8.31	7.44
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18	169				
Inoue, Shunta (JPN) (2002)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Japanese National Championships (Osaka, JPN)																			
date	03-Jun-23	time	5.92	9.63	13.33	17.13	21.12		25.44	29.91	34.62	39.41	44.39		50.03	5 / 4			
reaction time	0.211	interval		3.71	3.70	3.80	3.99		4.32	4.47	4.71	4.79	4.98	5.64			11.21	12.78	14.48
		velocity	7.60	9.43	9.46	9.21	8.77		8.10	7.83	7.43	7.31	7.03	7.09	8.00		9.37	8.22	7.25
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	18	164				
Lambrugh, Mario (ITA) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2024 European Athletics Championships (Roma, ITA)																			
date	10-Jun-24	time	5.84	9.61	13.44	17.43	21.60		26.05	30.71	35.15	39.86	44.56		50.03	9 / 6			
reaction time	0.147	interval		3.77	3.83	3.99	4.17		4.45	4.66	4.44	4.71	4.70	5.47			11.59	13.28	13.85
		velocity	7.71	9.28	9.14	8.77	8.39		7.87	7.51	7.88	7.43	7.45	7.31	8.00		9.06	7.91	7.58
H1 lead leg	R	strides	22	14	14	14	14		14	15	15	15	15	18.7	170.7				
Hyde, Jaheel (JAM) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2024 Olympic Games (Paris, FRA)																			
date	07-Aug-24	time	5.64	9.26	12.92	16.70	20.69		24.82	29.16	33.66	38.50	43.62		50.03	8 / 7			
reaction time	0.239	interval		3.62	3.66	3.78	3.99		4.13	4.34	4.50	4.84	5.12	6.41			11.06	12.46	14.46
		velocity	7.98	9.67	9.56	9.26	8.77		8.47	8.06	7.78	7.23	6.84	6.24	8.00		9.49	8.43	7.26
H1 lead leg	L	strides	22	13	13	13	13		14	14	14	15		131					
Firinoli, Roberto (ITA) (1940)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 1968 Olympic Games (Mexico City, MEX) (Altitude)																			
date	13-Oct-68	time	6.0	10.0	14.2	18.2	22.2	23.8	26.6	30.7	35.1	39.4	44.0		49.9	1 / 1			
reaction time		interval		4.0	4.2	4.0	4.0		4.4	4.1	4.4	4.3	4.6	5.9	(49.95)		12.20	12.50	13.30
		velocity	7.50	8.75	8.33	8.75	8.75	8.40	7.95	8.54	7.95	8.14	7.61	6.78	8.02		8.61	8.40	7.89
H1 lead leg		strides																	
Johnson, Brandon (USA) (1985)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2007 USATF National Championships (Indianapolis, IN)																			
date	21-Jun-07	time	5.87	9.58	13.51	17.48	21.60		25.86	30.46	35.07	39.01	44.69		50.04	5 / 1			
reaction time		interval		3.71	3.93	3.97	4.12		4.26	4.60	4.61	3.94	5.68	5.35			11.61	12.98	14.23
		velocity	7.67	9.43	8.91	8.82	8.50		8.22	7.61	7.59	8.88	6.16	7.48	7.99		9.04	8.09	7.38
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	144					
van Zyl, L.J. (RSA) (1985)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis)																			
date	06-Jul-17	time	5.92	9.68	13.64	17.68	21.80		25.96	30.28	34.68	39.28	44.12		50.04	2 / 7			
reaction time	0.152	interval		3.76	3.96	4.04	4.12		4.16	4.32	4.40	4.60	4.84	5.92			11.76	12.60	13.84
		velocity	7.60	9.31	8.84	8.66	8.50		8.41	8.10	7.95	7.61	7.23	6.76	7.99		8.93	8.33	7.59
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	16	16	19.2	174.2				
Wang Yijie (CHN) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Championships (Shenyang, CHN)																			
date	10-Jul-19	time	6.02	9.93	13.84	17.92	22.08		26.44	30.85	35.39	39.97	44.69		50.04	6 / 2			
reaction time	0.175	interval		3.91	3.91	4.08	4.16		4.36	4.41	4.54	4.58	4.72	5.35	DQ		11.90	12.93	13.84
		velocity	7.48	8.95	8.95	8.58	8.41		8.03	7.94	7.71	7.64	7.42	7.48	7.99		8.82	8.12	7.59

H1 lead leg	L	strides	22	14	14	14	14	15	15	15	15	15	17.5	170.5					
Bonvin, Julien (SUI) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Weltklasse (Zürich, SUI)																			
date	05-Sep-24	time	5.84	9.51	13.24	17.11	21.10		25.27	29.69	34.33	39.19	44.17		50.04	1 / 7			
reaction time	0.176	interval		3.67	3.73	3.87	3.99		4.17	4.42	4.64	4.86	4.98	5.87			11.27	12.58	14.48
		velocity	7.71	9.54	9.38	9.04	8.77		8.39	7.92	7.54	7.20	7.03	6.81	7.99		9.32	8.35	7.25
H1 lead leg	L	strides	21	13			13		13	14	14	15	15		118				
Yoshida, Kazuaki (JPN) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2014 Japanese National Championships (Fukushima, JPN)																			
date			08-Jun-14	time	5.96	9.75	13.60	17.55	21.60		25.87	30.27	34.76	39.40	44.27	50.05	9 / 5		
reaction time		interval		3.79	3.85	3.95	4.05		4.27	4.40	4.49	4.64	4.87	5.78			11.59	12.72	14.00
		velocity	7.55	9.23	9.09	8.86	8.64		8.20	7.95	7.80	7.54	7.19	6.92	7.99		9.06	8.25	7.50
H1 lead leg	L	strides	21	13	13	13	13		13	15	15	15	15	18.2	164				
Chen Chieh (TPE) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A FINAL - 2019 Shizuoka International Athletics Meeting (Fukuoka, JPN)																			
date			03-May-19	time	5.96	9.58	13.28	17.13	21.10		25.26	29.76	34.35	39.24	44.33	50.05	7 / 2		
reaction time		interval		3.62	3.70	3.85	3.97		4.16	4.50	4.59	4.89	5.09	5.72			11.17	12.63	14.57
		velocity	7.55	9.67	9.46	9.09	8.82		8.41	7.78	7.63	7.16	6.88	6.99	7.99		9.40	8.31	7.21
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	18.5	162.5				
Long, Corde (USA) (2002)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2024 USA Olympic Trials (Eugene, OR)																			
date			28-Jun-24	time	6.02	9.79	13.58	17.45	21.48	23.31	25.68	30.13	34.73	39.54	44.27	50.05	7 / 4		
reaction time		interval		3.77	3.79	3.87	4.03		4.20	4.45	4.60	4.81	4.73	5.78			11.43	12.68	14.14
		velocity	7.48	9.28	9.23	9.04	8.68	8.58	8.33	7.87	7.61	7.28	7.40	6.92	7.99		9.19	8.28	7.43
H1 lead leg	L	strides		13	13	13	13		13	13	14	14	14	16.5	136.5				
Ntweng, Victor (BOT) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Invitational FINAL - 2025 Jeteur Doha Meeting (Doha, QAT)																			
date			16-May-25	time	5.87	9.73	13.71	17.77	21.85		26.16	30.71	35.25	39.85	44.58	50.05	7 / 1		
reaction time	0.161	interval		3.86	3.98	4.06	4.08		4.31	4.55	4.54	4.60	4.73	5.47			11.90	12.94	13.87
		velocity	7.67	9.07	8.79	8.62	8.58		8.12	7.69	7.71	7.61	7.40	7.31	7.99		8.82	8.11	7.57
H1 lead leg		strides												0					
Keter, Erick (KEN) (1966)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2000 Olympic Games (Sydney, AUS)																			
date			24-Sep-00	time	6.18	10.02	13.90	17.98	22.10		26.34		35.22	39.86	44.58	50.06	3 / 6		
reaction time	0.269	interval		3.84	3.88	4.08	4.12		4.24		8.88	4.64	4.72	5.48			11.80		
		velocity	7.28	9.11	9.02	8.58	8.50		8.25		7.88	7.54	7.42	7.30	7.99		8.90		
H1 lead leg		strides	21	13	15	15	15		15	15	15	15	15	18.1	172.1				
de Araújo, Eronilde (BRA) (1970)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 8 - 2000 Olympic Games (Sydney, AUS)																			
date			24-Sep-00	time	6.06	9.86	13.62	17.58	21.62		25.86	30.18	34.82	39.62	44.42	50.06	8 / 1		
reaction time	0.179	interval		3.80	3.76	3.96	4.04		4.24	4.32	4.64	4.80	4.80	5.64			11.52	12.60	14.24
		velocity	7.43	9.21	9.31	8.84	8.66		8.25	8.10	7.54	7.29	7.29	7.09	7.99		9.11	8.33	7.37
H1 lead leg		strides	21	13	13	13	13		14	14	15	15	15	17.9	163.9				
Konishi, Yuta (JPN) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2015 Japanese National Championships (Niigata, JPN)																			
date			28-Jun-15	time	6.21	10.05	14.00	18.02	22.12		26.37	30.71	35.21	39.86	44.58	50.06	4 / 3		
reaction time	0.166	interval		3.84	3.95	4.02	4.10		4.25	4.34	4.50	4.65	4.72	5.48			11.81	12.69	13.87
		velocity	7.25	9.11	8.86	8.71	8.54		8.24	8.06	7.78	7.53	7.42	7.30	7.99		8.89	8.27	7.57
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	19	165				
Smidt, Nick (NED) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2022 European Athletics Championships (Munich, GER)																			
date			17-Aug-22	time	5.93	9.70	13.55	17.42	21.52	23.35	25.76	30.20	34.80	39.53	44.42	50.06	6 / 2		
reaction time	0.223	interval		3.77	3.85	3.87	4.10		4.24	4.44	4.60	4.73	4.89	5.64			11.49	12.78	14.22
		velocity	7.59	9.28	9.09	9.04	8.54	8.57	8.25	7.88	7.61	7.40	7.16	7.09	7.99		9.14	8.22	7.38
H1 lead leg	L	strides	20	13	13	13	13		14	14	14	14	14	15	17.5	160.5			
Guillen, Serge (FRA) (1960)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 1982 European Championships (Athens, GRE)																			
date			08-Sep-82	time	5.9		13.9	22.0		30.6		39.6			50.07	1 / 2			
reaction time		interval			8.0		8.1		8.6		9.0				7.99				
		velocity	7.63		8.75		8.64		8.14		7.78				7.99				
H1 lead leg		strides																	
Hussein, Kariem (SUI) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 IAAF World Championships (London, GBR) (TV Analysis)																			
date			09-Aug-17	time	6.00	9.84	13.72	17.72	21.80		26.00	30.40	34.92	39.52	44.28	50.07	9 / 8		
reaction time	0.163	interval		3.84	3.88	4.00	4.08		4.20	4.40	4.52	4.60	4.76	5.79			11.72	12.68	13.88
		velocity	7.50	9.11	9.02	8.75	8.58		8.33	7.95	7.74	7.61	7.35	6.91	7.99		8.96	8.28	7.56

H1 lead leg	L	strides	20	13	13	13	13		14	14	14	14	14	17.2	159.2				
Mano, Yutaro (JPN) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Japanese National Championships (Fukuoka, JPN)			<i>Yamanaka (2019) - research on athlete performance and technique- 2019 data book</i>																
date	29-Jun-19	time	6.02	9.93	13.90	17.97	22.01		26.28	30.66	35.20	39.86	44.59		50.07	2 / 6			
reaction time	0.157	interval		3.91	3.97	4.07	4.04		4.27	4.38	4.54	4.66	4.73	5.48			11.95	12.69	13.93
		velocity	7.48	8.95	8.82	8.60	8.66		8.20	7.99	7.71	7.51	7.40	7.30	7.99		8.79	8.27	7.54
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	15	15		152				
Tsutsue, Kaito (JPN) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Japanese National Championships (Osaka, JPN)			<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																
date	03-Jun-23	time	6.01	9.73	13.46	17.30	21.32		25.53	29.95	34.60	39.41	44.41		50.07	8 / 5			
reaction time	0.189	interval		3.72	3.73	3.84	4.02		4.21	4.42	4.65	4.81	5.00	5.66			11.29	12.65	14.46
		velocity	7.49	9.41	9.38	9.11	8.71		8.31	7.92	7.53	7.28	7.00	7.07	7.99		9.30	8.30	7.26
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	19	165				
Nallet, Jean-Claude (FRA) (1947)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 1976 Olympic Games (Montreal, CAN)			<i>Behm (1995) - la tactique du 400 haies</i>																
date	24-Jul-76	time	5.8	9.8	13.8	17.8	22.0		26.0	30.5	35.0	39.7	44.3		50.08	4 / 5			
reaction time		interval		4.00	4.00	4.00	4.15		4.05	4.50	4.50	4.70	4.60	5.78			12.00	12.70	13.80
		velocity	7.76	8.75	8.75	8.75	8.43		8.64	7.78	7.78	7.45	7.61	6.92	7.99		8.75	8.27	7.61
H1 lead leg		strides																	
Nichols, Regan (USA) (1973)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Championships (Palo Alto, CA)			<i>USATF Women's Sprint Development (2003)</i>																
date	22-Jun-03	time	5.99	9.88	13.88	17.89	21.91		26.24	30.56	35.08	39.66	44.45		50.08	8 / 5			
reaction time		interval		3.89	4.00	4.01	4.02		4.33	4.32	4.52	4.58	4.79	5.63			11.90	12.67	13.89
		velocity	7.51	9.00	8.75	8.73	8.71		8.08	8.10	7.74	7.64	7.31	7.10	7.99		8.82	8.29	7.56
H1 lead leg		strides																	
Kino, Tomoharu (JPN) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
D FINAL - 2012 Shizuoka International Athletics Meeting (Fukuoka, JPN)			<i>Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions</i>																
date	03-May-12	time	6.07	9.92	13.87	17.87	21.97		26.26	30.68	35.28	40.07	44.83		50.08	1 / 1			
reaction time		interval		3.85	3.95	4.00	4.10		4.29	4.42	4.60	4.79	4.76	5.25			11.80	12.81	14.15
		velocity	7.41	9.09	8.86	8.75	8.54		8.16	7.92	7.61	7.31	7.35	7.62	7.99		8.90	8.20	7.42
H1 lead leg		strides		13	13	13	14		14	15	15	15	15		127				
Cai Jungi (CHN) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Chinese National Games (Tianjin, CHN)			<i>Wang (2020) - comparative analysis of pre-competitor training of finalist in 400m hurdlers at 13th national games</i>																
date	04-Sep-17	time	5.91	9.96	14.13	18.38	22.64		27.04	31.43	35.93	40.38	44.83		50.08	1 / 4			
reaction time		interval		4.05	4.17	4.25	4.26		4.40	4.39	4.50	4.45	4.45	5.25			12.47	13.05	13.40
		velocity	7.61	8.64	8.39	8.24	8.22		7.95	7.97	7.78	7.87	7.87	7.62	7.99		8.42	8.05	7.84
H1 lead leg		strides	22	15	15	15	15		15	15	15	15	15	20	177				
Barr, Thomas (IRL) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)			<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	17-Jul-22	time	5.96	9.77	13.62	17.57	21.67	23.53	25.93	30.30	34.80	39.57	44.40		50.08	5 / 3			
reaction time	0.157	interval		3.81	3.85	3.95	4.10		4.26	4.37	4.50	4.77	4.83	5.68			11.61	12.73	14.10
		velocity	7.55	9.19	9.09	8.86	8.54	8.50	8.22	8.01	7.78	7.34	7.25	7.04	7.99		9.04	8.25	7.45
H1 lead leg	L	strides	20	13	13	13	13		14	14	14	15	15	18	162				
Derbyshire, Seamus (GBR) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2022 European Athletics Championships (Munich, GER)			<i>European Athletics (2022) - european athletics championships race analysis</i>																
date	17-Aug-22	time	5.93	9.85	13.80	17.80	21.85	23.66	26.11	30.63	35.22	39.95	44.59		50.08	2 / 3			
reaction time	0.184	interval		3.92	3.95	4.00	4.05		4.26	4.52	4.59	4.73	4.64	5.49			11.87	12.83	13.96
		velocity	7.59	8.93	8.86	8.75	8.64	8.45	8.22	7.74	7.63	7.40	7.54	7.29	7.99		8.85	8.18	7.52
H1 lead leg	L	strides	22	14			14		15	15	15	15	15	19.5	144.5				
Gucek, Matic Ian (SLO) (2003)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2023 European Athletics U23 Championships (Espoo, FIN)			<i>European Athletics (2023) - european athletics U23 championships results book</i>																
date	15-Jul-23	time	5.97	9.74	13.58	17.58	21.70		25.95	30.42	35.30	39.91	44.56		50.08	6 / 1			
reaction time	0.172	interval		3.77	3.84	4.00	4.12		4.25	4.47	4.88	4.61	4.65	5.52			11.61	12.84	14.14
		velocity	7.54	9.28	9.11	8.75	8.50		8.24	7.83	7.17	7.59	7.53	7.25	7.99		9.04	8.18	7.43
H1 lead leg		strides													0				
Allen, CJ (USA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2024 USA Olympic Trials (Eugene, OR)			<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																
date	27-Jun-24	time	5.67	9.36	13.33	17.36	21.43	23.17	25.42	29.69	34.18	38.93	43.79		50.08	8 / 1			
reaction time		interval		3.69	3.97	4.03	4.07		3.99	4.27	4.49	4.75	4.86	6.29			11.69	12.33	14.10
		velocity	7.94	9.49	8.82	8.68	8.60	8.63	8.77	8.20	7.80	7.37	7.20	6.36	7.99		8.98	8.52	7.45
H1 lead leg	L	strides	20	13	13	13	13		13	13	14	14	15	18	159				
Robertson, Max (GBR) (1963)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1985 Great Britain vs. USA (Birmingham, GBR)			<i>Warden (1989) - sprinting and hurdling</i>																
date	21-Jun-85	time	5.9	9.7	13.5	17.3	21.2		25.2	29.4	33.8	38.7	44.3		50.09	1 / 2			
reaction time		interval		3.8	3.8	3.8	3.9		4.0	4.2	4.4	4.9	5.6	5.79			11.40	12.10	14.90
		velocity	7.63	9.21	9.21	9.21	8.97		8.75	8.33	7.95	7.14	6.25	6.91	7.99		9.21	8.68	7.05

H1 lead leg	strides	21	13	13	13	13		13	14	14	14	15	19	162					
Kakimori, Hiroshi (JPN) (1968)																			
FINAL - 1986 IAAF World Junior Championships (Athens, GRE)										<i>Miskos (1986) - IAAF biomechanical research - Athens 1986 - hurdle races</i>									
date	18-Jul-86	time	6.21	9.92	13.94	18.30	21.95		26.08	30.48	34.98	39.68	44.50		50.09		/ 2		
reaction time		interval		3.71	4.02	4.36	3.65		4.13	4.40	4.50	4.70	4.82	5.59			12.09	12.18	14.02
		velocity	7.25	9.43	8.71	8.03	9.59		8.47	7.95	7.78	7.45	7.26	7.16	7.99		8.68	8.62	7.49
H1 lead leg	strides	22	13	13	13	13		15	15	15	15	15	19	168					
Faye, Ibou (SEN) (1969)																			
Heat 3 - 2000 Olympic Games (Sydney, AUS)										<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>									
date	24-Sep-00	time	6.02	9.74	13.62	17.58	21.66		25.90	30.38	34.90	39.62	44.46		50.09		4 / 3		
reaction time	0.188	interval		3.72	3.88	3.96	4.08		4.24	4.48	4.52	4.72	4.84	5.63			11.56	12.80	14.08
		velocity	7.48	9.41	9.02	8.84	8.58		8.25	7.81	7.74	7.42	7.23	7.10	7.99		9.08	8.20	7.46
H1 lead leg	strides	22	13	13	13	13		13	14	14	15	15	18	163					
Koike, Takayuki (JPN) (1984)																			
FINAL - 2008 Japanese National Championships (Kawasaki, JPN)										<i>Yasunori (2009) - race pattern analysis of prestigious Japanese 400m hurdlers</i>									
date	27-Jun-08	time	5.92	9.62	13.44	17.31	21.36		25.56	29.93	34.40	39.07	44.11		50.09		/ 3		
reaction time		interval		3.70	3.82	3.87	4.05		4.20	4.37	4.47	4.67	5.04	5.98			11.39	12.62	14.18
		velocity	7.60	9.46	9.16	9.04	8.64		8.33	8.01	7.83	7.49	6.94	6.69	7.99		9.22	8.32	7.40
H1 lead leg	strides		13	13	13	13		13	14	14	15	15		123					
Imazeki, Yuta (JPN) (1987)																			
Race A - 2010 Shizuoka International Athletics Meeting (Fukuroi, JPN)										<i>Yasunori (2012) - race pattern analysis of top Japanese 400m hurdlers at major domestic competitions 2009-11</i>									
date	03-May-10	time	6.42	10.37	14.41	18.51	22.71		26.96	31.25	35.69	40.21	44.81		50.09		/ 1		
reaction time		interval		3.95	4.04	4.10	4.20		4.25	4.29	4.44	4.52	4.60	5.28			12.09	12.74	13.56
		velocity	7.01	8.86	8.66	8.54	8.33		8.24	8.16	7.88	7.74	7.61	7.58	7.99		8.68	8.24	7.74
H1 lead leg	strides		14	14	14	14		15	15	15	15	15		131					
McAlister, Chris (GBR) (1995)																			
FINAL - 2021 Memorial van Damme (Brussels, BEL) (TV Analysis)										<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>									
date	03-Sep-21	time	6.08	9.92	13.92	18.00	22.08	23.9	26.28	30.72	35.32	39.96	44.80		50.09		1 / 7		
reaction time	0.144	interval		3.84	4.00	4.08	4.08		4.20	4.44	4.60	4.64	4.84	5.29			11.92	12.72	14.08
		velocity	7.40	9.11	8.75	8.58	8.58	8.37	8.33	7.88	7.61	7.54	7.23	7.56	7.99		8.81	8.25	7.46
H1 lead leg	R	strides	22	14	14	14	14		14		15	15	15		137				
Downing, Quincy (USA) (1993)																			
FINAL - 2022 USATF National Championships (Eugene, OR) (TV Analysis)										<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>									
date	26-Jun-22	time	5.97	9.61	13.25	17.05	20.95	22.61	25.05	29.53	34.13	39.04	44.04		50.09		3 / 8		
reaction time		interval		3.64	3.64	3.80	3.90		4.10	4.48	4.60	4.91	5.00	6.05			11.08	12.48	14.51
		velocity	7.54	9.62	9.62	9.21	8.97	8.85	8.54	7.81	7.61	7.13	7.00	6.61	7.99		9.48	8.41	7.24
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	15	15		144				
Tuček, Martin (CZE) (1995)																			
Heat 4 - 2022 European Athletics Championships (Munich, GER)										<i>European Athletics (2022) - european athletics championships race analysis</i>									
date	17-Aug-22	time	6.07	9.95	13.80	17.76	21.89	23.71	26.12	30.49	35.07	39.72	44.51		50.09		3 / 4		
reaction time	0.263	interval		3.88	3.85	3.96	4.13		4.23	4.37	4.58	4.65	4.79	5.58			11.69	12.73	14.02
		velocity	7.41	9.02	9.09	8.84	8.47	8.44	8.27	8.01	7.64	7.53	7.31	7.17	7.99		8.98	8.25	7.49
H1 lead leg	L	strides	22	14		14		15	15	15	16	16	19.5	146.5					
Firinoli, Giorgio (ITA) (1970)																			
Semi-Final 2 - 2000 Olympic Games (Sydney, AUS)										<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>									
date	25-Sep-00	time	6.08	9.88	13.84	17.84	21.92		26.08	30.52	35.04	39.72	44.48		50.10		2 / 8		
reaction time	0.342	interval		3.80	3.96	4.00	4.08		4.16	4.44	4.52	4.68	4.76	5.62			11.76	12.68	13.96
		velocity	7.40	9.21	8.84	8.75	8.58		8.41	7.88	7.74	7.48	7.35	7.12	7.98		8.93	8.28	7.52
H1 lead leg	strides		14	14	14	14		14	15	15	16	16	15						
Kodama, Yusaka (JPN) (2000)																			
C FINAL - 2023 Michitaka Kinami Memorial (Osaka, JPN)										<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season</i>									
date	07-May-23	time	5.97	9.76	13.61	17.58	21.72		25.99	30.40	34.97	39.64	44.51		50.10		6 / 1		
reaction time	0.163	interval		3.79	3.85	3.97	4.14		4.27	4.41	4.57	4.67	4.87	5.59			11.61	12.82	14.11
		velocity	7.54	9.23	9.09	8.82	8.45		8.20	7.94	7.66	7.49	7.19	7.16	7.98		9.04	8.19	7.44
H1 lead leg	strides		13	13	13	14		14	15	15	15	15	15		127				
Mužik, Jiri (CZE) (1976)																			
Heat 4 - 2000 Olympic Games (Sydney, AUS)										<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>									
date	24-Sep-00	time	6.00	9.78	13.64	17.60	21.64		25.80	30.20	34.80	39.76	44.68		50.11		8 / 1		
reaction time	0.216	interval		3.78	3.86	3.96	4.04		4.16	4.40	4.60	4.96	4.92	5.43			11.60	12.60	14.48
		velocity	7.50	9.26	9.07	8.84	8.66		8.41	7.95	7.61	7.06	7.11	7.37	7.98		9.05	8.33	7.25
H1 lead leg	strides	21	13	13	13	13		14	14	14	16	16	18.9	165.9					
Rawlinson, Christopher (GBR) (1972)																			
FINAL - 2001 European Championships (Bremen, GER)										<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>									
date	23-Jun-01	time	6.09	9.81	13.56	17.48	21.46		25.63	30.02	34.58	39.48	44.55		50.11		/ 5		
reaction time		interval		3.72	3.75	3.92	3.98		4.17	4.39	4.56	4.90	5.07	5.56			11.39	12.54	14.53
		velocity	7.39	9.41	9.33	8.93	8.79		8.39	7.97	7.68	7.14	6.90	7.19	7.98		9.22	8.37	7.23

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

H1 lead leg	L	strides	21			14	14		14		15	15	18	111				
Chen Chieh (TPE) (1992)																		
FINAL - 2023 Seiko Golden Grand Prix (Yokohama, JPN)																		
date	21-May-23	time	6.01	9.76	13.61	17.62	21.72		26.09	30.53	35.04	39.79	44.63	50.13	7 / 7			
reaction time	0.163	interval		3.75	3.85	4.01	4.10		4.37	4.44	4.51	4.75	4.84	5.50		11.61	12.91	14.10
		velocity	7.49	9.33	9.09	8.73	8.54		8.01	7.88	7.76	7.37	7.23	7.27	7.98	9.04	8.13	7.45
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	18	164			
Semi-Final 1 - 2023 European Athletics U23 Championships (Espoo, FIN)																		
date	15-Jul-23	time	5.93	9.66	13.52	17.38	21.55		25.82	30.38	35.44	40.06	44.73	50.13	5 / 3			
reaction time	0.188	interval		3.73	3.86	3.86	4.17		4.27	4.56	5.06	4.62	4.67	5.40		11.45	13.00	14.35
		velocity	7.59	9.38	9.07	9.07	8.39		8.20	7.68	6.92	7.58	7.49	7.41	7.98	9.17	8.08	7.32
H1 lead leg		strides												0				
Nilsson, Vance (USA) (2005)																		
Heat 3 - 2024 USA Olympic Trials (Eugene, OR)																		
date	27-Jun-24	time	6.03	9.85	13.69	17.60	21.62	23.45	25.79	30.12	34.70	39.56	44.44	50.13	9 / 2			
reaction time		interval		3.82	3.84	3.91	4.02		4.17	4.33	4.58	4.86	4.88	5.69	PB	11.57	12.52	14.32
		velocity	7.46	9.16	9.11	8.95	8.71	8.53	8.39	8.08	7.64	7.20	7.17	7.03	7.98	9.08	8.39	7.33
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	15	15	17	158			
Morale, Salvatore (ITA) (1938)																		
FINAL - 1961 Universiade (Sofia, BUL)																		
date	01-Sep-61	time	5.8	9.8	13.9	18.2	22.5		26.8	31.1	35.5	40.0	44.7	50.0	1 / 1			
reaction time		interval		4.0	4.1	4.3	4.3		4.3	4.3	4.4	4.5	4.7	5.3	NR	12.4	12.9	13.6
		velocity	7.76	8.75	8.54	8.14	8.14		8.14	8.14	7.95	7.78	7.45	7.55	8.00	8.47	8.14	7.72
H1 lead leg		strides																
Stukalov, Dmitriy (URS) (1951)																		
FINAL - 1971 European Championships (Helsinki, FIN)																		
date	12-Aug-71	time	6.0	10.2	14.3	18.3	22.4		26.6	31.0	35.5	40.2	44.8	50.0	1 / 3			
reaction time		interval		4.2	4.1	4.0	4.1		4.2	4.4	4.5	4.7	4.6	5.2	PB	12.30	12.70	13.80
		velocity	7.50	8.33	8.54	8.75	8.54		8.33	7.95	7.78	7.45	7.61	7.69	8.00	8.54	8.27	7.61
H1 lead leg		strides		13	13	13	13		15	15	15	15	15		127			
Mörö, Oskari (FIN) (1993)																		
FINAL - 2014 European Championships (Zurich, SUI)																		
date	15-Aug-14	time	6.10	9.86	13.70	17.78	21.90		26.18	30.54	35.02	39.74	44.62	50.14	1 / 8			
reaction time	0.149	interval		3.76	3.84	4.08	4.12		4.28	4.36	4.48	4.72	4.88	5.52		11.68	12.76	14.08
		velocity	7.38	9.31	9.11	8.58	8.50		8.18	8.03	7.81	7.42	7.17	7.25	7.98	8.99	8.23	7.46
H1 lead leg	R	strides		13	13	13	13		14	14	14	14	15		123			
Shimoda, Hayato (JPN) (2005)																		
FINAL - 2023 Japanese National High School Championships (Sapporo, JPN)																		
date	04-Aug-23	time	6.04	9.81	13.66	17.47	21.42		25.61	29.96	34.52	39.36	44.36	50.14	7 / 1			
reaction time	0.187	interval		3.77	3.85	3.81	3.95		4.19	4.35	4.56	4.84	5.00	5.78		11.43	12.49	14.40
		velocity	7.45	9.28	9.09	9.19	8.86		8.35	8.05	7.68	7.23	7.00	6.92	7.98	9.19	8.41	7.29
H1 lead leg		strides	21	15	15	15	15		15	15	15	17	17	21	181			
Bánóczy, Árpád (HUN) (2002)																		
Semi-Final 1 - 2024 European Athletics Championships (Roma, ITA)																		
date	10-Jun-24	time	5.88	9.63	13.49	17.39	21.47		25.69	30.25	34.85	39.61	44.53	50.14	2 / 7			
reaction time	0.193	interval		3.75	3.86	3.90	4.08		4.22	4.56	4.60	4.76	4.92	5.61		11.51	12.86	14.28
		velocity	7.65	9.33	9.07	8.97	8.58		8.29	7.68	7.61	7.35	7.11	7.13	7.98	9.12	8.16	7.35
H1 lead leg	L	strides	21	14	14	14	14		14			15	15	19.5	140.5			
Ye Anan (CHN) (2004)																		
FINAL - 2024 Chinese National Grand Prix Final (Rizhao, CHN)																		
date	29-Jun-24	time	6.14	10.04	14.03	18.10	22.22		26.51	30.96	35.63	40.26	44.94	50.14	3 / 4			
reaction time	0.210	interval		3.90	3.99	4.07	4.12		4.29	4.45	4.67	4.63	4.68	5.20		11.96	12.86	13.98
		velocity	7.33	8.97	8.77	8.60	8.50		8.16	7.87	7.49	7.56	7.48	7.69	7.98	8.78	8.16	7.51
H1 lead leg	L	strides	21	14	14	14	14		14	15	15	15	15	18	169			
Kikuta, Kyo (JPN) (2006)																		
FINAL - 2024 Japanese National High School Championships (Fukuoka, JPN)																		
date	30-Jul-24	time	5.97	9.93	13.93	18.12	22.31		26.58	31.01	35.52	40.06	44.86	50.14	7 / 1			
reaction time	0.179	interval		3.96	4.00	4.19	4.19		4.27	4.43	4.51	4.54	4.80	5.28		12.15	12.89	13.85
		velocity	7.54	8.84	8.75	8.35	8.35		8.20	7.90	7.76	7.71	7.29	7.58	7.98	8.64	8.15	7.58
H1 lead leg		strides	21	15	15	15	15		15	15	15	17	17	21	181			
Yamazaki, Kazuhiko (JPN) (1971)																		
Heat 2 - 2000 Olympic Games (Sydney, AUS)																		
date	24-Sep-00	time	5.90	9.66	13.58	17.58	21.70		25.98		35.10	39.78	44.54	50.15	1 / 7			
reaction time	0.177	interval		3.76	3.92	4.00	4.12		4.28		9.12	4.68	4.76	5.61		11.68		
		velocity	7.63	9.31	8.93	8.75	8.50		8.18		7.68	7.48	7.35	7.13	7.98	8.99		
H1 lead leg		strides																

Rakotoarimandry, Yvon (MAD) (1971)																
Heat 2 - 2000 Olympic Games (Sydney, AUS)																
<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																
date	24-Sep-00	time	5.98	9.82	13.70	17.66	21.70		26.06		35.14	39.86	44.62		50.15	7 / 8
reaction time	0.185	interval		3.84	3.88	3.96	4.04		4.36		9.08	4.72	4.76	5.53		11.68
		velocity	7.53	9.11	9.02	8.84	8.66		8.03		7.71	7.42	7.35	7.23	7.98	8.99
H1 lead leg		strides	21	14	14	14	14		14			15	15		121	
Tateno, Tetsuya (JPN) (1991)																
B FINAL - 2012 Shizuoka International Athletics Meeting (Fukuori, JPN)																
<i>Yasunori (2013) - race pattern analysis for the top Japanese 400m hurdlers in major domestic competitions</i>																
date	03-May-12	time	6.14	10.04	13.96	17.95	21.99		26.24	30.64	35.13	39.78	44.62		50.15	/ 2
reaction time		interval		3.90	3.92	3.99	4.04		4.25	4.40	4.49	4.65	4.84	5.53		11.81 12.69 13.98
		velocity	7.33	8.97	8.93	8.77	8.66		8.24	7.95	7.80	7.53	7.23	7.23	7.98	8.89 8.27 7.51
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131	
Yoshida, Kazuaki (JPN) (1987)																
B FINAL - 2014 Shizuoka International Athletics Meeting (Fukuori, JPN)																
<i>Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions</i>																
date	03-May-14	time	6.04	9.91	13.87	17.83	21.92		26.09	30.48	34.95	39.60	44.42		50.15	/ 1
reaction time		interval		3.87	3.96	3.96	4.09		4.17	4.39	4.47	4.65	4.82	5.73		11.79 12.65 13.94
		velocity	7.45	9.04	8.84	8.84	8.56		8.39	7.97	7.83	7.53	7.26	6.98	7.98	8.91 8.30 7.53
H1 lead leg		strides		13	13	13	13		13	15	15	15	15		125	
Abe, Takatoshi (JPN) (1991)																
B FINAL - 2017 Shizuoka International Athletics Meeting (Fukuori, JPN)																
<i>Morioka (2018) - Analysis of the race patterns of the top 400m hurdles in Japan</i>																
date	03-May-17	time	6.04	9.78	13.58	17.45	21.42		25.56	30.01	34.81	39.66	44.56		50.15	/ 1
reaction time		interval		3.74	3.80	3.87	3.97		4.14	4.45	4.80	4.85	4.90	5.59		11.41 12.56 14.55
		velocity	7.45	9.36	9.21	9.04	8.82		8.45	7.87	7.29	7.22	7.14	7.16	7.98	9.20 8.36 7.22
H1 lead leg		strides		13	13	13	13		13	14	16	15	15		125	
Thomas, Eric (USA) (1973)																
Heat 4 - 2000 Olympic Games (Sydney, AUS)																
<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																
date	24-Sep-00	time	6.08	9.88	13.72	17.64	21.60		25.72	30.20	34.76	39.64	44.60		50.16	6 / 2
reaction time	0.170	interval		3.80	3.84	3.92	3.96		4.12	4.48	4.56	4.88	4.96	5.56		11.56 12.56 14.40
		velocity	7.40	9.21	9.11	8.93	8.84		8.50	7.81	7.68	7.17	7.06	7.19	7.97	9.08 8.36 7.29
H1 lead leg		strides	21	13	13	13	13		13	14	14	15	15	17.4	161.4	
Gaymon, Justin (USA) (1986)																
Heat 3 - 2007 USATF National Championships (Indianapolis, IN)																
<i>USATF Men's Hurdle Development (2007)</i>																
date	21-Jun-07	time	6.02	10.01	14.06	18.27	22.41		26.75	31.18	35.70	40.27	44.93		50.16	6 / 2
reaction time		interval		3.99	4.05	4.21	4.14		4.34	4.43	4.52	4.57	4.66	5.23		12.25 12.91 13.75
		velocity	7.48	8.77	8.64	8.31	8.45		8.06	7.90	7.74	7.66	7.51	7.65	7.97	8.57 8.13 7.64
H1 lead leg	R	strides	22	15	15	14	14		15	15	15	15	15		155	
McCoy, Reuben (USA) (1986)																
Heat 3 - 2007 USATF National Championships (Indianapolis, IN)																
<i>USATF Men's Hurdle Development (2007)</i>																
date	21-Jun-07	time	6.21	9.99	13.93	18.03	22.37		26.86	31.33	35.79	40.32	44.89		50.16	8 / 3
reaction time		interval		3.78	3.94	4.10	4.34		4.49	4.47	4.46	4.53	4.57	5.27		11.82 13.30 13.56
		velocity	7.25	9.26	8.88	8.54	8.06		7.80	7.83	7.85	7.73	7.66	7.59	7.97	8.88 7.89 7.74
H1 lead leg	R	strides	21	13	13	13	15		15	15	15	15	15		150	
Toyoda, Masaki (JPN) (1998)																
FINAL - 2015 Japanese National Junior Championships (Nagoya, JPN)																
<i>Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan</i>																
date	18-Oct-15	time	6.28	10.32	14.42	18.76	23.10		27.40	31.58	35.98	40.45	45.02		50.16	4 / 2
reaction time		interval		4.04	4.10	4.34	4.34		4.30	4.18	4.40	4.47	4.57	5.14	PB	12.48 12.82 13.44
		velocity	7.17	8.66	8.54	8.06	8.06		8.14	8.37	7.95	7.83	7.66	7.78	7.97	8.41 8.19 7.81
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131	
Mucheru, Bonface (KEN) (1992)																
FINAL - 2016 Shanghai Golden Grand Prix (Shanghai, CHN)																
<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																
date	14-May-16	time	6.04	9.96	14.04	18.12	22.36		26.64	31.00	35.40				50.16	9 / 9
reaction time	0.123	interval		3.92	4.08	4.08	4.24		4.28	4.36	4.40					12.08 12.88
		velocity	7.45	8.93	8.58	8.58	8.25		8.18	8.03	7.95			7.97		8.69 8.15
H1 lead leg	R	strides	22	15	15	15	15		15	15	15			127		
Sugai, Mitsuru (JPN) (1994)																
B FINAL - 2019 Kinami Memorial (Osaka, JPN)																
<i>Matsubayashi (2019) - research on athlete performance and technique- 2019 data book</i>																
date	06-May-19	time	6.09	9.91	13.90	17.85	21.94		26.23	30.50	35.07	39.72	44.54		50.16	3 / 1
reaction time		interval		3.82	3.99	3.95	4.09		4.29	4.27	4.57	4.65	4.82	5.62		11.76 12.65 14.04
		velocity	7.39	9.16	8.77	8.86	8.56		8.16	8.20	7.66	7.53	7.26	7.12	7.97	8.93 8.30 7.48
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	19	165	
Barr, Thomas (IRL) (1992)																
FINAL - 2019 Müller Grand Prix (Birmingham, GBR) (TV Analysis)																
<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																
date	18-Aug-19	time	6.08	9.96	13.84	17.80	21.88	23.7	26.12	30.68	35.28	39.92			50.16	8 / 5
reaction time	0.171	interval		3.88	3.88	3.96	4.08		4.24	4.56	4.60	4.64				11.72 12.88
		velocity	7.40	9.02	9.02	8.84	8.58	8.44	8.25	7.68	7.61	7.54		7.97		8.96 8.15
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15		129		

Kajiki, Ryo (JPN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN)		<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																
date	01-Jun-21	time	6.04	9.79	13.61	17.60	21.64	25.88	30.35	34.90	39.69	44.58		50.16	7 / 3			
reaction time	0.248	interval		3.75	3.82	3.99	4.04	4.24	4.47	4.55	4.79	4.89	5.58			11.56	12.75	14.23
		velocity	7.45	9.33	9.16	8.77	8.66	8.25	7.83	7.69	7.31	7.16	7.17	7.97		9.08	8.24	7.38
H1 lead leg	R	strides	20	13	13	13	13	13	14	14	15	15	18.5	161.5				
Ziegler, Rolf (FRG) (1951)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 1972 Olympic Games (Munich, FRG)		<i>Schmidt (1973) - vorolympisches training von john akii-bua über 400 hürden</i>																
date	01-Sep-72	time				21.6			30.4			44.5		50.17	7 / 3			
reaction time		interval							8.80			14.10	5.67					14.10
		velocity				8.56			7.95			7.45	7.05	7.97				7.45
H1 lead leg		strides																
Konno, Ryoma (JPN) (2004)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese U20 National Championships (Osaka, JPN)		<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																
date	11-Jun-22	time	6.21	10.24	14.36	18.59	22.76	27.03	31.35	35.72	40.14	44.73		50.17	9 / 1			
reaction time	0.177	interval		4.03	4.12	4.23	4.17	4.27	4.32	4.37	4.42	4.59	5.44			12.38	12.76	13.38
		velocity	7.25	8.68	8.50	8.27	8.39	8.20	8.10	8.01	7.92	7.63	7.35	7.97		8.48	8.23	7.85
H1 lead leg	R	strides	21	15	15	15	15	15	15	15	15	15	18.5	174.5				
Zazini, Sokwakhana (RSA) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Bislett Games (Oslo, NOR) (TV Analysis)		<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	16-Jun-22	time	5.92	9.76	13.56	17.48	21.56	23.37	25.96	30.44	34.96	39.76	44.56		50.17	8 / 7		
reaction time	0.184	interval		3.84	3.80	3.92	4.08	4.40	4.48	4.52	4.80	4.80	5.61			11.56	12.96	14.12
		velocity	7.60	9.11	9.21	8.93	8.58	8.56	7.95	7.81	7.74	7.29	7.29	7.13	7.97	9.08	8.10	7.44
H1 lead leg	L	strides	23	15	15	15	15	16	16	17	17	17	20	186				
Mann, Ralph (USA) (1949)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 1972 Olympic Games (Munich, FRG)		<i>Schmidt (1973) - vorolympisches training von john akii-bua über 400 hürden</i>																
date	01-Sep-72	time				21.8						44.6		50.18	5 / 2			
reaction time		interval										22.80	5.58					
		velocity				8.49						7.68	7.17	7.97				
H1 lead leg		strides																
Obayashi, Masayuki (JPN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2015 Japanese National Junior Championships (Nagoya, JPN)		<i>Yasunori (2015) - race pattern analysis of the top 400m hurdlers in Japan</i>																
date	18-Oct-15	time	6.10	9.94	14.08	18.28	22.62	26.89	31.26	35.76	40.30	44.94		50.18	6 / 3			
reaction time		interval		3.84	4.14	4.20	4.34	4.27	4.37	4.50	4.54	4.64	5.24			12.18	12.98	13.68
		velocity	7.38	9.11	8.45	8.33	8.06	8.20	8.01	7.78	7.71	7.54	7.63	7.97		8.62	8.09	7.68
H1 lead leg		strides		15	15	15	15	15	15	15	15	15	15	135				
Whyte, Annsert (JAM) (1987)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)		<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>																
date	13-May-17	time	5.76	9.36	13.16	17.00	20.92	25.08	29.56	34.24	39.08	44.16		50.18	3 / 7			
reaction time	0.154	interval		3.60	3.80	3.84	3.92	4.16	4.48	4.68	4.84	5.08	6.02			11.24	12.56	14.60
		velocity	7.81	9.72	9.21	9.11	8.93	8.41	7.81	7.48	7.23	6.89	6.64	7.97		9.34	8.36	7.19
H1 lead leg	L	strides	21	13	14	14	13	14	15	15	15	16	19.2	169.2				
Dobek, Patryk (POL) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2019 IAAF World Championships (Doha, QAT)		<i>Kakehata (2019) - race analysis of men's 400m hurdles 2019 World Championships</i>																
date	28-Sep-19	time	6.08	9.84	13.67	17.59	21.74	26.00	30.33	34.81	39.44	44.39		50.18	8 / 7			
reaction time	0.174	interval		3.76	3.83	3.92	4.15	4.26	4.33	4.48	4.63	4.95	5.79			11.51	12.74	14.06
		velocity	7.40	9.31	9.14	8.93	8.43	8.22	8.08	7.81	7.56	7.07	6.91	7.97		9.12	8.24	7.47
H1 lead leg	L	strides	20	13	13	13	13	13	13	14	14	17	17.7	160.7				
Mägi, Rasmus (EST) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Golden Spike (Ostrava, CZE) (TV Analysis)		<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>																
date	08-Sep-20	time	6.04	9.88		17.52	21.49		30.03	34.87	39.64	44.51		50.18	5 / 3			
reaction time	0.177	interval		3.84		7.64	3.97		8.54	4.84	4.77	4.87	5.67			11.48	12.51	14.48
		velocity	7.45	9.11		9.16	8.82		8.20	7.23	7.34	7.19	7.05	7.97		9.15	8.39	7.25
H1 lead leg	L	strides	21	13		13						15	15	77				
Oda, Masaya (JPN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN)		<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																
date	20-Sep-20	time	6.12	9.94	13.78	17.81	21.94	26.31	30.71	35.24	39.86	44.63		50.18	5 / 2			
reaction time	0.222	interval		3.82	3.84	4.03	4.13	4.37	4.40	4.53	4.62	4.77	5.55			11.69	12.90	13.92
		velocity	7.35	9.16	9.11	8.68	8.47	8.01	7.95	7.73	7.58	7.34	7.21	7.97		8.98	8.14	7.54
H1 lead leg		strides		14	14	14	14	15	15	15	15	15	15	131				
Clement, Kerron (USA) (1985)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Doha Diamond League (Doha, QAT) (TV Analysis)		<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>																
date	04-May-18	time	6.16	10.00	13.88	17.88	22.08	26.40	30.76	35.24	39.96	44.76		50.19	6 / 6			
reaction time	0.276	interval		3.84	3.88	4.00	4.20	4.32	4.36	4.48	4.72	4.80	5.43			11.72	12.88	14.00
		velocity	7.31	9.11	9.02	8.75	8.33	8.10	8.03	7.81	7.42	7.29	7.37	7.97		8.96	8.15	7.50
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	14	14	14	139				

Suguimati, Mahau (BRA) (1984)																
D FINAL - 2019 Shizuoka International Athletics Meeting (Fukuoi, JPN)																
<i>Kobayashi (2019) - research on athlete performance and technique- 2019 data book</i>																
date	03-May-19	time	6.09	9.86	13.68	17.58	21.60		25.83	30.20	34.72	39.57	44.63		50.19	5 / 1
reaction time		interval		3.77	3.82	3.90	4.02		4.23	4.37	4.52	4.85	5.06	5.56		11.49 12.62 14.43
		velocity	7.39	9.28	9.16	8.97	8.71		8.27	8.01	7.74	7.22	6.92	7.19	7.97	9.14 8.32 7.28
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	15	15	17.2	158.2	
Naadokila, Moitalei Mpoke (KEN) (20)																
Heat 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	16-Jul-22	time	6.03	10.00	14.03	18.10	22.16	24.03	26.50	30.90	35.46	40.20	44.83		50.19	8 / 4
reaction time	0.177	interval		3.97	4.03	4.07	4.06		4.34	4.40	4.56	4.74	4.63	5.36		12.07 12.80 13.93
		velocity	7.46	8.82	8.68	8.60	8.62	8.32	8.06	7.95	7.68	7.38	7.56	7.46	7.97	8.70 8.20 7.54
H1 lead leg	L	strides	21	14	14	14	14		14	14	14	14	14	17	164	
Abuaku, Joshua (GER) (1996)																
Semi-Final 1 - 2024 Olympic Games (Paris, FRA)																
<i>Paris 2024 Olympic Games - Results Book (2024)</i>																
date	07-Aug-24	time	5.83	9.54	13.34	17.17	21.16		25.35	29.76	34.39	39.23	44.22		50.19	3 / 8
reaction time	0.186	interval		3.71	3.80	3.83	3.99		4.19	4.41	4.63	4.84	4.99	5.97		11.34 12.59 14.46
		velocity	7.72	9.43	9.21	9.14	8.77		8.35	7.94	7.56	7.23	7.01	6.70	7.97	9.26 8.34 7.26
H1 lead leg	L	strides	20			13	13		13	14	14	15	15		117	
Happio, Wilfried (FRA) (1998)																
FINAL - 2024 Memorial van damme (Brussels, BEL)																
<i>Omega Timing (2024) - diamond league race analysis</i>																
date	14-Sep-24	time	5.80	9.50	13.34	17.15	21.18		25.34	29.74	34.42	39.39	44.39		50.19	2 / 8
reaction time	0.151	interval		3.70	3.84	3.81	4.03		4.16	4.40	4.68	4.97	5.00	5.80		11.35 12.59 14.65
		velocity	7.76	9.46	9.11	9.19	8.68		8.41	7.95	7.48	7.04	7.00	6.90	7.97	9.25 8.34 7.17
H1 lead leg	L	strides	20	13	13	13	13		13	13	14	14	15	18	159	
Iakovákis, Periklís (GRE) (1979)																
Heat 4 - 2000 Olympic Games (Sydney, AUS)																
<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																
date	24-Sep-00	time	6.00	9.84	13.76	17.72	21.72		25.72	30.12	34.72	39.68	44.72		50.20	1 / 3
reaction time	0.165	interval		3.84	3.92	3.96	4.00		4.00	4.40	4.60	4.96	5.04	5.48		11.72 12.40 14.60
		velocity	7.50	9.11	8.93	8.84	8.75		8.75	7.95	7.61	7.06	6.94	7.30	7.97	8.96 8.47 7.19
H1 lead leg		strides	22	14	14	14	14		14	14	15	16	16	18.6	171.6	
Kurokawa, Kazuki (JPN) (2001)																
FINAL - 2021 Shizuoka International Athletics Meeting (Fukuoi, JPN)																
<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																
date	03-May-21	time	5.96	9.61	13.43	17.38	21.54		25.94	30.28	34.80	39.46	44.36		50.20	6 / 1
reaction time	0.185	interval		3.65	3.82	3.95	4.16		4.40	4.34	4.52	4.66	4.90	5.84		11.42 12.90 14.08
		velocity	7.55	9.59	9.16	8.86	8.41		7.95	8.06	7.74	7.51	7.14	6.85	7.97	9.19 8.14 7.46
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	20	166	
Donda, Kairi (JPN) (2006)																
FINAL - 2024 Japanese National U20 Championships (Niigata, JPN)																
<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season</i>																
date	28-Jun-24	time	6.24	10.24	14.21	18.35	22.56		26.84	31.23	35.64	40.31	45.01		50.20	8 / 2
reaction time	0.245	interval		4.00	3.97	4.14	4.21		4.28	4.39	4.41	4.67	4.70	5.19	PB	12.11 12.88 13.78
		velocity	7.21	8.75	8.82	8.45	8.31		8.18	7.97	7.94	7.49	7.45	7.71	7.97	8.67 8.15 7.62
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	18.5	170.5	
Jonot, Franck (FRA) (1961)																
FINAL - 1986 French National Championships (Aix les Bains, FRA)																
<i>Veney - split times from PJ</i>																
date	10-Aug-86	time	6.05	10.02	13.86	17.80	21.94		26.03	30.53	34.95	39.57	44.39		50.21	/ 2
reaction time		interval		3.97	3.84	3.94	4.14		4.09	4.50	4.42	4.62	4.82	5.82		11.75 12.73 13.86
		velocity	7.44	8.82	9.11	8.88	8.45		8.56	7.78	7.92	7.58	7.26	6.87	7.97	8.94 8.25 7.58
H1 lead leg		strides														
van Zyl, L.J. (RSA) (1985)																
FINAL - 2016 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)																
<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																
date	16-Jun-16	time	5.93	9.77		17.63	21.77		26.07	30.33	34.70	39.37	44.23		50.21	3 / 4
reaction time	0.159	interval		3.84		7.86	4.14		4.30	4.26	4.37	4.67	4.86	5.98		11.70 12.70 13.90
		velocity	7.59	9.11		8.91	8.45		8.14	8.22	8.01	7.49	7.20	6.69	7.97	8.97 8.27 7.55
H1 lead leg	L	strides	22	14			14		14	15	15	15	15	20	144	
Bengtström, Carl (SWE) (2000)																
FINAL - 2020 Bauhaus Galan (Stockholm, SWE) (TV Analysis)																
<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>																
date	23-Aug-20	time	5.82		13.90	17.96	22.18	24.0	26.50	30.92	35.50	40.20	44.94		50.21	6 / 7
reaction time	0.187	interval			8.08	4.06	4.22		4.32	4.42	4.58	4.70	4.74	5.27		12.14 12.96 14.02
		velocity	7.73		8.66	8.62	8.29	8.33	8.10	7.92	7.64	7.45	7.38	7.59	7.97	8.65 8.10 7.49
H1 lead leg	L	strides	21	14		14	14		15		15	15	15		123	
Angela, Ramsey (NED) (1999)																
FINAL - 2022 Bislett Games (Oslo, NOR) (TV Analysis)																
<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>																
date	16-Jun-22	time	5.92	9.68	13.52	17.52	21.84	23.62	26.18	30.58	34.78	39.68	44.52		50.21	2 / 8
reaction time	0.184	interval		3.76	3.84	4.00	4.32		4.34	4.40	4.20	4.90	4.84	5.69		11.60 13.06 13.94
		velocity	7.60	9.31	9.11	8.75	8.10	8.47	8.06	7.95	8.33	7.14	7.23	7.03	7.97	9.05 8.04 7.53
H1 lead leg	R	strides	22	14	14	14	16		15		15	15	15	18.5	158.5	

Ogawa, Daiki (JPN) (2003)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2024 Olympic Games (Paris, FRA)																			
date	05-Aug-24	time	6.11	9.99	13.86	17.87	22.00		26.27	30.64	35.24	39.97	44.83		50.21	8 / 6			
reaction time	0.174	interval		3.88	3.87	4.01	4.13		4.27	4.37	4.60	4.73	4.86	5.38			11.76	12.77	14.19
		velocity	7.36	9.02	9.04	8.73	8.47		8.20	8.01	7.61	7.40	7.20	7.43	7.97		8.93	8.22	7.40
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15		150				
Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season																			
Wheeler, Quentin (USA) (1955)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 1976 Olympic Games (Montreal, CAN)																			
date	24-Jul-76	time	6.1	10.0	14.1	18.1	22.4		26.6	31.1	35.5	40.1	44.6		50.22	8 / 4			
reaction time		interval		3.87	4.15	4.01	4.29		4.24	4.41	4.41	4.60	4.54	5.62			12.03	12.94	13.55
		velocity	7.40	9.04	8.43	8.73	8.16		8.25	7.94	7.94	7.61	7.71	7.12	7.96		8.73	8.11	7.75
H1 lead leg		strides																	
Behm (1995) - la tactique du 400 haies																			
Peresta, Andrew (USA) (1985)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2007 USATF National Championships (Indianapolis, IN)																			
date	21-Jun-07	time	5.97	9.91	13.93	18.00	22.21		26.53	30.96	35.39	40.12	44.94		50.22	2 / 4			
reaction time		interval		3.94	4.02	4.07	4.21		4.32	4.43	4.43	4.73	4.82	5.28			12.03	12.96	13.98
		velocity	7.54	8.88	8.71	8.60	8.31		8.10	7.90	7.90	7.40	7.26	7.58	7.96		8.73	8.10	7.51
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	15		158				
USATF Men's Hurdle Development (2007)																			
Green, Jack (GBR) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Doha Diamond League (Doha, QAT) (TV Analysis)																			
date	04-May-18	time	6.12	10.00	13.92	18.04	22.32		26.64	31.12	35.56	40.20	44.96		50.22	8 / 7			
reaction time	0.230	interval		3.88	3.92	4.12	4.28		4.32	4.48	4.44	4.64	4.76	5.26			11.92	13.08	13.84
		velocity	7.35	9.02	8.93	8.50	8.18		8.10	7.81	7.88	7.54	7.35	7.60	7.96		8.81	8.03	7.59
H1 lead leg	R	strides	22	14	13	14	14		14	14	15	15	15		150				
Henson (2020) - Athlete First: 2018 year end hurdle report																			
Obayashi, Masayuki (JPN) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 World Athletics Trials (Fuji, JPN)																			
date	06-Sep-20	time	5.96	9.86	13.85	18.00	22.12		26.36	30.63	35.02	39.62	44.53		50.22	1 / 2			
reaction time		interval		3.90	3.99	4.15	4.12		4.24	4.27	4.39	4.60	4.91	5.69			12.04	12.63	13.90
		velocity	7.55	8.97	8.77	8.43	8.50		8.25	8.20	7.97	7.61	7.13	7.03	7.96		8.72	8.31	7.55
H1 lead leg		strides		14	14	14	15		15	15	15	15	15		132				
Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season																			
Zazini, Sokwakhana (RSA) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																			
date	17-Jul-22	time	5.87	9.66	13.56	17.30	21.26	23.04		29.90	34.57	39.50	44.37		50.22	2 / 7			
reaction time	0.153	interval		3.79	3.90	3.74	3.96			8.64	4.67	4.93	4.87	5.85			11.43	12.60	14.47
		velocity	7.67	9.23	8.97	9.36	8.84	8.68		8.10	7.49	7.10	7.19	6.84	7.96		9.19	8.33	7.26
H1 lead leg	L	strides	23	15	15	15	15			16	17	17	17	20.2	153.2				
Henson (2022) - Athlete First: 2022 year end hurdle report																			
Morgan, Dinsdale (JAM) (1972)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2000 Olympic Games (Sydney, AUS)																			
date	25-Sep-00	time	5.86	9.54	13.34	17.30	21.42	23.02	25.70	30.02	34.70	39.46	44.42		50.23	2 / 7			
reaction time	0.166	interval		3.68	3.80	3.96	4.12		4.28	4.32	4.68	4.76	4.96	5.81			11.44	12.72	14.40
		velocity	7.68	9.51	9.21	8.84	8.50	8.69	8.18	8.10	7.48	7.35	7.06	6.88	7.96		9.18	8.25	7.29
H1 lead leg		strides	22	14	14	14	14		14	15	15	15	16	19	172				
Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games																			
Shao Yi (CHN) (1979)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2003 ??? (Shanghai, CHN)																			
date	13-Jun-03	time	6.12	9.88	13.72	17.76	21.84		26.08	30.51	35.08	39.70	44.64		50.23	1 / 1			
reaction time		interval		3.76	3.84	4.04	4.08		4.24	4.43	4.57	4.62	4.94	5.59	PB		11.64	12.75	14.13
		velocity	7.35	9.31	9.11	8.66	8.58		8.25	7.90	7.66	7.58	7.09	7.16	7.96		9.02	8.24	7.43
H1 lead leg		strides		13	13	14	14		14	14	15	15	15		127				
Zhou (2003) - training of Shao Yi, national champion of men's 400m hurdles																			
Valliant, Ludvy (FRA) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Prefontaine Classic (Stanford, CA) (TV Analysis)																			
date	30-Jun-19	time	5.90	9.66	13.50	17.43	21.53		25.76	30.26	34.86	39.63	44.46		50.23	2 / 8			
reaction time	0.218	interval		3.76	3.84	3.93	4.10		4.23	4.50	4.60	4.77	4.83	5.77			11.53	12.83	14.20
		velocity	7.63	9.31	9.11	8.91	8.54		8.27	7.78	7.61	7.34	7.25	6.93	7.96		9.11	8.18	7.39
H1 lead leg	R	strides	21	13		13	13		13	14	14		14	115					
Henson (2020) - Athlete First: 2019 year end hurdle report																			
Yamauchi, Hiromu (JPN) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN)																			
date	03-May-21	time	6.17	10.09	14.21	18.34	22.54		26.79	31.13	35.59	40.15	44.81		50.23	3 / 2			
reaction time	0.224	interval		3.92	4.12	4.13	4.20		4.25	4.34	4.46	4.56	4.66	5.42			12.17	12.79	13.68
		velocity	7.29	8.93	8.50	8.47	8.33		8.24	8.06	7.85	7.68	7.51	7.38	7.96		8.63	8.21	7.68
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	19.2	169.2				
Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																			
Hyde, Jaheel (JAM) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Doha Diamond League (Doha, QAT) (TV Analysis)																			
date	13-May-22	time	5.87	9.67	13.71	17.81	22.05	24.2	26.52	30.96	35.40	39.90		50.23	8 / 5				
reaction time	0.167	interval		3.80	4.04	4.10	4.24		4.47	4.44	4.44	4.50					11.94	13.15	
		velocity	7.67	9.21	8.66	8.54	8.25	8.26	7.83	7.88	7.88	7.78		7.96			8.79	7.98	
H1 lead leg	L	strides	22	14	14	14	14		15	14	14	14		135					
Henson (2022) - Athlete First: 2022 year end hurdle report																			

Nezir, Ismail (TUR) (2003)																
	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7 H7-H10
Semi-Final 2 - 2023 European Athletics U23 Championships (Espoo, FIN)										<i>European Athletics (2023) - european athletics U23 championships results book</i>						
date	15-Jul-23	time	6.22	10.21	14.17	18.24	22.37		26.60		35.99	40.04	44.66	50.23	5 / 1	
reaction time	0.223	interval		3.99	3.96	4.07	4.13		4.23		9.39	4.05	4.62	5.57		12.02
		velocity	7.23	8.77	8.84	8.60	8.47		8.27		7.45	8.64	7.58	7.18		8.74
H1 lead leg		strides												0		
Davis, Glenn (USA) (1934)																
	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7 H7-H10
FINAL - 1956 Olympic Games (Melbourne, AUS)										<i>Quercentani (2000). Athletics: A history of modern track and field athletics (1860-2000)</i>						
date	24-Nov-56	time			22.7								50.1	4 / 1		
reaction time		interval											=OR			
		velocity			8.15								7.98	(50.29)		
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	19	176			
Morale, Salvatore (ITA) (1938)																
	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7 H7-H10
FINAL - 1964 Olympic Games (Tokyo, JPN)										<i>Breitschaft (1965) - die leichtathletik wettkämpfe der 1964 olympischen sommerspielen - 400m hürdenlauf</i>						
date	16-Oct-64	time	5.8		13.8		22.0		30.8		40.0		50.1	8 / 3		
reaction time		interval			8.0		8.2		8.8		9.2		10.1			
		velocity	7.76		8.75		8.54		7.95		7.61		7.43	7.98		
H1 lead leg		strides														
Skomorokhov, Vyacheslav (URS) (1967) (Altitude)																
	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7 H7-H10
Heat ?? - 1967 (Leninakan, URS) (Altitude)										<i>Jonath (1969) - wie gerhard hennige trainiert</i>						
date	02-Oct-67	time	5.8	10.0	13.9	18.1	22.2		26.6	31.1	35.6	40.1	44.7	50.1	/ 1	
reaction time		interval		4.2	3.9	4.2	4.1		4.4	4.5	4.5	4.5	4.6	5.4		12.3 13.0 13.6
		velocity	7.76	8.33	8.97	8.33	8.54		7.95	7.78	7.78	7.78	7.61	7.41	7.98	8.54 8.08 7.72
H1 lead leg		strides														
Frinolli, Roberto (ITA) (1940)																
	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7 H7-H10
FINAL - 1968 Olympic Games (Mexico City, MEX) (Altitude)										<i>Dessons (1982) - traite d'athletisme - volume 1: les courses</i>						
date	15-Oct-68	time	5.8	9.7	13.6	17.5	21.5	23.4	25.6	29.9	34.3	38.9	43.9	50.1	4 / 8	
reaction time		interval		3.90	3.90	3.90	4.00		4.10	4.30	4.40	4.60	5.00	6.20	(50.13)	11.70 12.40 14.00
		velocity	7.76	8.97	8.97	8.97	8.75	8.55	8.54	8.14	7.95	7.61	7.00	6.45	7.98	8.97 8.47 7.50
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	15	157		
Königsmark, Varg (GER) (1992)																
	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7 H7-H10
FINAL - 2011 German National Junior Championships (Bremen, GER)										<i>Beck (2011) - 400-meter-hürdensprinter im aufschwung</i>						
date	26-Jun-11	time	6.22	10.12	14.14	18.21	22.40		26.84	31.38	35.98	40.54	45.18	50.24	/ 1	
reaction time		interval		3.90	4.02	4.07	4.19		4.44	4.54	4.60	4.56	4.64	5.06		11.99 13.17 13.80
		velocity	7.23	8.97	8.71	8.60	8.35		7.88	7.71	7.61	7.68	7.54	7.91	7.96	8.76 7.97 7.61
H1 lead leg		strides	20	13	13	13	13		14	14	14	14	14	142		
Bonvin, Julien (SUI) (1999)																
	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7 H7-H10
FINAL - 2022 European Athletics Championships (Munich, GER)										<i>European Athletics (2022) - european athletics championships race analysis</i>						
date	19-Aug-22	time	5.59	9.21	13.00	16.89	20.93	22.74	25.08	29.80	34.46	39.33	44.41	50.24	1 / 7	
reaction time	0.216	interval		3.62	3.79	3.89	4.04		4.15	4.72	4.66	4.87	5.08	5.83		11.30 12.91 14.61
		velocity	8.05	9.67	9.23	9.00	8.66	8.80	8.43	7.42	7.51	7.19	6.89	6.86	7.96	9.29 8.13 7.19
H1 lead leg	L	strides	21	13		13		14	14	15	15	15	15	18	138	
Zorin, Yury (URS) (1947)																
	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7 H7-H10
FINAL - 1972 Olympic Games (Munich, FRG)										<i>Letzelter (1973) - schrittgestaltung und geschwindigkeitsverlauf beim 400-m-hürdenlauf der olympischen spiele 1972</i>						
date	03-Sep-72	time	6.0	9.8	13.5	17.4	21.4		25.6	30.0	34.6	39.4	44.4	50.25	3 / 8	
reaction time		interval		3.75	3.75	3.90	4.00		4.20	4.40	4.60	4.80	4.95	5.90		11.40 12.60 14.35
		velocity	7.50	9.33	9.33	8.97	8.75		8.33	7.95	7.61	7.29	7.07	6.78	7.96	9.21 8.33 7.32
H1 lead leg	L	strides	20	13	13	13	13		13	13	15	15	15	143		
Li Zhilong (CHN) (1988)																
	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7 H7-H10
FINAL - 2012 Chinese National Championships (Kunshan, CHN)										<i>Li (2014) - research on training characteristics of Li Zhilong's of Chinese men's 400m hurdles</i>						
date	23-Sep-12	time	6.04	9.88	13.84	17.88	22.00		26.28	30.72	35.24	39.92	44.76	50.25	/ 1	
reaction time		interval		3.84	3.96	4.04	4.12		4.28	4.44	4.52	4.68	4.84	5.49		11.84 12.84 14.04
		velocity	7.45	9.11	8.84	8.66	8.50		8.18	7.88	7.74	7.48	7.23	7.29	7.96	8.87 8.18 7.48
H1 lead leg		strides														
Mägi, Rasmus (EST) (1992)																
	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7 H7-H10
FINAL - 2019 Prefontaine Classic (Stanford, CA) (TV Analysis)										<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>						
date	30-Jun-19	time	6.06	9.93	13.96	18.03	22.16		26.43	31.00	35.50	40.13	44.80	50.25	4 / 9	
reaction time	0.208	interval		3.87	4.03	4.07	4.13		4.27	4.57	4.50	4.63	4.67	5.45		11.97 12.97 13.80
		velocity	7.43	9.04	8.68	8.60	8.47		8.20	7.66	7.78	7.56	7.49	7.34	7.96	8.77 8.10 7.61
H1 lead leg	L	strides	21	13	13	13	13		13	14	14		14	128		
Onodera, Shota (JPN) (1999)																
	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7 H7-H10
FINAL - 2022 Seiko Golden Grand Prix (Tokyo, JPN)										<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>						
date	08-May-22	time	6.39	10.44	14.55	18.64	22.81		26.99	31.31	35.77	40.24	44.88	50.25	1 / 7	
reaction time	0.243	interval		4.05	4.11	4.09	4.17		4.18	4.32	4.46	4.47	4.64	5.37	PB	12.25 12.67 13.57
		velocity	7.04	8.64	8.52	8.56	8.39		8.37	8.10	7.85	7.83	7.54	7.45	7.96	8.57 8.29 7.74
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	15	15	20	177	

Derby, Brian (USA) (1981)				H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 1 - 2007 USATF National Championships (Indianapolis, IN)																		USATF Men's Hurdle Development (2007)			
date	21-Jun-07	time	6.09	10.03	13.98	18.03	22.17		26.61	31.09	35.67	40.27	44.91			50.26	5 / 3				
reaction time		interval		3.94	3.95	4.05	4.14		4.44	4.48	4.58	4.60	4.64	5.35				11.94	13.06	13.82	
		velocity	7.39	8.88	8.86	8.64	8.45		7.88	7.81	7.64	7.61	7.54	7.48	7.96			8.79	8.04	7.60	
H1 lead leg	L	strides	21	14	13	13	13		14	14	14	14	14	144							
Nozawa, Keisuke (JPN) (1991)				H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN)																		Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season			
date	24-Oct-20	time	5.99	9.69	13.43	17.22	21.19		25.28	29.46	33.93	38.74	43.89			50.26	6 / 3				
reaction time		interval		3.70	3.74	3.79	3.97		4.09	4.18	4.47	4.81	5.15	6.37				11.23	12.24	14.43	
		velocity	7.51	9.46	9.36	9.23	8.82		8.56	8.37	7.83	7.28	6.80	6.28	7.96			9.35	8.58	7.28	
H1 lead leg	L	strides	21	13	13	13	14		14	14	14	15	16	20	167						
Burrell, Sean (USA) (2002)				H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 3 - 2024 USA Olympic Trials (Eugene, OR)																		USATF and Karmarush (2024) - USA Olympic trials results and race analysis			
date	28-Jun-24	time	5.97	9.81	13.78	17.84	21.87	23.77	26.11	30.55	35.16	39.80	44.44			50.26	4 / 6				
reaction time		interval		3.84	3.97	4.06	4.03		4.24	4.44	4.61	4.64	4.64	5.82				11.87	12.71	13.89	
		velocity	7.54	9.11	8.82	8.62	8.68	8.41	8.25	7.88	7.59	7.54	7.54	6.87	7.96			8.85	8.26	7.56	
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	15	15	18	171						
Kucej, Jožef (TCH) (1965)				H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1991 European Cup (Frankfurt, GER)																		Federle (2003) - http://www.fgs.uni-halle.de			
date	29-Jun-91	time	6.09	9.93	13.82	17.82	21.96		26.24	30.55	35.04	39.75	44.63			50.27	/ 5				
reaction time		interval		3.84	3.89	4.00	4.14		4.28	4.31	4.49	4.71	4.88	5.64				11.73	12.73	14.08	
		velocity	7.39	9.11	9.00	8.75	8.45		8.18	8.12	7.80	7.43	7.17	7.09	7.96			8.95	8.25	7.46	
H1 lead leg		strides																			
Frinolli, Giorgio (ITA) (1970)				H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 8 - 2000 Olympic Games (Sydney, AUS)																		Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games			
date	24-Sep-00	time	6.06	9.82	13.78	17.70	21.78		25.94	30.26	34.86	39.78	44.66			50.27	6 / 2				
reaction time	0.179	interval		3.76	3.96	3.92	4.08		4.16	4.32	4.60	4.92	4.88	5.61				11.64	12.56	14.40	
		velocity	7.43	9.31	8.84	8.93	8.58		8.41	8.10	7.61	7.11	7.17	7.13	7.96			9.02	8.36	7.29	
H1 lead leg		strides	21	14	14	14	14		14	14	15	16	16	19.2	171.2						
Takada, Kazunari (JPN) (1997)				H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)																		Enomoto (2015) - 68th high school championships: JAF scientific committee - biomechanics data			
date	31-Jul-15	time	6.12	10.03	14.08	18.13	22.34		26.66	31.10	35.69	40.27	44.91			50.27	6 / 1				
reaction time		interval		3.91	4.05	4.05	4.21		4.32	4.44	4.59	4.58	4.64	5.36	PB			12.01	12.97	13.81	
		velocity	7.35	8.95	8.64	8.64	8.31		8.10	7.88	7.63	7.64	7.54	7.46	7.96			8.74	8.10	7.60	
H1 lead leg		strides		14	14	14	15		14	15	15	15	15	15	131						
Dobek, Patryk (POL) (1994)				H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2016 Bislett Games (Oslo, NOR) (TV Analysis)																		Henson (2021) - Athlete First: 2016 year end hurdle report			
date	09-Jun-16	time	6.00	9.80	13.64	17.56	21.76		26.00	30.48	35.00	39.68	44.52			50.27	3 / 7				
reaction time	0.174	interval		3.80	3.84	3.92	4.20		4.24	4.48	4.52	4.68	4.84	5.75				11.56	12.92	14.04	
		velocity	7.50	9.21	9.11	8.93	8.33		8.25	7.81	7.74	7.48	7.23	6.96	7.96			9.08	8.13	7.48	
H1 lead leg	L	strides	20	13		13	13		13	14	14	14	14	17.2	145.2						
Sugai, Mitsuru (JPN) (1994)				H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Japanese National Championships (Fukuoka, JPN)																		Yamanaka (2019) - research on athlete performance and technique- 2019 data book			
date	29-Aug-19	time	6.06	9.76	13.66	17.58	20.60		25.86	30.23	34.80	39.46	44.43			50.27	5 / 7				
reaction time	0.168	interval		3.70	3.90	3.92	3.02		5.26	4.37	4.57	4.66	4.97	5.84				11.52	12.65	14.20	
		velocity	7.43	9.46	8.97	8.93	11.59		6.65	8.01	7.66	7.51	7.04	6.85	7.96			9.11	8.30	7.39	
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	15	146						
Omura, Haruki (JPN) (2002)				H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 Japanese U20 National Championships (Osaka, JPN)																		Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season			
date	26-Jun-21	time	6.29	10.18	14.15	18.18	22.39		26.68	31.08	35.62	40.24	44.93			50.27	5 / 1				
reaction time	0.214	interval		3.89	3.97	4.03	4.21		4.29	4.40	4.54	4.62	4.69	5.34	PB			11.89	12.90	13.85	
		velocity	7.15	9.00	8.82	8.68	8.31		8.16	7.95	7.71	7.58	7.46	7.49	7.96			8.83	8.14	7.58	
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15	19	165						
Lambrugh, Mario (ITA) (1992)				H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 3 - 2022 European Athletics Championships (Munich, GER)																		European Athletics (2022) - european athletics championships race analysis			
date	17-Aug-22	time	5.93	9.72	13.63	17.53	21.63	23.52	25.87	30.29	34.89	39.65	44.42			50.27	8 / 1				
reaction time	0.144	interval		3.79	3.91	3.90	4.10		4.24	4.42	4.60	4.76	4.77	5.85				11.60	12.76	14.13	
		velocity	7.59	9.23	8.95	8.97	8.54	8.50	8.25	7.92	7.61	7.35	7.34	6.84	7.96			9.05	8.23	7.43	
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	18	168						
Iakovákis, Periklís (GRE) (1979)				H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2001 European Championships (Bremen, GER)																		Graubner (2007) - http://www.fgs.uni-halle.de			
date	23-Jun-01	time	6.30	10.18	14.02	18.02	21.96		26.08	30.56	35.26	40.08	44.86			50.28	/ 6				
reaction time		interval		3.88	3.84	4.00	3.94		4.12	4.48	4.70	4.82	4.78	5.42				11.72	12.54	14.30	
		velocity	7.14	9.02	9.11	8.75	8.88		8.50	7.81	7.45	7.26	7.32	7.38	7.96			8.96	8.37	7.34	
H1 lead leg		strides																			

Jackson, Bershawn (USA) (1983)																
FINAL	- 2017 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)															
date	18-Jun-17	time	5.72	9.52	17.68	21.80	25.92	30.12	34.64	39.36	44.08	Run-In	Official Time	Lane / Place	H1-H4	H4-H7 H7-H10
reaction time	0.135	interval		3.80	8.16	4.12	4.12	4.20	4.52	4.72	4.72	6.20	50.28	4 / 6	11.96	12.44 13.96
		velocity	7.87	9.21	8.58	8.50	8.50	8.33	7.74	7.42	7.42	6.45	7.96		8.78	8.44 7.52
H1 lead leg	L	strides	22	15	15	15	15	15	16	15	15	113				
Barr, Thomas (IRL) (1992)																
FINAL	- 2019 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)															
date	30-May-19	time	6.06	9.85	13.96	18.00	22.00	23.7	26.36	30.76	35.33	40.26	44.93	50.28	5 / 3	
reaction time	0.196	interval		3.79	4.11	4.04	4.00	4.36	4.40	4.57	4.93	4.67	5.35		11.94	12.76 14.17
		velocity	7.43	9.23	8.52	8.66	8.75	8.03	7.95	7.66	7.10	7.49	7.48	7.96	8.79	8.23 7.41
H1 lead leg	L	strides	21	13	13	13	13	14	14	14	16	15	18	164		
Kendziera, Dave (USA) (1994)																
FINAL	- 2020 ISTAF (Berlin, GER) (TV Analysis)															
date	13-Sep-20	time	5.88		13.56	17.40	25.60	29.96	34.52	39.32	44.36	Run-In	Official Time	Lane / Place	H1-H4	H4-H7 H7-H10
reaction time	0.198	interval			7.68	3.84	8.20	4.36	4.56	4.80	5.04	5.92	50.28	4 / 3	11.52	12.56 14.40
		velocity	7.65		9.11	9.11	8.54	8.03	7.68	7.29	6.94	6.76	7.96		9.11	8.36 7.29
H1 lead leg	L	strides	21		13				14	15	15	78				
Edlund, Oskar (SWE) (2002)																
Semi-Final 2	- 2023 European Athletics U23 Championships (Espoo, FIN)															
date	15-Jul-23	time	6.03	9.76	13.61	17.46	21.49	25.77	35.47	39.99	44.64	Run-In	Official Time	Lane / Place	H1-H4	H4-H7 H7-H10
reaction time	0.224	interval		3.73	3.85	3.85	4.03	4.28	9.70	4.52	4.65	5.64	50.28	6 / 2	11.43	
		velocity	7.46	9.38	9.09	9.09	8.68	8.18	7.22	7.74	7.53	7.09	7.96		9.19	
H1 lead leg		strides										0				
Smith, James (USA) (2000)																
Heat 1	- 2024 USA Olympic Trials (Eugene, OR)															
date	27-Jun-24	time	6.10	9.96	13.87	17.86	21.91	23.79	26.10	30.53	35.08	39.73	44.39	50.28	6 / 2	
reaction time		interval		3.86	3.91	3.99	4.05	4.19	4.43	4.55	4.65	4.66	5.89		11.76	12.67 13.86
		velocity	7.38	9.07	8.95	8.77	8.64	8.41	8.35	7.90	7.69	7.53	7.51	7.96	8.93	8.29 7.58
H1 lead leg	L	strides	21	13	13	13	13	14	14	15	15	15	18	164		
Smidt, Nick (NED) (1997)																
Semi-Final 1	- 2022 European Athletics Championships (Munich, GER)															
date	18-Aug-22	time	5.91	9.76	13.64	17.61	21.77	23.57	25.95	30.25	34.80	39.42	44.21	50.29	6 / 6	
reaction time	0.177	interval		3.85	3.88	3.97	4.16	4.18	4.30	4.55	4.62	4.79	6.08		11.70	12.64 13.96
		velocity	7.61	9.09	9.02	8.82	8.41	8.49	8.37	8.14	7.69	7.58	7.31	7.95	8.97	8.31 7.52
H1 lead leg	L	strides	20	13	13	13	13	14	14	14	14	15	18	161		
Bassitt, Trevor (USA) (1998)																
Heat 4	- 2024 USA Olympic Trials (Eugene, OR)															
date	27-Jun-24	time	5.96	9.67	13.62	17.60	21.61	23.38	25.72	30.11	34.72	39.63	44.49	50.29	7 / 1	
reaction time		interval		3.71	3.95	3.98	4.01	4.11	4.39	4.61	4.91	4.86	5.80		11.64	12.51 14.38
		velocity	7.55	9.43	8.86	8.79	8.73	8.55	8.52	7.97	7.59	7.13	7.20	7.95	9.02	8.39 7.30
H1 lead leg	R	strides	20	13	13	13	13	13	13	13	14	14	14	16.2	156.2	
Mbaye, Amadou (SEN) (1964)																
FINAL	- 1996 French National Championships (Evry, FRA)															
date	23-Jun-96	time	6.1	9.9	13.9	18.0	22.0	26.2	30.5	35.0	39.6	44.5	50.30	/ 2		
reaction time		interval		3.8	4.0	4.1	4.0	4.2	4.3	4.5	4.6	4.9	5.80		11.90	12.50 14.00
		velocity	7.38	9.21	8.75	8.54	8.75	8.33	8.14	7.78	7.61	7.14	6.90	7.95	8.82	8.40 7.50
H1 lead leg		strides	20	13	13	13	13	13	14	14	14	14	141			
Toyoda, Masaki (JPN) (1998)																
Semi-Final 2	- 2019 IAAF World Championships (Doha, QAT)															
date	28-Sep-19	time	6.00	9.80	13.60	17.57	21.70	26.03	30.44	35.05	39.84	44.69	50.30	2 / 8		
reaction time	0.207	interval		3.80	3.80	3.97	4.13	4.33	4.41	4.61	4.79	4.85	5.61		11.57	12.87 14.25
		velocity	7.50	9.21	9.21	8.82	8.47	8.08	7.94	7.59	7.31	7.22	7.13	7.95	9.08	8.16 7.37
H1 lead leg	L	strides	21	14	14	14	14	14	14	15	15	15	18	168		
Kurokawa, Kazuki (JPN) (2001)																
Heat 4	- 2020 Olympic Games (Tokyo, JPN) (TV Analysis)															
date	30-Jul-21	time	6.00	9.73	13.56	17.50	21.80	26.00	30.33	34.76	39.53	44.36	50.30	3 / 6		
reaction time	0.154	interval		3.73	3.83	3.94	4.30	4.20	4.33	4.43	4.77	4.83	5.94		11.50	12.83 14.03
		velocity	7.50	9.38	9.14	8.88	8.14	8.33	8.08	7.90	7.34	7.25	6.73	7.95	9.13	8.18 7.48
H1 lead leg	L	strides	21	13	13	13	13	14	14	14	14	15	18	162		
Copello, Yasmani (TUR) (1987)																
FINAL	- 2022 Doha Diamond League (Doha, QAT) (TV Analysis)															
date	13-May-22	time	5.97	9.84	13.91	18.15	22.35	24.2	26.73	35.87	40.51	Run-In	Official Time	Lane / Place	H1-H4	H4-H7 H7-H10
reaction time	0.191	interval		3.87	4.07	4.24	4.20	4.38		9.14	4.64	6.73	7.95	50.30	5 / 6	12.18
		velocity	7.54	9.04	8.60	8.25	8.33	8.26	7.99	7.66	7.54	7.95			8.62	
H1 lead leg	R	strides	20	13	13	13	13	13			14	99				

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

Brand, Dany (SUI) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2022 European Athletics Championships (Munich, GER)		<i>European Athletics (2022) - european athletics championships race analysis</i>																
date	17-Aug-22	time	5.83	9.54	13.33	17.18	21.25	23.08	25.47	29.90	34.48	39.25	44.25	50.30	4 / 6			
reaction time	0.186	interval		3.71	3.79	3.85	4.07		4.22	4.43	4.58	4.77	5.00	6.05		11.35	12.72	14.35
		velocity	7.72	9.43	9.23	9.09	8.60	8.67	8.29	7.90	7.64	7.34	7.00	6.61	7.95	9.25	8.25	7.32
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	16	16	20.5	175.5			
Gucek, Matic Ian (SLO) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2024 Olympic Games (Paris, FRA)		<i>Paris 2024 Olympic Games - Results Book (2024)</i>																
date	05-Aug-24	time	5.97	9.70	13.45	17.33	21.32		25.50	29.88	34.49	39.34	44.41	50.30	3 / 7			
reaction time	0.147	interval		3.73	3.75	3.88	3.99		4.18	4.38	4.61	4.85	5.07	5.89		11.36	12.55	14.53
		velocity	7.54	9.38	9.33	9.02	8.77		8.37	7.99	7.59	7.22	6.90	6.79	7.95	9.24	8.37	7.23
H1 lead leg	R	strides	24	14	14	14	14		14	14	15	15	15	19.5	172.5			
Derevyagin, Aleksandr (RUS) (1979)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2006 European Championships (Göteborg, SWE)		<i>Behm (2006) - Göteborg 2006: Le quatrache</i>																
date	10-Aug-06	time	5.9	9.7	13.6	17.6	21.7		26.0	30.4	34.7	39.4	44.2	50.31	1 / 8			
reaction time		interval		3.8	3.9	4.0	4.1		4.3	4.4	4.3	4.7	4.8	6.11		11.70	12.80	13.80
		velocity	7.63	9.21	8.97	8.75	8.54		8.14	7.95	8.14	7.45	7.29	6.55	7.95	8.97	8.20	7.61
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	18.5	170.5			
Matsushita, Yuki (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)		<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																
date	06-Jun-21	time	6.16	9.99	13.96	17.97	22.12		26.53	31.01	35.62	40.26	44.94	50.31	5 / 2			
reaction time		interval		3.83	3.97	4.01	4.15		4.41	4.48	4.61	4.64	4.68	5.37		11.81	13.04	13.93
		velocity	7.31	9.14	8.82	8.73	8.43		7.94	7.81	7.59	7.54	7.48	7.45	7.95	8.89	8.05	7.54
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	18.2	164.2			
Matsushita, Yuki (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Seiko Golden Grand Prix (Tokyo, JPN)		<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>																
date	08-May-22	time	6.16	10.08	14.01	18.02	22.07		26.43	30.91	35.52	40.14	44.84	50.31	2 / 8			
reaction time	0.199	interval		3.92	3.93	4.01	4.05		4.36	4.48	4.61	4.62	4.70	5.47		11.86	12.89	13.93
		velocity	7.31	8.93	8.91	8.73	8.64		8.03	7.81	7.59	7.58	7.45	7.31	7.95	8.85	8.15	7.54
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	19	165			
Abe, Takatoshi (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A FINAL - 2014 Shizuoka International Athletics Meeting (Fukuroi, JPN)		<i>Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions</i>																
date	03-May-14	time	6.19	10.04	13.96	18.03	22.12		26.42	30.77	35.26	39.91	44.68	50.32	1 / 3			
reaction time		interval		3.85	3.92	4.07	4.09		4.30	4.35	4.49	4.65	4.77	5.64		11.84	12.74	13.91
		velocity	7.27	9.09	8.93	8.60	8.56		8.14	8.05	7.80	7.53	7.34	7.09	7.95	8.87	8.24	7.55
H1 lead leg		strides		13	13	13	13		14	14	14	14	15	123				
Liu Yangyang (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)		<i>CAA Hurdle Development (2019)</i>																
date	03-Aug-19	time	6.26	10.30	14.46	18.64	22.97		27.36	31.80	36.20	40.64	45.16	50.32	7 / 1			
reaction time	0.177	interval		4.04	4.16	4.18	4.33		4.39	4.44	4.40	4.44	4.52	5.16	PB	12.38	13.16	13.36
		velocity	7.19	8.66	8.41	8.37	8.08		7.97	7.88	7.95	7.88	7.74	7.75	7.95	8.48	7.98	7.86
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	18.5	175.5			
Yoshida, Kyohei (JPN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2020 World Athletics Trials (Fuji, JPN)		<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																
date	06-Sep-20	time	6.01	9.84	13.75	17.80	21.94		26.21	30.58	35.22	39.97	44.79	50.32	5 / 1			
reaction time		interval		3.83	3.91	4.05	4.14		4.27	4.37	4.64	4.75	4.82	5.53		11.79	12.78	14.21
		velocity	7.49	9.14	8.95	8.64	8.45		8.20	8.01	7.54	7.37	7.26	7.23	7.95	8.91	8.22	7.39
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	19	169			
Tuček, Martin (CZE) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2022 European Athletics Championships (Munich, GER)		<i>European Athletics (2022) - european athletics championships race analysis</i>																
date	18-Aug-22	time	5.98	9.97	13.94	17.90	21.98	23.81	26.24	30.68	35.29	39.93	44.81	50.32	2 / 7			
reaction time	0.204	interval		3.99	3.97	3.96	4.08		4.26	4.44	4.61	4.64	4.88	5.51		11.92	12.78	14.13
		velocity	7.53	8.77	8.82	8.84	8.58	8.40	8.22	7.88	7.59	7.54	7.17	7.26	7.95	8.81	8.22	7.43
H1 lead leg	L	strides	22	14			14		15	15	15	15	16	19.2	145.2			
Delgado, Jesús David (ESP) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2022 European Athletics Championships (Munich, GER)		<i>European Athletics (2022) - european athletics championships race analysis</i>																
date	18-Aug-22	time	6.12	10.09	14.17	18.28	22.46	24.34	26.79	31.38	35.98	40.60	45.08	50.32	1 / 8			
reaction time	0.270	interval		3.97	4.08	4.11	4.18		4.33	4.59	4.60	4.62	4.48	5.24		12.16	13.10	13.70
		velocity	7.35	8.82	8.58	8.52	8.37	8.22	8.08	7.63	7.61	7.58	7.81	7.63	7.95	8.63	8.02	7.66
H1 lead leg	L	strides	21	13			13		13	14	14	14	14	17	133			
Wang Daojun (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Chinese National Championships (Quzhou, CHN)		<i>Shandong Athletics Sport Science (2024)</i>																
date	16-Sep-24	time	5.98	9.86	13.88	17.98	22.22		26.54	30.96	35.52	40.17	44.89	50.32	2 / 4			
reaction time	0.204	interval		3.88	4.02	4.10	4.24		4.32	4.42	4.56	4.65	4.72	5.43		12.00	12.98	13.93
		velocity	7.53	9.02	8.71	8.54	8.25		8.10	7.92	7.68	7.53	7.42	7.37	7.95	8.75	8.09	7.54
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	18	170			

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

Zhang Shibao (CHN) (1984)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2001 Chinese National Games (Guangzhou, CHN)			Gong (2003) - discussion on technique of gold and silver medallist of men's 400m hurdles of the 9th National Games																
date	22-Nov-01	time	6.09	9.93	13.77	17.77	21.97		26.25	30.65	35.07	39.69	44.57		50.33	1 / 2			
reaction time		interval		3.84	3.84	4.00	4.20		4.28	4.40	4.42	4.62	4.88	5.76	NYR		11.68	12.88	13.92
		velocity	7.39	9.11	9.11	8.75	8.33		8.18	7.95	7.92	7.58	7.17	6.94	7.95		8.99	8.15	7.54
H1 lead leg		strides		13	13	15	15		15	15	15	15	15	18.5	149.5				
Kajiki, Ryo (JPN) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
C FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)			Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																
date	06-Jun-21	time	5.96	9.78	13.66	17.65	21.79		26.13	30.58	35.19	39.92	44.81		50.33	9 / 1			
reaction time		interval		3.82	3.88	3.99	4.14		4.34	4.45	4.61	4.73	4.89	5.52			11.69	12.93	14.23
		velocity	7.55	9.16	9.02	8.77	8.45		8.06	7.87	7.59	7.40	7.16	7.25	7.95		8.98	8.12	7.38
H1 lead leg		strides		14	14	14	14		14	14	15	15	15	129					
Yamada, Atsushi (JPN) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2021 Denka Athletics Challenge Cup (Niigata, JPN)			Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																
date	06-Jun-21	time	5.99	9.71	13.48	17.38	21.45		25.76	30.25	34.97	39.76	44.73		50.33	8 / 3			
reaction time		interval		3.72	3.77	3.90	4.07		4.31	4.49	4.72	4.79	4.97	5.60			11.39	12.87	14.48
		velocity	7.51	9.41	9.28	8.97	8.60		8.12	7.80	7.42	7.31	7.04	7.14	7.95		9.22	8.16	7.25
H1 lead leg	L	strides	21	13	13	13	14		14	14	15	15	15	19.2	166.2				
Cooper, John (GBR) (1940)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1964 Olympic Games (Tokyo, JPN)			Breitschaft (1965) - die leichtathletik wettkämpfe der 1964 olympischen sommerspielen - 400m hürdenlauf																
date	16-Oct-64	time	5.8		13.8		22.0			30.8		40.0			50.1	4 / 2			
reaction time		interval			8.0		8.2			8.8		9.2		10.1					
		velocity	7.76		8.75		8.54			7.95		7.61		7.43	7.98				
H1 lead leg		strides																	
Sibilio, Alessandro (ITA) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 European U20 Championships (Grosseto, ITA) (TV Analysis)			Henson (2020) - Athlete First: 2017 year end hurdle report																
date	23-Jul-17	time	6.16	10.20	14.24	18.44	22.72		27.00	31.48	35.96	40.44	45.04		50.34	5 / 2			
reaction time	0.191	interval		4.04	4.04	4.20	4.28		4.28	4.48	4.48	4.48	4.60	5.30	PB		12.28	13.04	13.56
		velocity	7.31	8.66	8.66	8.33	8.18		8.18	7.81	7.81	7.81	7.61	7.55	7.95		8.55	8.05	7.74
H1 lead leg	R	strides		15	15	15	15		15	15	15	15	15	18	153				
Inoue, Kakeru (JPN) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
A FINAL - 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN)			Kobayashi (2019) - research on athlete performance and technique- 2019 data book																
date	03-May-19	time	6.14	9.94	13.88	17.90	21.99		26.26	30.68	35.22	39.97	44.84		50.34	8 / 3			
reaction time		interval		3.80	3.94	4.02	4.09		4.27	4.42	4.54	4.75	4.87	5.50			11.76	12.78	14.16
		velocity	7.33	9.21	8.88	8.71	8.56		8.20	7.92	7.71	7.37	7.19	7.27	7.95		8.93	8.22	7.42
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	146					
Yamamoto, Tatsuhiro (JPN) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN)			Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season																
date	23-Aug-20	time	6.01	9.86	13.80	17.77	21.87		26.16	30.61	35.17	39.92	44.79		50.34	4 / 3			
reaction time	0.137	interval		3.85	3.94	3.97	4.10		4.29	4.45	4.56	4.75	4.87	5.55			11.76	12.84	14.18
		velocity	7.49	9.09	8.88	8.82	8.54		8.16	7.87	7.68	7.37	7.19	7.21	7.95		8.93	8.18	7.40
H1 lead leg		strides		14	14	14	14		15	15	15	15	15	131					
Matsushita, Yuki (JPN) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN)			Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season																
date	24-Oct-20	time	6.07	9.93	13.80	17.63	21.60		25.78	30.11	34.68	39.47	44.44		50.34	7 / 4			
reaction time		interval		3.86	3.87	3.83	3.97		4.18	4.33	4.57	4.79	4.97	5.90			11.56	12.48	14.33
		velocity	7.41	9.07	9.04	9.14	8.82		8.37	8.08	7.66	7.31	7.04	6.78	7.95		9.08	8.41	7.33
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	19.2	165.2				
Bonvin, Julien (SUI) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Weltklasse (Zürich, SUI)			Omega Timing (2023) - diamond league race analysis																
date	31-Aug-23	time	5.76	9.44	13.22	17.10	21.12		25.37	29.85	34.53	39.50	44.57		50.34	1 / 7			
reaction time	0.149	interval		3.68	3.78	3.88	4.02		4.25	4.48	4.68	4.97	5.07	5.77			11.34	12.75	14.72
		velocity	7.81	9.51	9.26	9.02	8.71		8.24	7.81	7.48	7.04	6.90	6.93	7.95		9.26	8.24	7.13
H1 lead leg	L	strides	21	13		13		13	14	14				75					
Abakar, Ismail Doudai (QAT) (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 - 2024 Seashore Doha Meeting (Doha, QAT)			Omega Timing (2024) - diamond league race analysis																
date	10-May-24	time	5.97	9.89	14.00	18.18	22.52		26.95	31.34	35.78	40.33	44.95		50.34	3 / 7			
reaction time	0.167	interval		3.92	4.11	4.18	4.34		4.43	4.39	4.44	4.55	4.62	5.39			12.21	13.16	13.61
		velocity	7.54	8.93	8.52	8.37	8.06		7.90	7.97	7.88	7.69	7.58	7.42	7.95		8.60	7.98	7.71
H1 lead leg	L	strides	20	13	13	13	13		13		13	13	13	16.5	140.5				
Akii-Bua, John (UGA) (1949)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 1972 Olympic Games (Munich, FRG)			Schmidt (1973) - vorolympisches training von john akii-bua über 400 hürden																
date	01-Sep-72	time					21.5			29.9			43.3		50.35	2 / 1			
reaction time		interval								8.40			13.40	7.05					13.40
		velocity					8.60			8.33			7.84	5.67	7.94				7.84
H1 lead leg		strides																	

Abe, Takatoshi (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN)										<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>								
date	03-May-21	time	6.02	9.66	13.46	17.33	21.29	25.49	29.85	34.40	39.16	44.09		50.35	4 / 3			
reaction time	0.166	interval		3.64	3.80	3.87	3.96	4.20	4.36	4.55	4.76	4.93	6.26			11.31	12.52	14.24
		velocity	7.48	9.62	9.21	9.04	8.84	8.33	8.03	7.69	7.35	7.10	6.39	7.94		9.28	8.39	7.37
H1 lead leg	R	strides	21	13	13	13	13	14	14	15	15	15	19.2	165.2				
Takahashi, Yuma (JPN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese National Championships (Osaka, JPN)										<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>								
date	11-Jun-22	time	6.12	10.04	14.06	18.15	22.36	26.63	31.04	35.62	40.22	44.91		50.35	8 / 5			
reaction time	0.197	interval		3.92	4.02	4.09	4.21	4.27	4.41	4.58	4.60	4.69	5.44			12.03	12.89	13.87
		velocity	7.35	8.93	8.71	8.56	8.31	8.20	7.94	7.64	7.61	7.46	7.35	7.94		8.73	8.15	7.57
H1 lead leg	L	strides	21	14	14	14	14	14	15	15	15	15	15	151				
Edlund, Oskar (SWE) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Bauhaus Galan (Stockholm, SWE)										<i>Omega Timing (2023) - diamond league race analysis</i>								
date	02-Jul-23	time	5.97	9.80	13.73	17.69	21.72	25.95	30.42	35.04	39.80	44.57		50.35	1 / 7			
reaction time	0.177	interval		3.83	3.93	3.96	4.03	4.23	4.47	4.62	4.76	4.77	5.78			11.72	12.73	14.15
		velocity	7.54	9.14	8.91	8.84	8.68	8.27	7.83	7.58	7.35	7.34	6.92	7.94		8.96	8.25	7.42
H1 lead leg	L	strides	21	13		13	13	13			15	15		103				
Deguchi, Haruto (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Japanese National Championships (Osaka, JPN)										<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>								
date	03-Jun-23	time	6.14	10.01	13.93	17.93	22.16	26.39	30.81	35.40	40.06	44.88		50.35	2 / 6			
reaction time	0.216	interval		3.87	3.92	4.00	4.23	4.23	4.42	4.59	4.66	4.82	5.47			11.79	12.88	14.07
		velocity	7.33	9.04	8.93	8.75	8.27	8.27	7.92	7.63	7.51	7.26	7.31	7.94		8.91	8.15	7.46
H1 lead leg	L	strides	21	13	13	13	14	14	15	15	15	15	18	166				
Bencosme, José Reynaldo (ITA) (199)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)										<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>								
date	06-Jun-19	time	5.97	9.75	13.71	17.71	21.78	25.95	30.40	34.86	39.63	44.52		50.36	2 / 7			
reaction time	0.165	interval		3.78	3.96	4.00	4.07	4.17	4.45	4.46	4.77	4.89	5.84			11.74	12.69	14.12
		velocity	7.54	9.26	8.84	8.75	8.60	8.39	7.87	7.85	7.34	7.16	6.85	7.94		8.94	8.27	7.44
H1 lead leg	L	strides	20	13	13	13	13	13	14	14	15	15	18.5	161.5				
Abe, Takatoshi (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Müller Grand Prix (Birmingham, GBR) (TV Analysis)										<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>								
date	18-Aug-19	time	5.96	9.72	13.56	17.44	21.44	25.52	29.96	34.68	39.48	44.48		50.36	2 / 6			
reaction time	0.148	interval		3.76	3.84	3.88	4.00	4.08	4.44	4.72	4.80	5.00	5.88			11.48	12.52	14.52
		velocity	7.55	9.31	9.11	9.02	8.75	8.58	7.88	7.42	7.29	7.00	6.80	7.94		9.15	8.39	7.23
H1 lead leg	R	strides	21	13	13	13	13	13	14	14	15	15	18	162				
Kawagoe, Hiroya (JPN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Michitaka Kinami Memorial (Osaka, JPN)										<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>								
date	01-May-22	time	6.02	9.84	13.85	17.92	22.07	26.39	30.88	35.47	40.14	44.91		50.36	8 / 6			
reaction time	0.167	interval		3.82	4.01	4.07	4.15	4.32	4.49	4.59	4.67	4.77	5.45			11.90	12.96	14.03
		velocity	7.48	9.16	8.73	8.60	8.43	8.10	7.80	7.63	7.49	7.34	7.34	7.94		8.82	8.10	7.48
H1 lead leg		strides		14	14	14	14	15	15	15	15	15		131				
Shoaib, Mohamed (SUD) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Doha Diamond League (Doha, QAT) (TV Analysis)										<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>								
date	05-May-17	time	6.03	9.86	13.80	17.70	21.70	25.86	30.16	34.66	39.26	44.16		50.37	2 / 6			
reaction time	0.206	interval		3.83	3.94	3.90	4.00	4.16	4.30	4.50	4.60	4.90	6.21			11.67	12.46	14.00
		velocity	7.46	9.14	8.88	8.97	8.75	8.41	8.14	7.78	7.61	7.14	6.44	7.94		9.00	8.43	7.50
H1 lead leg	R	strides	21	13	13	13	13	13	13	13	14	14	18	158				
Inoue, Daichi (JPN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Tokyo High School Championships (Tokyo, JPN)										<i>(2017) - tfdata-store.com/2017/05/14/post-470/</i>								
date	14-May-17	time	6.25	10.05	13.95	17.90	21.88	26.05	30.69	35.34	40.18	45.08		50.37	5 / 1			
reaction time		interval		3.80	3.90	3.95	3.98	4.17	4.64	4.65	4.84	4.90	5.29	PB		11.65	12.79	14.39
		velocity	7.20	9.21	8.97	8.86	8.79	8.39	7.54	7.53	7.23	7.14	7.56	7.94		9.01	8.21	7.30
H1 lead leg		strides		13	13	13	13	13	15	15	15	15		125				
Maeno, Kei (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2019 Kinami Memorial (Osaka, JPN)										<i>Matsubayashi (2019) - research on athlete performance and technique- 2019 data book</i>								
date	06-May-19	time	6.04	9.83	13.68	17.53	21.67	25.91	30.34	34.87	39.56	44.49		50.37	6 / 2			
reaction time		interval		3.79	3.85	3.85	4.14	4.24	4.43	4.53	4.69	4.93	5.88			11.49	12.81	14.15
		velocity	7.45	9.23	9.09	9.09	8.45	8.25	7.90	7.73	7.46	7.10	6.80	7.94		9.14	8.20	7.42
H1 lead leg	R	strides	21	13	13	13	14	14	15	15	15	17	19.2	169.2				
Machava, Armando (MOZ) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)										<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>								
date	30-Jul-21	time	5.90	9.67	13.67	17.73	21.86	26.23	30.77	35.37	40.05	44.80		50.37	6 / 5			
reaction time	0.159	interval		3.77	4.00	4.06	4.13	4.37	4.54	4.60	4.68	4.75	5.57			11.83	13.04	14.03
		velocity	7.63	9.28	8.75	8.62	8.47	8.01	7.71	7.61	7.48	7.37	7.18	7.94		8.88	8.05	7.48
H1 lead leg	L	strides	22	14	14	14	14	15	15		15	15	18	156				

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

Maritz, Hardus (NAM) (1990)																
FINAL	- 2017 North-West University Pukke Invitational (Sasolburg, RSA) (TV Analysis)										Henson (2020) - Athlete First: 2017 year end hurdle report					
date	28-Mar-17	time	6.08	9.96	13.88	17.92	22.12	26.36	30.68	35.12	39.88	44.76		50.38	3 / 3	
reaction time		interval	3.88	3.92	4.04	4.20	4.24	4.32	4.44	4.76	4.88	5.62			11.84	12.76
		velocity	7.40	9.02	8.93	8.66	8.33	8.25	8.10	7.88	7.35	7.17	7.12	7.94	8.87	8.23
H1 lead leg	R	strides	13	13	13	13	13	13	13	13	14	14	119		7.46	
Toyoda, Masaki (JPN) (1998)																
FINAL	- 2019 Seiko Golden Grand Prix (Osaka, JPN)										Hirokawa (2019) - research on athlete performance and technique- 2019 data book					
date	19-May-19	time	6.14	9.94	13.81	17.85	22.02	26.39	30.86	35.50	40.22	44.98		50.38	3 / 1	
reaction time	0.349	interval	3.80	3.87	4.04	4.17	4.37	4.47	4.64	4.72	4.76	5.40			11.71	13.01
		velocity	7.33	9.21	9.04	8.66	8.39	8.01	7.83	7.54	7.42	7.35	7.41	7.94	8.97	8.07
H1 lead leg	L	strides	21	14	14	14	14	14	14	15	15	15	18.5	168.5	7.44	
Dobek, Patryk (POL) (1994)																
FINAL	- 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)										Henson (2020) - Athlete First: 2019 year end hurdle report					
date	06-Jun-19	time	5.90	9.66	13.50	17.46	21.56	25.76	30.23	34.88	39.73	44.71		50.38	3 / 8	
reaction time	0.153	interval	3.76	3.84	3.96	4.10	4.20	4.47	4.65	4.85	4.98	5.67			11.56	12.77
		velocity	7.63	9.31	9.11	8.84	8.54	8.33	7.83	7.53	7.22	7.03	7.05	7.94	9.08	8.22
H1 lead leg	L	strides	20	13	13	13	13	14	14	15	15	15	17.7	162.7	7.25	
Shang Shou (CHN) (1995)																
FINAL	- 2021 Chinese National Championships (Chongqing, CHN)										CAA Hurdle Development (2021)					
date	26-Jun-21	time	6.46	10.53	14.63	18.83	23.08	27.47	31.82	36.28	40.82	45.38		50.38	5 / 1	
reaction time	0.212	interval	4.07	4.10	4.20	4.25	4.39	4.35	4.46	4.54	4.56	5.00			12.37	12.99
		velocity	6.97	8.60	8.54	8.33	8.24	7.97	8.05	7.85	7.71	7.68	8.00	7.94	8.49	8.08
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	18	169	7.74	
Hyde, Jaheel (JAM) (1997)																
FINAL	- 2022 Prefontaine Classic (Eugene, OR) (TV Analysis)										Henson (2022) - Athlete First: 2022 year end hurdle report					
date	28-May-22	time	5.73	9.50	13.40	17.30	21.27	23.07	25.50	29.93	34.57	39.50		50.38	2 / 7	
reaction time	0.157	interval	3.77	3.90	3.90	3.97	4.23	4.43	4.64	4.93					11.57	12.63
		velocity	7.85	9.28	8.97	8.97	8.82	8.67	8.27	7.90	7.54	7.10	7.94		9.08	8.31
H1 lead leg	L	strides	21	13	13	13	13	14	15	15	15	15	132			
Hemeida, Bassem (QAT) (2000)																
FINAL	- 2024 Bauhaus Galan (Stockholm, SWE) (TV Analysis)										Henson (2024) - Athlete First: 2024 year end hurdle report					
date	02-Jun-24	time	6.00	9.83		21.76		30.68	35.27	40.10	44.96		50.38	1 / 8		
reaction time	0.154	interval	3.83		11.93		8.92	4.59	4.83	4.86	5.42				14.28	
		velocity	7.50	9.14	8.80		7.85	7.63	7.25	7.20	7.38	7.94			7.35	
H1 lead leg	R	strides	21	13			14	15	15	15	18	96				
Sakai, Yamato (JPN) (2005)																
FINAL	- 2024 Japanese National U20 Championships (Niigata, JPN)										Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season					
date	28-Jun-24	time	6.01	9.88	13.86	17.92	22.11	26.43	30.76	35.20	39.84	44.68		50.38	9 / 3	
reaction time	0.165	interval	3.87	3.98	4.06	4.19	4.32	4.33	4.44	4.64	4.84	5.70			11.91	12.84
		velocity	7.49	9.04	8.79	8.62	8.35	8.10	8.08	7.88	7.54	7.23	7.02	7.94	8.82	8.18
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	19.2	176.2	7.54	
Valliant, Ludvy (FRA) (1995)																
Long Hurdles	- 2025 Grand Slam Track Miami (Miramar, FL)										Grand Slam Track (2025) - results and splits by race					
date	02-May-25	time	5.87	9.66	13.55	17.57	21.76	23.69	26.11	30.54	35.09	39.84	44.80		50.38	1 / 7
reaction time	0.260	interval	3.79	3.89	4.02	4.19	4.35	4.43	4.55	4.75	4.96	5.58			11.70	12.97
		velocity	7.67	9.23	9.00	8.71	8.35	8.44	8.05	7.90	7.69	7.37	7.06	7.17	7.94	8.97
H1 lead leg		strides							14	14	14	14	15	18	89	7.36
Maran, Pascal (FRA) (1967)																
FINAL	- 1986 IAAF World Junor Championships (Athens, GRE)										Miskos (1986) - IAAF biomechanical research - Athens 1986 - hurdle races					
date	18-Jul-86	time	6.09	10.04	14.08	18.17	22.36	26.66	31.10	35.74	40.36	45.08		50.39	1 / 3	
reaction time		interval	3.95	4.04	4.09	4.19	4.30	4.44	4.64	4.62	4.72	5.31			12.08	12.93
		velocity	7.39	8.86	8.66	8.56	8.35	8.14	7.88	7.54	7.58	7.42	7.53	7.94	8.69	8.12
H1 lead leg		strides	20	13	13	13	14	14	14	15	15	15	18	164	7.51	
Shiryayev, Vladislav (RUS) (1973)																
Heat 8	- 2000 Olympic Games (Sydney, AUS)										Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games					
date	24-Sep-00	time	6.26	10.18	14.10	18.10	22.14	26.26	30.62	35.26	40.06	44.70		50.39	4 / 3	
reaction time	0.179	interval	3.92	3.92	4.00	4.04	4.12	4.36	4.64	4.80	4.64	5.69			11.84	12.52
		velocity	7.19	8.93	8.93	8.75	8.66	8.50	8.03	7.54	7.29	7.54	7.03	7.94	8.87	8.39
H1 lead leg		strides	20	13	13	13	13	13	14	14	15	15	18.2	161.2	7.46	
Scott, Bryan (USA) (1985)																
Heat 1	- 2007 USATF National Championships (Indianapolis, IN)										USATF Men's Hurdle Development (2007)					
date	21-Jun-07	time	6.17	10.13	14.05	18.27	22.47	26.79	31.10	35.74	40.31	45.05		50.39	7 / 4	
reaction time		interval	3.96	3.92	4.22	4.20	4.32	4.31	4.64	4.57	4.74	5.34			12.10	12.83
		velocity	7.29	8.84	8.93	8.29	8.33	8.10	8.12	7.54	7.66	7.38	7.49	7.94	8.68	8.18
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	151		7.53	

Kendziera, Dave (USA) (1994)																
FINAL	- 2021 Doha Diamond League (Doha, QAT) (TV Analysis)															
date	28-May-21	time	5.90	9.84	13.85	17.88	22.02	23.7	26.26	30.60	35.20	39.94	44.74		50.39	8 / 8
reaction time	0.197	interval		3.94	4.01	4.03	4.14		4.24	4.34	4.60	4.74	4.80	5.65		11.98 12.72 14.14
		velocity	7.63	8.88	8.73	8.68	8.45	8.44	8.25	8.06	7.61	7.38	7.29	7.08	7.94	8.76 8.25 7.43
H1 lead leg	R	strides	20	13	13	13	13		13	13	14	14	14	140		
Crisci, Fantin (FRA) (2002)																
Semi-Final 2	- 2023 European Athletics U23 Championships (Espoo, FIN)															
date	15-Jul-23	time	6.06	10.03	14.16	18.36	22.62		27.00		36.30	40.43	44.95		50.39	4 / 3
reaction time	0.194	interval		3.97	4.13	4.20	4.26		4.38		9.30	4.13	4.52	5.44		12.30
		velocity	7.43	8.82	8.47	8.33	8.22		7.99		7.53	8.47	7.74	7.35	7.94	8.54
H1 lead leg		strides												0		
Thompson, Kemel (JAM) (1974)																
Heat 7	- 2000 Olympic Games (Sydney, AUS)															
date	24-Sep-00	time	6.08	9.88	13.96	18.04	22.28		26.52	30.98	35.32	39.80	44.52		50.40	7 / 4
reaction time	0.241	interval		3.80	4.08	4.08	4.24		4.24	4.46	4.34	4.48	4.72	5.88		11.96 12.94 13.54
		velocity	7.40	9.21	8.58	8.58	8.25		8.25	7.85	8.06	7.81	7.42	6.80	7.94	8.78 8.11 7.75
H1 lead leg		strides	22	14	14	14	14		14	14	15	15	16	152		
Kato, Seiya (JPN) (1992)																
C FINAL	- 2014 Shizuoka International Athletics Meeting (Fukuroi, JPN)															
date	03-May-14	time	6.17	10.01	13.93	17.93	22.13		26.35	30.74	35.26	39.90	44.74		50.40	1 / 1
reaction time		interval		3.84	3.92	4.00	4.20		4.22	4.39	4.52	4.64	4.84	5.66	PB	11.76 12.81 14.00
		velocity	7.29	9.11	8.93	8.75	8.33		8.29	7.97	7.74	7.54	7.23	7.07	7.94	8.93 8.20 7.50
H1 lead leg		strides		13	13	13	14		14	15	15	15	15	127		
Sharpe, Fred (USA) (1978)																
FINAL	- 2003 USATF National Championships (Palo Alto, CA)															
date	22-Jun-03	time	6.09	10.13	14.26	18.30	22.67		27.03	31.50	36.02	40.61	45.20		50.41	2 / 7-6
reaction time		interval		4.04	4.13	4.04	4.37		4.36	4.47	4.52	4.59	4.59	5.21		12.21 13.20 13.70
		velocity	7.39	8.66	8.47	8.66	8.01		8.03	7.83	7.74	7.63	7.63	7.68	7.93	8.60 7.95 7.66
H1 lead leg		strides														
Pineda, David José (ESP) (1998)																
FINAL	- 2017 European U20 Championships (Grosseto, ITA) (TV Analysis)															
date	23-Jul-17	time	5.84	9.60	13.44	17.40	21.52		25.80	30.40	34.96	39.68	44.52		50.41	3 / 3
reaction time	0.283	interval		3.76	3.84	3.96	4.12		4.28	4.60	4.56	4.72	4.84	5.89	NJR PB	11.56 13.00 14.12
		velocity	7.71	9.31	9.11	8.84	8.50		8.18	7.61	7.68	7.42	7.23	6.79	7.93	9.08 8.08 7.44
H1 lead leg	L	strides		15	15	15	15		15	17	17	17	17	21	164	
Barr, Thomas (IRL) (1992)																
FINAL	- 2020 ISTAF (Berlin, GER) (TV Analysis)															
date	13-Sep-20	time	6.08		13.76	17.72			26.12	30.64	35.20	40.04			50.41	3 / 4
reaction time	0.179	interval			7.68	3.96			8.40	4.52	4.56	4.84				11.64 12.92
		velocity	7.40		9.11	8.84			8.33	7.74	7.68	7.23			7.93	9.02 8.13
H1 lead leg	L	strides	21			13					14	15			63	
Bailey, Aldrich (USA) (1994)																
Heat 4	- 2024 USA Olympic Trials (Eugene, OR)															
date	27-Jun-24	time	5.98	9.72	13.59	17.55	21.53	23.37	25.70	30.10	34.89	39.71	44.72		50.41	3 / 2
reaction time		interval		3.74	3.87	3.96	3.98		4.17	4.40	4.79	4.82	5.01	5.69		11.57 12.55 14.62
		velocity	7.53	9.36	9.04	8.84	8.79	8.56	8.39	7.95	7.31	7.26	6.99	7.03	7.93	9.08 8.37 7.18
H1 lead leg	L	strides	21	13	13	13	13		13	13	14	14	14	17	158	
Shirao, Yusuke (JPN) (1999)																
FINAL	- 2017 Gunma High School Athletics Meeting (Maebashi, JPN)															
date	21-May-17	time	6.15	9.89	13.73	17.72	21.85		26.07	30.42	34.99	39.74	44.70		50.42	5 / 1
reaction time		interval		3.74	3.84	3.99	4.13		4.22	4.35	4.57	4.75	4.96	5.72	PB	11.57 12.70 14.28
		velocity	7.32	9.36	9.11	8.77	8.47		8.29	8.05	7.66	7.37	7.06	6.99	7.93	9.08 8.27 7.35
H1 lead leg	R	strides	21	13	13	14	14		14	14	15	15	15	18.5	166.5	
Madari Palliyalil, Jabir (IND) (1996)																
FINAL	- 2022 Doha Diamond League (Doha, QAT) (TV Analysis)															
date	13-May-22	time	5.90	9.67	13.68	17.82	22.05	23.8	26.32		35.27	39.97	44.81		50.42	1 / 7
reaction time	0.156	interval		3.77	4.01	4.14	4.23		4.27		8.95	4.70	4.84	5.61		11.92
		velocity	7.63	9.28	8.73	8.45	8.27	8.40	8.20		7.82	7.45	7.23	7.13	7.93	8.81
H1 lead leg	L	strides	22	15	15	15	15		15			16	16	129		
Holub, Krzysztof (POL) (2000)																
Heat 3	- 2024 European Athletics Championships (Roma, ITA)															
date	09-Jun-24	time	6.00	9.77	13.77	17.74	21.86		26.23	30.87	35.22	40.18	44.98		50.42	5 / 6
reaction time	0.160	interval		3.77	4.00	3.97	4.12		4.37	4.64	4.35	4.96	4.80	5.44		11.74 13.13 14.11
		velocity	7.50	9.28	8.75	8.82	8.50		8.01	7.54	8.05	7.06	7.29	7.35	7.93	8.94 8.00 7.44
H1 lead leg		strides												0		

Woodward, Nathan (GBR) (1989)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2010 European Championships (Barcelona, ESP)																Arnold (2010) - 400mH planning and peaking			
date	28-Jul-10	time	6.22	10.14	14.16	18.16	22.30		26.54	30.88	35.32	40.06	45.02		50.45	8 / 3			
reaction time	0.187	interval		3.92	4.02	4.00	4.14		4.24	4.34	4.44	4.74	4.96	5.43			11.94	12.72	14.14
		velocity	7.23	8.93	8.71	8.75	8.45		8.25	8.06	7.88	7.38	7.06	7.37	7.93		8.79	8.25	7.43
H1 lead leg	L	strides																	
Yamamoto, Ryo (JPN) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
C FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN)																Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season			
date	01-Jun-21	time	6.24	10.16	14.10	18.17	22.37		26.73	31.11	35.59	40.21	44.94		50.45	8 / 1			
reaction time	0.177	interval		3.92	3.94	4.07	4.20		4.36	4.38	4.48	4.62	4.73	5.51			11.93	12.94	13.83
		velocity	7.21	8.93	8.88	8.60	8.33		8.03	7.99	7.81	7.58	7.40	7.26	7.93		8.80	8.11	7.59
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	15	15	18.5	170.5				
Yamamoto, Tatsuhiro (JPN) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2023 Michitaka Kinami Memorial (Osaka, JPN)																Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season			
date	07-May-23	time	6.34	10.29	14.45	18.62	22.86		27.18	31.60	36.12	40.62	45.28		50.45	1 / 2			
reaction time	0.196	interval		3.95	4.16	4.17	4.24		4.32	4.42	4.52	4.50	4.66	5.17			12.28	12.98	13.68
		velocity	7.10	8.86	8.41	8.39	8.25		8.10	7.92	7.74	7.78	7.51	7.74	7.93		8.55	8.09	7.68
H1 lead leg		strides		14	14	14	14		14	15	15	15	15		130				
Königsmark, Varg (GER) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 DLV Junioren-Gala (Mannheim, GER)																Beck (2011) - 400-meter-hürdensprinter im aufschwung			
date	03-Jul-11	time	6.12	10.02	14.06	18.10	22.22		26.44	30.74	35.22	39.97	44.86		50.46	1 / 1			
reaction time		interval		3.90	4.04	4.04	4.12		4.22	4.30	4.48	4.75	4.89	5.60			11.98	12.64	14.12
		velocity	7.35	8.97	8.66	8.66	8.50		8.29	8.14	7.81	7.37	7.16	7.14	7.93		8.76	8.31	7.44
H1 lead leg		strides	20	13	13	13	13		13	14	14	15	15		143				
Cai Jungi (CHN) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Championships (Shenyang, CHN)																CAA Hurdle Development (2019)			
date	10-Jul-19	time	6.24	10.21	14.36	18.40	22.50		26.74	31.05	35.47	40.03	44.86		50.46	3 / 2			
reaction time	0.196	interval		3.97	4.15	4.04	4.10		4.24	4.31	4.42	4.56	4.83	5.60			12.16	12.65	13.81
		velocity	7.21	8.82	8.43	8.66	8.54		8.25	8.12	7.92	7.68	7.25	7.14	7.93		8.63	8.30	7.60
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19.5	176.5				
Konno, Ryoma (JPN) (2004)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese National High School Championships (Naruto, JPN)																Kishima (2022) - national high school championships biomechanics data collection			
date	05-Aug-22	time	6.07	9.93	13.85	17.95	22.13		26.42	30.82	35.25	39.67	44.67		50.46	4 / 1			
reaction time	0.161	interval		3.86	3.92	4.10	4.18		4.29	4.40	4.43	4.42	5.00	5.79			11.88	12.87	13.85
		velocity	7.41	9.07	8.93	8.54	8.37		8.16	7.95	7.90	7.92	7.00	6.91	7.93		8.84	8.16	7.58
H1 lead leg	R	strides	21	15	15	15	15		15	15	15	15	15	19	175				
Coroller, Victor (FRA) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 European Athletics Championships (Munich, GER)																European Athletics (2022) - european athletics championships race analysis			
date	19-Aug-22	time	5.80	9.65	13.51	17.34	21.36	23.21	25.60	30.11	34.70	39.48	44.65		50.46	8 / 8			
reaction time	0.201	interval		3.85	3.86	3.83	4.02		4.24	4.51	4.59	4.78	5.17	5.81			11.54	12.77	14.54
		velocity	7.76	9.09	9.07	9.14	8.71	8.62	8.25	7.76	7.63	7.32	6.77	6.88	7.93		9.10	8.22	7.22
H1 lead leg	R	strides	21	14		14			14	15	16	16	16	19	145				
Kawagoe, Hiroya (JPN) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2023 Michitaka Kinami Memorial (Osaka, JPN)																Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season			
date	07-May-23	time	6.09	9.99	14.10	18.25	22.47		26.83	31.26	35.79	40.41	45.13		50.46	2 / 3			
reaction time	0.166	interval		3.90	4.11	4.15	4.22		4.36	4.43	4.53	4.62	4.72	5.33			12.16	13.01	13.87
		velocity	7.39	8.97	8.52	8.43	8.29		8.03	7.90	7.73	7.58	7.42	7.50	7.93		8.63	8.07	7.57
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131				
Hashimoto, Yu (JPN) (2006)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Japanese National High School Championships (Fukuoka, JPN)																Takashima (2024) - national high school sports festival - biomechanics data			
date	30-Jul-24	time	6.07	9.86	13.73	17.83	21.89		26.14	30.53	35.10	39.77	44.71		50.46	8 / 2			
reaction time	0.207	interval		3.79	3.87	4.10	4.06		4.25	4.39	4.57	4.67	4.94	5.75	PB		11.76	12.70	14.18
		velocity	7.41	9.23	9.04	8.54	8.62		8.24	7.97	7.66	7.49	7.09	6.96	7.93		8.93	8.27	7.40
H1 lead leg		strides	21	14	14	14	14		15	15	15	15	15	21	173				
Heusse, Jean-Laurent (FRA) (1974)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 1999 IAAF World Championships (Sevilla, ESP)																Sanchez (1999) - Sevilla '99: análisis de la carreras con villas			
date	25-Aug-99	time	5.75	9.54	13.44	17.45	21.57		25.82	30.25	34.73	39.34	44.21		50.47	1 / 8			
reaction time	0.141	interval		3.79	3.90	4.01	4.12		4.25	4.43	4.48	4.61	4.87	6.26			11.70	12.80	13.96
		velocity	7.83	9.23	8.97	8.73	8.50		8.24	7.90	7.81	7.59	7.19	6.39	7.93		8.97	8.20	7.52
H1 lead leg	R	strides	21	13	13	13	14		14	15	15	15	15	19	167				
Müller, Vit (CZE) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 ISTAF (Berlin, GER) (TV Analysis)																Henson (2020) - Athlete First: 2020 year end hurdle report			
date	13-Sep-20	time	6.12		13.72	17.56			25.76		35.16	40.00			50.47	2 / 5			
reaction time	0.204	interval			7.60	3.84			8.20		9.40	4.84					11.44		
		velocity	7.35		9.21	9.11			8.54		7.45	7.23			7.93		9.18		
H1 lead leg	L	strides	21			13						15			49				

Goller, Thomas (GER) (1977)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 European Cup (Munich, GER)															Graubner (2007) - http://www.fgs.uni-halle.de			
date	23-Jun-07	time	6.00	9.77	13.68	17.64	21.70		25.97	30.46	35.10	39.94	44.80	50.48	1 / 5			
reaction time	0.143	interval		3.77	3.91	3.96	4.06		4.27	4.49	4.64	4.84	4.86	5.68		11.64	12.82	14.34
		velocity	7.50	9.28	8.95	8.84	8.62		8.20	7.80	7.54	7.23	7.20	7.04	7.92	9.02	8.19	7.32
H1 lead leg		strides																
Hughes, David (GBR) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2010 Commonwealth Games (Dehli, IND)															Arnold (2010) - 400mH planning and peaking			
date	10-Oct-10	time	6.0	9.9	13.7	17.8	21.9	23.7	26.1	30.6	35.3	40.1	44.9	50.48	2 / 8			
reaction time	0.170	interval		3.9	3.8	4.1	4.1		4.2	4.5	4.7	4.8	4.8	5.58		11.78	12.82	14.30
		velocity	7.50	8.97	9.21	8.58	8.50	8.44	8.33	7.78	7.45	7.29	7.29	7.17	7.92	8.91	8.19	7.34
H1 lead leg	R	strides	20	13	13	13	13		13	13	15	15	15	17.7	160.7			
van Zyl, L.J. (RSA) (1985)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 North-West University Pukke Invitational (Sasolburg, RSA) (TV Analysis)															Henson (2020) - Athlete First: 2017 year end hurdle report			
date	28-Mar-17	time	6.08	10.04	13.96	18.00	22.04		26.24	30.56	35.00	39.64	44.56	50.48	4 / 4			
reaction time		interval		3.96	3.92	4.04	4.04		4.20	4.32	4.44	4.64	4.92	5.92		11.92	12.56	14.00
		velocity	7.40	8.84	8.93	8.66	8.66		8.33	8.10	7.88	7.54	7.11	6.76	7.92	8.81	8.36	7.50
H1 lead leg	L	strides	22	14	14	14	14		14	15	15	15	15	152				
Obayashi, Masayuki (JPN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN)															Kobayashi (2019) - research on athlete performance and technique- 2019 data book			
date	03-May-19	time	6.07	10.08	14.11	18.34	22.57		26.88	31.35	35.85	40.47	45.18	50.48	6 / 1			
reaction time		interval		4.01	4.03	4.23	4.23		4.31	4.47	4.50	4.62	4.71	5.30		12.27	13.01	13.83
		velocity	7.41	8.73	8.68	8.27	8.27		8.12	7.83	7.78	7.58	7.43	7.55	7.92	8.56	8.07	7.59
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	19	172			
Kostić, Nikola (SRB) (2004)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2024 European Athletics Championships (Roma, ITA)															European Athletics (2024) - 2024 european athletics championships - results book			
date	09-Jun-24	time	5.90	9.66	13.61	17.72	21.92		26.33	30.72	35.29	39.99	44.78	50.48	2 / 5			
reaction time	0.142	interval		3.76	3.95	4.11	4.20		4.41	4.39	4.57	4.70	4.79	5.70		11.82	13.00	14.06
		velocity	7.63	9.31	8.86	8.52	8.33		7.94	7.97	7.66	7.45	7.31	7.02	7.92	8.88	8.08	7.47
H1 lead leg		strides												0				
Smolka, Adam (CZE) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2024 European Athletics Championships (Roma, ITA)															European Athletics (2024) - 2024 european athletics championships - results book			
date	09-Jun-24	time	5.96	9.79	13.69	17.71	21.85		26.20	30.69	35.17	39.88	44.66	50.48	5 / 5			
reaction time	0.208	interval		3.83	3.90	4.02	4.14		4.35	4.49	4.48	4.71	4.78	5.82		11.75	12.98	13.97
		velocity	7.55	9.14	8.97	8.71	8.45		8.05	7.80	7.81	7.43	7.32	6.87	7.92	8.94	8.09	7.52
H1 lead leg		strides												0				
Monreal, Íñigo (ESP) (1974)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1998 Spanish National Championships (San Sebastián, ESP)															Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas			
date	02-Aug-98	time	6.00	9.99	14.04	18.19	22.47		26.95	31.27	35.78	40.41	44.99	50.49	6 / 1			
reaction time		interval		3.99	4.05	4.15	4.28		4.48	4.32	4.51	4.63	4.58	5.50		12.19	13.08	13.72
		velocity	7.50	8.77	8.64	8.43	8.18		7.81	8.10	7.76	7.56	7.64	7.27	7.92	8.61	8.03	7.65
H1 lead leg	R	strides	20	13	13	13	13		13	13	13	14	14	17	156			
Yamada, Atsushi (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN)															Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season			
date	24-Oct-20	time	5.96	9.84	13.82	17.85	21.91		26.08	30.36	34.97	39.74	44.73	50.49	3 / 5			
reaction time		interval		3.88	3.98	4.03	4.06		4.17	4.28	4.61	4.77	4.99	5.76		11.89	12.51	14.37
		velocity	7.55	9.02	8.79	8.68	8.62		8.39	8.18	7.59	7.34	7.01	6.94	7.92	8.83	8.39	7.31
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	20	170			
Onodera, Shota (JPN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese National Championships (Osaka, JPN)															Wamari (2023) - race analysis of men's and women's 400m hurdles in the 2022 season			
date	11-Jun-22	time	6.32	10.24	14.30	18.42	22.56		26.74	30.96	35.42	40.11	45.03	50.49	7 / 6			
reaction time	0.192	interval		3.92	4.06	4.12	4.14		4.18	4.22	4.46	4.69	4.92	5.46		12.10	12.54	14.07
		velocity	7.12	8.93	8.62	8.50	8.45		8.37	8.29	7.85	7.46	7.11	7.33	7.92	8.68	8.37	7.46
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	15	17	159				
Baluch, Matej (SVK) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2022 European Athletics Championships (Munich, GER)															European Athletics (2022) - european athletics championships race analysis			
date	17-Aug-22	time	5.97	9.74	13.65	17.76	21.86	23.62	25.95	30.28	34.96	39.90	44.84	50.49	4 / 3			
reaction time	0.274	interval		3.77	3.91	4.11	4.10		4.09	4.33	4.68	4.94	4.94	5.65		11.79	12.52	14.56
		velocity	7.54	9.28	8.95	8.52	8.54	8.47	8.56	8.08	7.48	7.09	7.09	7.08	7.92	8.91	8.39	7.21
H1 lead leg	R	strides	23	15	15					15	15	16	16	20	135			
Kishimoto, Takayuki (JPN) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2023 Michitaka Kinami Memorial (Osaka, JPN)															Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season			
date	07-May-23	time	5.97	9.81	13.83	17.98	22.31		26.64	31.05	35.62	40.27	45.01	50.49	9 / 4			
reaction time	0.136	interval		3.84	4.02	4.15	4.33		4.33	4.41	4.57	4.65	4.74	5.48		12.01	13.07	13.96
		velocity	7.54	9.11	8.71	8.43	8.08		8.08	7.94	7.66	7.53	7.38	7.30	7.92	8.74	8.03	7.52
H1 lead leg		strides		13	13	13	13		14	14	15	15	15	125				

Hashimoto, Yu (JPN) (2006)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Japanese National U20 Championships (Niigata, JPN)		<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season</i>																
date	28-Jun-24	time	6.07	9.98	13.95	18.08	22.26	26.53	30.90	35.42	40.04	44.84		50.49	2 / 4			
reaction time	0.212	interval		3.91	3.97	4.13	4.18	4.27	4.37	4.52	4.62	4.80	5.65	PB		12.01	12.82	13.94
		velocity	7.41	8.95	8.82	8.47	8.37	8.20	8.01	7.74	7.58	7.29	7.08	7.92		8.74	8.19	7.53
H1 lead leg	R	strides	21	14	14	14	14	15	15	15	15	15	19.5	171.5				
Duma, Christian (GER) (1982)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2002 European Championships (Munich, GER)		<i>Graubner (2009) - http://www.fgs.uni-halle.de</i>																
date	07-Aug-02	time	6.03	9.97	13.90	17.86	21.98	26.21	30.64	36.34	40.16	45.02		50.50	1 / 6			
reaction time		interval		3.94	3.93	3.96	4.12	4.23	4.43	5.70	3.82	4.86	5.48			11.83	12.78	14.38
		velocity	7.46	8.88	8.91	8.84	8.50	8.27	7.90	6.14	9.16	7.20	7.30	7.92		8.88	8.22	7.30
H1 lead leg		strides																
Andersson, Isak (SWE) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)		<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>																
date	18-Jun-17	time	6.08	9.96		18.16	22.36	26.64	31.12	35.64	40.24	44.92		50.50	1 / 7			
reaction time	0.202	interval		3.88		8.20	4.20	4.28	4.48	4.52	4.60	4.68	5.58	PB		12.08	12.96	13.80
		velocity	7.40	9.02		8.54	8.33	8.18	7.81	7.74	7.61	7.48	7.17	7.92		8.69	8.10	7.61
H1 lead leg	R	strides	23	15		15		15	15		15	15		113				
Xu Zhihang (CHN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Chinese National Games (Tianjin, CHN)		<i>Wang (2020) - comparative analysis of pre-competitoin training of finalist in 400m hurdlers at 13th national games</i>																
date	04-Sep-17	time	5.95	10.07	14.30	18.56	22.84	27.29	31.75	36.28	40.70	45.13		50.50	1 / 5			
reaction time		interval		4.12	4.23	4.26	4.28	4.45	4.46	4.53	4.42	4.43	5.37	PB		12.61	13.19	13.38
		velocity	7.56	8.50	8.27	8.22	8.18	7.87	7.85	7.73	7.92	7.90	7.45	7.92		8.33	7.96	7.85
H1 lead leg		strides	21	13	13	13	13	15	15	15	15	15		148				
Takada, Kazunari (JPN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2019 Kinami Memorial (Osaka, JPN)		<i>Matsubayashi (2019) - research on athlete performance and technique- 2019 data book</i>																
date	06-May-19	time	5.89	9.79	13.66	17.48	21.60	25.88	30.21	34.80	39.56	44.63		50.50	7 / 3			
reaction time		interval		3.90	3.87	3.82	4.12	4.28	4.33	4.59	4.76	5.07	5.87			11.59	12.73	14.42
		velocity	7.64	8.97	9.04	9.16	8.50	8.18	8.08	7.63	7.35	6.90	6.81	7.92		9.06	8.25	7.28
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	20	172				
Rodger, Sebastian (GBR) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)		<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																
date	30-May-19	time	6.16	10.06	14.13	18.20	22.30	24.0	26.63	31.06	35.50	40.13	44.93	50.50	2 / 4			
reaction time	0.139	interval		3.90	4.07	4.07	4.10	4.33	4.43	4.44	4.63	4.80	5.57			12.04	12.86	13.87
		velocity	7.31	8.97	8.60	8.60	8.54	8.33	8.08	7.90	7.88	7.56	7.29	7.18	7.92	8.72	8.16	7.57
H1 lead leg	R	strides	22	14	14	14	14	14	14		15	15	19	155				
Yamauchi, Hiromu (JPN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Japanese National Championships (Niigata, JPN)		<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																
date	02-Oct-20	time	6.16	10.08	14.16	18.27	22.49	26.78	31.15	35.64	40.26	45.01		50.50	6 / 5			
reaction time	0.185	interval		3.92	4.08	4.11	4.22	4.29	4.37	4.49	4.62	4.75	5.49			12.11	12.88	13.86
		velocity	7.31	8.93	8.58	8.52	8.29	8.16	8.01	7.80	7.58	7.37	7.29	7.92		8.67	8.15	7.58
H1 lead leg	L	strides	21	14	14	14	14	14	14	15	15	15	19.2	169.2				
Lehtonen, Toumas (FIN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2024 European Athletics Championships (Roma, ITA)		<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																
date	09-Jun-24	time	5.95	9.87	13.92	18.02	22.29	26.70	31.17	35.70	40.36	45.02		50.50	8 / 6			
reaction time	0.190	interval		3.92	4.05	4.10	4.27	4.41	4.47	4.53	4.66	4.66	5.48			12.07	13.15	13.85
		velocity	7.56	8.93	8.64	8.54	8.20	7.94	7.83	7.73	7.51	7.51	7.30	7.92		8.70	7.98	7.58
H1 lead leg		strides																
Fields, Ryan (USA) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2024 USA Olympic Trials (Eugene, OR)		<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																
date	27-Jun-24	time	6.10	10.05	14.07	17.95	22.12	24.05	26.42	30.83	35.44	40.11	44.90	50.50	9 / 3			
reaction time		interval		3.95	4.02	3.88	4.17	4.30	4.41	4.61	4.67	4.79	5.60			11.85	12.88	14.07
		velocity	7.38	8.86	8.71	9.02	8.39	8.32	8.14	7.94	7.59	7.49	7.31	7.14	7.92	8.86	8.15	7.46
H1 lead leg	R	strides		14	14	13	14	14	15	15			18	117				
Hartman, Samuel (USA) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2024 USA Olympic Trials (Eugene, OR)		<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																
date	28-Jun-24	time	6.16	9.99	13.87	17.84	21.73	23.56	25.78	30.13	34.93	39.84	44.72	50.50	3 / 5			
reaction time		interval		3.83	3.88	3.97	3.89	4.05	4.35	4.80	4.91	4.88	5.78			11.68	12.29	14.59
		velocity	7.31	9.14	9.02	8.82	9.00	8.49	8.64	8.05	7.29	7.13	7.17	6.92	7.92	8.99	8.54	7.20
H1 lead leg	R	strides		13	13	13	13		13	13	15	15	15	18.2	141.2			
Tsutsue, Kaito (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2024 Olympic Games (Paris, FRA)		<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season</i>																
date	05-Aug-24	time	5.99	9.69	13.46	17.33	21.39	25.71	30.16	34.97	39.84	44.81		50.50	7 / 7			
reaction time	0.149	interval		3.70	3.77	3.87	4.06	4.32	4.45	4.81	4.87	4.97	5.69			11.34	12.83	14.65
		velocity	7.51	9.46	9.28	9.04	8.62	8.10	7.87	7.28	7.19	7.04	7.03	7.92		9.26	8.18	7.17
H1 lead leg	R	strides	21	13	13	13	13	14	14	15	15	15		146				

Mužik, Jiri (CZE) (1976)															
FINAL - 1998 European Championships (Budapest, HUN)															
date	20-Aug-98	time	6.01			21.40						44.30		50.51	8 / 7
reaction time		interval			15.39							22.90	6.21		
		velocity	7.49		9.10							7.64	6.44	7.92	
H1 lead leg	R	strides	21	14	14	14	14	14	14	15	15	15	19.5	169.5	
Woodward, Nathan (GBR) (1989)															
Semi-Final 1 - 2010 European Championships (Barcelona, ESP)															
date	29-Jul-10	time	9.96	13.86	17.86	21.86	26.06	30.38	34.90	39.72	44.70			50.51	7 / 4
reaction time	0.214	interval		3.90	4.00	4.00	4.20	4.32	4.52	4.82	4.98	5.81			12.52 14.32
		velocity	8.03	8.97	8.75	8.75	8.33	8.10	7.74	7.26	7.03	6.88	7.92		8.39 7.33
H1 lead leg	L	strides													
Mano, Yutaro (JPN) (1996)															
A FINAL - 2019 Kinami Memorial (Osaka, JPN)															
date	06-May-19	time	6.16	10.14	14.11	18.12	22.32	26.63	30.13	35.57	40.27	45.03		50.51	6 / 5
reaction time		interval		3.98	3.97	4.01	4.20	4.31	3.50	5.44	4.70	4.76	5.48		11.96 12.01 14.90
		velocity	7.31	8.79	8.82	8.73	8.33	8.12	10.00	6.43	7.45	7.35	7.30	7.92	8.78 8.74 7.05
H1 lead leg	R	strides	21	14	14	14	14	14	15	15	15	15	18.5	169.5	
Chen Tein-Wen (TAI) (1978)															
Semi-Final 1 - 2000 Olympic Games (Sydney, AUS)															
date	25-Sep-00	time	5.98	9.82	13.82	17.82	21.86	23.42	25.98	30.38	34.86	39.46		50.52	8 / 8
reaction time	0.182	interval		3.84	4.00	4.00	4.04	4.12	4.40	4.48	4.60				11.84 12.56
		velocity	7.53	9.11	8.75	8.75	8.66	8.54	8.50	7.95	7.81	7.61	7.92		8.87 8.36
H1 lead leg		strides	22	14	14	14	14	14	14	15	15	15	136		
Herbert, Llewellyn (RSA) (1977)															
FINAL - 2002 IAAF World Cup (Madrid, ESP)															
date	20-Sep-02	time	6.06	9.90	13.94	17.93	21.98	26.20	30.53	35.03	39.76	44.75		50.52	2 / 7
reaction time	0.136	interval		3.84	4.04	3.99	4.05	4.22	4.33	4.50	4.73	4.99	5.77		11.87 12.60 14.22
		velocity	7.43	9.11	8.66	8.77	8.64	8.29	8.08	7.78	7.40	7.01	6.93	7.92	8.85 8.33 7.38
H1 lead leg	L	strides	22	14	14	14	14	14	15	16	16	16	18.5	173.5	
Clement, Kerron (USA) (1985)															
FINAL - 2017 Bislett Games (Oslo, NOR) (TV Analysis)															
date	15-Jun-17	time	5.90	9.53	13.16	16.93	20.83	25.03	29.53	34.36	39.20	44.46		50.52	6 / 8
reaction time	0.164	interval		3.63	3.63	3.77	3.90	4.20	4.50	4.83	4.84	5.26	6.06		11.03 12.60 14.93
		velocity	7.63	9.64	9.64	9.28	8.97	8.33	7.78	7.25	7.23	6.65	6.60	7.92	9.52 8.33 7.03
H1 lead leg	R	strides	20	13	13	13	13	13	15	15	14	16	145		
Mägi, Rasmus (EST) (1992)															
FINAL - 2019 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)															
date	06-Jun-19	time	6.02	9.86	13.86	17.95	22.11	26.36	30.93	35.45	40.21	45.05		50.52	4 / 9
reaction time	0.150	interval		3.84	4.00	4.09	4.16	4.25	4.57	4.52	4.76	4.84	5.47		11.93 12.98 14.12
		velocity	7.48	9.11	8.75	8.56	8.41	8.24	7.66	7.74	7.35	7.23	7.31	7.92	8.80 8.09 7.44
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	15	15	17.5	161.5	
Matsushita, Yuki (JPN) (1991)															
B FINAL - 2021 Shizuoka International Athletics Meeting (Fukuroi, JPN)															
date	03-May-21	time	6.19	10.01	13.93	17.92	22.06	26.44	30.90	35.52	40.21	44.98		50.52	9 / 2
reaction time	0.218	interval		3.82	3.92	3.99	4.14	4.38	4.46	4.62	4.69	4.77	5.54		11.73 12.98 14.08
		velocity	7.27	9.16	8.93	8.77	8.45	7.99	7.85	7.58	7.46	7.34	7.22	7.92	8.95 8.09 7.46
H1 lead leg	R	strides	21	13	13	13	13	14	14	15	15	15	18.5	164.5	
Onodera, Shota (JPN) (1999)															
FINAL - 2022 Michitaka Kinami Memorial (Osaka, JPN)															
date	01-May-22	time	6.31	10.28	14.35	18.47	22.62	26.79	31.03	35.57	40.24	45.10		50.52	3 / 7
reaction time	0.210	interval		3.97	4.07	4.12	4.15	4.17	4.24	4.54	4.67	4.86	5.42		12.16 12.56 14.07
		velocity	7.13	8.82	8.60	8.50	8.43	8.39	8.25	7.71	7.49	7.20	7.38	7.92	8.63 8.36 7.46
H1 lead leg		strides		15	15	15	15	15	15	15	15	17	137		
Takada, Kazunari (JPN) (1997)															
FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN)															
date	23-Aug-20	time	6.04	9.84	13.71	17.67	21.86	26.13	30.53	35.07	39.87	44.84		50.53	2 / 4
reaction time	0.191	interval		3.80	3.87	3.96	4.19	4.27	4.40	4.54	4.80	4.97	5.69		11.63 12.86 14.31
		velocity	7.45	9.21	9.04	8.84	8.35	8.20	7.95	7.71	7.29	7.04	7.03	7.92	9.03 8.16 7.34
H1 lead leg		strides		13	13	14	14	14	14	15	15	15	127		
Spencer, William (USA) (2001)															
Semi-Final 2 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)															
date	25-Jun-21	time	6.03	9.81	13.64	17.62	21.79	26.19	30.76	35.40	40.07	44.81		50.53	4 / 8
reaction time	0.174	interval		3.78	3.83	3.98	4.17	4.40	4.57	4.64	4.67	4.74	5.72		11.59 13.14 14.05
		velocity	7.46	9.26	9.14	8.79	8.39	7.95	7.66	7.54	7.49	7.38	6.99	7.92	9.06 7.99 7.47
H1 lead leg	R	strides		13	13	13	13		14	14	14	14	17.2	125.2	

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

Nakamashi, Haruki (JPN) (2004)																
FINAL	- 2021 Japanese U20 National Championships (Osaka, JPN)	<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>														
date	26-Jun-21	time	6.17	10.16	14.18	18.30	22.48	26.78	31.16	35.62	40.34	45.08		50.53	7 / 2	
reaction time	0.181	interval		3.99	4.02	4.12	4.18	4.30	4.38	4.46	4.72	4.74	5.45	PB		12.13 12.86 13.92
		velocity	7.29	8.77	8.71	8.50	8.37	8.14	7.99	7.85	7.42	7.38	7.34	7.92		8.66 8.16 7.54
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	15	15	20.7	177.7		
Lituyev, Yury (URS) (1925)																
FINAL	- 1953 Hungary vs. USSR (Budapest, HUN)	<i>Quercentani (2000). Athletics: A history of modern track and field athletics (1860-2000)</i>														
date	20-Sep-53	time					23.5							50.4	/ 1	
reaction time		interval										26.9		WR		
		velocity					8.51					7.43		7.94		
H1 lead leg		strides		13	13	13	13	13	13	13	15	15		121		
Knoke, Gary (AUS) (1942)																
FINAL	- 1964 Olympic Games (Tokyo, JPN)	<i>Breitschaft (1965) - die leichtathletik wettkampe der 1964 olympischen sommerspielen - 400m hürdenlauf</i>														
date	16-Oct-64	time	5.8		13.7		21.8		30.6		40.1			50.4	2 / 4	
reaction time		interval			7.9		8.1		8.8		9.5		10.3			
		velocity	7.76		8.86		8.64		7.95		7.37		7.28	7.94		
H1 lead leg		strides														
Xie Zhiyu (CHN) (2000)																
FINAL	- 2021 Chinese National Championships (Chongqing, CHN)	<i>CAA Hurdle Development (2021)</i>														
date	26-Jun-21	time	6.15	10.04	14.04	18.07	22.24	26.63	31.25	35.92	40.64	45.34		50.4	3 / 2	(no official time given)
reaction time	0.227	interval		3.89	4.00	4.03	4.17	4.39	4.62	4.67	4.72	4.70	5.06	DQ		11.92 13.18 14.09
		velocity	7.32	9.00	8.75	8.68	8.39	7.97	7.58	7.49	7.42	7.45	7.91	7.94		8.81 7.97 7.45
H1 lead leg	L	strides	21	13	13	13	13	13	14	14	14	14	17	159		
Fredericks, Cornel (RSA) (1990)																
FINAL	- 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)	<i>Henson (2021) - Athlete First: 2018 year end hurdle report</i>														
date	08-Sep-18	time	5.96	9.84	13.64	17.52	21.60	25.80	30.24	34.84	39.64	44.60		50.54	2 / 7	
reaction time	0.139	interval		3.88	3.80	3.88	4.08	4.20	4.44	4.60	4.80	4.96	5.94			11.56 12.72 14.36
		velocity	7.55	9.02	9.21	9.02	8.58	8.33	7.88	7.61	7.29	7.06	6.73	7.91		9.08 8.25 7.31
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	19.2	157.2		
Jordan, Quivell (USA) (1999)																
FINAL	- 2021 NCAA Championships (Eugene, OR) (TV Analysis)	<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>														
date	11-Jun-21	time	6.00	9.75		17.73	21.80		30.57	35.20	40.00			50.54	1 / 9	
reaction time	0.166	interval		3.75		7.98	4.07		8.77	4.63	4.80					11.73 12.84
		velocity	7.50	9.33		8.77	8.60		7.98	7.56	7.29			7.91		8.95 8.18
H1 lead leg	L	strides	21	13			14			15	15			78		
Chalmers, Alastair (GBR) (2000)																
Semi-Final 1	- 2022 World Athletics Championships (Eugene, OR) (TV Analysis)	<i>Henson (2022) - Athlete First: 2022 year end hurdle report</i>														
date	17-Jul-22	time	5.77	9.57	13.60	17.60	21.87	23.76	26.20	30.67	35.20	40.07	44.90		50.54	1 / 6
reaction time	0.157	interval		3.80	4.03	4.00	4.27		4.33	4.47	4.53	4.87	4.83	5.64		11.83 13.07 14.23
		velocity	7.80	9.21	8.68	8.75	8.20	8.42	8.08	7.83	7.73	7.19	7.25	7.09	7.91	8.88 8.03 7.38
H1 lead leg	L	strides	20	13	13	13	13	14	14	15	15	15	18	163		
Hughes, David (GBR) (1984)																
Heat 3	- 2010 Commonwealth Games (Dehli, IND)	<i>Arnold (2010) - 400mH planning and peaking</i>														
date	09-Oct-10	time	5.9	9.8	13.8	17.8	21.9	23.7	26.2	30.6	35.2	40.0	44.8		50.55	6 / 3
reaction time	0.180	interval		3.9	4.0	4.0	4.1		4.3	4.4	4.6	4.8	4.8	5.75		11.90 12.80 14.20
		velocity	7.63	8.97	8.75	8.75	8.54	8.44	8.14	7.95	7.61	7.29	7.29	6.96	7.91	8.82 8.20 7.39
H1 lead leg		strides														
Cai Jungi (CHN) (1996)																
FINAL	- 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)	<i>CAA Hurdle Development (2019)</i>														
date	08-Apr-19	time	6.22	10.30	14.50	18.68	22.94	27.20	31.56	36.04	40.56	45.18		50.56	5 / 1	
reaction time	0.179	interval		4.08	4.20	4.18	4.26	4.26	4.36	4.48	4.52	4.62	5.38			12.46 12.88 13.62
		velocity	7.23	8.58	8.33	8.37	8.22	8.22	8.03	7.81	7.74	7.58	7.43	7.91		8.43 8.15 7.71
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	19	176		
Sugai, Mitsuru (JPN) (1994)																
C FINAL	- 2019 Shizuoka International Athletics Meeting (Fukuroi, JPN)	<i>Kobayashi (2019) - research on athlete performance and technique- 2019 data book</i>														
date	03-May-19	time	6.09	9.83	13.73	17.77	21.89	26.28	30.75	35.44	40.19	45.08		50.56	7 / 2	
reaction time		interval		3.74	3.90	4.04	4.12	4.39	4.47	4.69	4.75	4.89	5.48			11.68 12.98 14.33
		velocity	7.39	9.36	8.97	8.66	8.50	7.97	7.83	7.46	7.37	7.16	7.30	7.91		8.99 8.09 7.33
H1 lead leg	R	strides	22	13	13	13	13	14	14	15	15	15	18.5	165.5		
Iwamoto, Takeshi (JPN) (1996)																
B FINAL	- 2020 World Athletics Trials (Fuji, JPN)	<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>														
date	06-Sep-20	time	6.14	9.98	13.93	17.92	22.09	26.36	30.83	35.41	40.32	45.28		50.56	4 / 2	
reaction time		interval		3.84	3.95	3.99	4.17	4.27	4.47	4.58	4.91	4.96	5.28			11.78 12.91 14.45
		velocity	7.33	9.11	8.86	8.77	8.39	8.20	7.83	7.64	7.13	7.06	7.58	7.91		8.91 8.13 7.27
H1 lead leg	L	strides	20	13	13	13	13	13	13	13	14	14	16.2	155.2		

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

Touati, Mohamed Amin (TUN) (1998)																
Heat 2	- 2020 Olympic Games (Tokyo, JPN) (TV Analysis)															
date	30-Jul-21	time	6.17	10.03	13.95	17.82	21.90		26.13	30.50		40.03	44.95		50.58	2 / 6
reaction time	0.152	interval		3.86	3.92	3.87	4.08		4.23	4.37		9.53	4.92	5.63		11.65 12.68 14.45
		velocity	7.29	9.07	8.93	9.04	8.58		8.27	8.01		7.35	7.11	7.10	7.91	9.01 8.28 7.27
H1 lead leg	L	strides	21	14	14	13			14	14		15	15	17.5	137.5	
Yoshikata, Masahira (JPN) (1982)																
Heat 2	- 2007 IAAF World Championships (Osaka, JPN)															
date	25-Aug-07	time	6.02	9.76	13.61	17.55	21.67		25.92	30.41	34.96	39.70	44.67		50.59	6 / 6
reaction time	0.187	interval		3.74	3.85	3.94	4.12		4.25	4.49	4.55	4.74	4.97	5.92		11.53 12.86 14.26
		velocity	7.48	9.36	9.09	8.88	8.50		8.24	7.80	7.69	7.38	7.04	6.76	7.91	9.11 8.16 7.36
H1 lead leg	L	strides	21	14	14	14	14		14	15	15	15	15	19.7	170.7	
Ideura, Noriuki (JPN) (1987)																
C FINAL	- 2014 Shizuoka International Athletics Meeting (Fukuroi, JPN)															
date	03-May-14	time	6.36	10.40	14.47	18.61	22.78		26.95	31.22	35.59	40.19	45.01		50.59	1 / 2
reaction time		interval		4.04	4.07	4.14	4.17		4.17	4.27	4.37	4.60	4.82	5.58		12.25 12.61 13.79
		velocity	7.08	8.66	8.60	8.45	8.39		8.39	8.20	8.01	7.61	7.26	7.17	7.91	8.57 8.33 7.61
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131	
Cui Caizhuang (CHN) (1995)																
FINAL	- 2020 Chinese Olympic Trials (Shaoxing, CHN)															
date	13-Jun-21	time	6.11	10.09	14.13	18.26	22.47		26.88	31.41	36.02	40.66	45.30		50.59	4 / 3
reaction time	0.167	interval		3.98	4.04	4.13	4.21		4.41	4.53	4.61	4.64	4.64	5.29	PB	12.15 13.15 13.89
		velocity	7.36	8.79	8.66	8.47	8.31		7.94	7.73	7.59	7.54	7.54	7.56	7.91	8.64 7.98 7.56
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	18.2	171.2	
Copello, Yasmani (TUR) (1987)																
FINAL	- 2023 Bauhaus Galan (Stockholm, SWE)															
date	02-Jul-23	time	5.97	9.76	13.61	17.44	21.42		25.58	30.00	34.66	39.61	44.61		50.59	2 / 8
reaction time	0.186	interval		3.79	3.85	3.83	3.98		4.16	4.42	4.66	4.95	5.00	5.98		11.47 12.56 14.61
		velocity	7.54	9.23	9.09	9.14	8.79		8.41	7.92	7.51	7.07	7.00	6.69	7.91	9.15 8.36 7.19
H1 lead leg	R	strides	20	13		13	13		13	14		15	15		116	
Gonigam, Philippe (FRA) (1963)																
FINAL	- 1987 French National Championships (Annecy, FRA)															
date	09-Aug-87	time	6.15	10.12	14.23	18.46	22.68		26.94	31.30	35.69	40.33	45.01		50.60	1 / 2
reaction time		interval		3.97	4.11	4.23	4.22		4.26	4.36	4.39	4.64	4.68	5.59		12.31 12.84 13.71
		velocity	7.32	8.82	8.52	8.27	8.29		8.22	8.03	7.97	7.54	7.48	7.16	7.91	8.53 8.18 7.66
H1 lead leg		strides	22	15	15	15	15		15	15	15	15	16		158	
Yoshida, Kazuaki (JPN) (1987)																
FINAL	- 2016 Kansai Business Championships (Osaka, JPN)															
date	20-May-16	time	6.20	10.12	14.08	18.08	22.27		26.71	31.11	35.58	40.21	44.99		50.60	6 / 2
reaction time		interval		3.92	3.96	4.00	4.19		4.44	4.40	4.47	4.63	4.78	5.61		11.88 13.03 13.88
		velocity	7.26	8.93	8.84	8.75	8.35		7.88	7.95	7.83	7.56	7.32	7.13	7.91	8.84 8.06 7.56
H1 lead leg		strides		13	13	13	13		15	15	15	15	15		127	
Holmes, TJ (USA) (1995)																
FINAL	- 2019 Bislett Games (Oslo, NOR) (TV Analysis)															
date	13-Jun-19	time	6.05	9.71	13.48		21.35	23.0	25.48	29.86	34.26	39.44	44.48		50.60	5 / 7
reaction time	0.292	interval		3.66	3.77		7.87		4.13	4.38	4.40	5.18	5.04	6.12		14.62
		velocity	7.44	9.56	9.28		8.89	8.70	8.47	7.99	7.95	6.76	6.94	6.54	7.91	7.18
H1 lead leg	L	strides	19	13	13				13	13	13	15	15	18	132	
Matsushita, Yuki (JPN) (1991)																
FINAL	- 2020 Seiko Golden Grand Prix (Tokyo, JPN)															
date	23-Aug-20	time	6.14	9.91	13.78	17.82	22.01		26.36	30.83	35.42	40.09	44.89		50.60	7 / 5
reaction time	0.147	interval		3.77	3.87	4.04	4.19		4.35	4.47	4.59	4.67	4.80	5.71		11.68 13.01 14.06
		velocity	7.33	9.28	9.04	8.66	8.35		8.05	7.83	7.63	7.49	7.29	7.01	7.91	8.99 8.07 7.47
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125	
Inoue, Kakeru (JPN) (1996)																
B FINAL	- 2020 Michitaka Kinami Memorial (Osaka, JPN)															
date	24-Oct-20	time	6.18	10.09	14.13	18.18	22.34		26.68	31.13	35.72	40.44	45.20		50.60	1 / 1
reaction time		interval		3.91	4.04	4.05	4.16		4.34	4.45	4.59	4.72	4.76	5.40		12.00 12.95 14.07
		velocity	7.28	8.95	8.66	8.64	8.41		8.06	7.87	7.63	7.42	7.35	7.41	7.91	8.75 8.11 7.46
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	18.7	164.7	
Pirjahan, Mahdi (IRI) (1999)																
FINAL	- West Asian Championships - 2024 Seashore Doha Meeting (Doha, QAT)															
date	10-May-24	time	6.34	10.08	14.00	18.10	22.33		26.50	30.85	35.28	39.82	44.48		50.60	6 / 2
reaction time	0.166	interval		3.74	3.92	4.10	4.23		4.17	4.35	4.43	4.54	4.66	6.12		11.76 12.75 13.63
		velocity	7.10	9.36	8.93	8.54	8.27		8.39	8.05	7.90	7.71	7.51	6.54	7.91	8.93 8.24 7.70
H1 lead leg		strides												0		

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

Mucheru, Bonface (KEN) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Doha Diamond League (Doha, QAT) (TV Analysis)																	Henson (2020) - Athlete First: 2017 year end hurdle report		
date	05-May-17	time	6.23	10.16	14.16	18.23	22.40		26.66	31.03	35.50	40.10	44.86		50.61	3 / 7			
reaction time	0.155	interval		3.93	4.00	4.07	4.17		4.26	4.37	4.47	4.60	4.76	5.75			12.00	12.80	13.83
		velocity	7.22	8.91	8.75	8.60	8.39		8.22	8.01	7.83	7.61	7.35	6.96	7.90		8.75	8.20	7.59
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	15	15	18.5	175.5				
Kawagoe, Hiroya (JPN) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Japanese National Championships (Niigata, JPN)																	Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season		
date	02-Oct-20	time	6.07	9.96	13.98	18.02	22.19		26.59	31.05	35.57	40.24	45.05		50.61	7 / 6			
reaction time	0.170	interval		3.89	4.02	4.04	4.17		4.40	4.46	4.52	4.67	4.81	5.56			11.95	13.03	14.00
		velocity	7.41	9.00	8.71	8.66	8.39		7.95	7.85	7.74	7.49	7.28	7.19	7.90		8.79	8.06	7.50
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	19	171				
Kawagoe, Hiroya (JPN) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Michitaka Kinami Memorial (Osaka, JPN)																	Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season		
date	01-Jun-21	time	6.21	10.14	14.11	18.17	22.36		26.63	31.06	35.59	40.29	45.10		50.61	4 / 3			
reaction time	0.182	interval		3.93	3.97	4.06	4.19		4.27	4.43	4.53	4.70	4.81	5.51			11.96	12.89	14.04
		velocity	7.25	8.91	8.82	8.62	8.35		8.20	7.90	7.73	7.45	7.28	7.26	7.90		8.78	8.15	7.48
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	18.5	170.5				
Delgado, Jesús David (ESP) (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 - 2022 European Athletics Championships (Munich, GER)																	European Athletics (2022) - european athletics championships race analysis		
date	17-Aug-22	time	6.12	10.00	14.00	18.05	22.24	24.01	26.43	30.74	35.31	40.01	44.82		50.61	7 / 2			
reaction time	0.224	interval		3.88	4.00	4.05	4.19		4.19	4.31	4.57	4.70	4.81	5.79			11.93	12.69	14.08
		velocity	7.35	9.02	8.75	8.64	8.35	8.33	8.35	8.12	7.66	7.45	7.28	6.91	7.90		8.80	8.27	7.46
H1 lead leg	L	strides	21	13			13		13	13	14	14	15	17.5	133.5				
Bánóczy, Árpád (HUN) (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 Seiko Golden Grand Prix (Tokyo, JPN)																	Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season		
date	19-May-24	time	6.09	9.98	13.85	17.87	22.01		26.28	30.80	35.49	40.29	45.16		50.62	1 / 8			
reaction time	0.209	interval		3.89	3.87	4.02	4.14		4.27	4.52	4.69	4.80	4.87	5.46			11.78	12.93	14.36
		velocity	7.39	9.00	9.04	8.71	8.45		8.20	7.74	7.46	7.29	7.19	7.33	7.90		8.91	8.12	7.31
H1 lead leg	L	strides	21	14	14	14	14		14	15	15	15	16		152				
Jackson, Bershawn (USA) (1983)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Weltklasse (Zürich, SUI) (TV Analysis)																	Henson (2020) - Athlete First: 2018 year end hurdle report		
date	30-Aug-18	time	5.76	9.68	13.80	18.00	22.32	24.2	26.56	30.84		39.80	44.72		50.63	2 / 7			
reaction time	0.140	interval		3.92	4.12	4.20	4.32		4.24	4.28		8.96	4.92	5.91			12.24	12.84	13.88
		velocity	7.81	8.93	8.50	8.33	8.10	8.26	8.25	8.18		7.81	7.11	6.77	7.90		8.58	8.18	7.56
H1 lead leg	L	strides	22	15	15		15		15	15			16		113				
Toyoda, Masaki (JPN) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN)																	Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season		
date	20-Sep-20	time	6.22	10.16	14.18	18.42	22.66		26.91	31.10	35.64	40.34	45.05		50.63	7 / 3			
reaction time	0.242	interval		3.94	4.02	4.24	4.24		4.25	4.19	4.54	4.70	4.71	5.58			12.20	12.68	13.95
		velocity	7.23	8.88	8.71	8.25	8.25		8.24	8.35	7.71	7.45	7.43	7.17	7.90		8.61	8.28	7.53
H1 lead leg		strides		14	14	14	14		14	14	15	15	15		129				
Ozaki, Yusuke (JPN) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B 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	6.26	10.11	14.01	18.00	22.16		26.38	30.83	35.37	40.14	44.98		50.63	2 / 2			
reaction time		interval		3.85	3.90	3.99	4.16		4.22	4.45	4.54	4.77	4.84	5.65			11.74	12.83	14.15
		velocity	7.19	9.09	8.97	8.77	8.41		8.29	7.87	7.71	7.34	7.23	7.08	7.90		8.94	8.18	7.42
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	17	17	21	182				
Thid, David (SWE) (2003)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2023 European Athletics U23 Championships (Espoo, FIN)																	European Athletics (2023) - european athletics U23 championships results book		
date	15-Jul-23	time	6.03	9.97	14.06	18.22	22.47		26.78	31.20	36.56	40.68	45.26		50.63	3 / 4			
reaction time	0.219	interval		3.94	4.09	4.16	4.25		4.31	4.42	5.36	4.12	4.58	5.37			12.19	12.98	14.06
		velocity	7.46	8.88	8.56	8.41	8.24		8.12	7.92	6.53	8.50	7.64	7.45	7.90		8.61	8.09	7.47
H1 lead leg		strides												0					
Luck, Jay (USA) (1940)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1964 Olympic Games (Tokyo, JPN)																	Breitschaft (1965) - die leichtathletik wettkampfe der 1964 olympischen sommerspielen - 400m hürdenlauf		
date	16-Oct-64	time	5.7		13.8		22.0			30.5		39.6		50.5	3 / 5				
reaction time		interval			8.1		8.2			8.5		9.1		10.9					
		velocity	7.89		8.64		8.54			8.24		7.69		6.88	7.92				
H1 lead leg		strides																	
Kishimoto, Takayuki (JPN) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 Japanese National High School Championships (Kumagaya, JPN)																	Abe (2008) - 61st high school championships: JAF scientific committee - biomechanics data		
date	31-Jul-08	time	6.06	10.08	14.24	18.51	22.91		27.37	31.75	36.21	40.75	45.40		50.64	1 / 1			
reaction time		interval		4.02	4.16	4.27	4.40		4.46	4.38	4.46	4.54	4.65	5.24			12.45	13.24	13.65
		velocity	7.43	8.71	8.41	8.20	7.95		7.85	7.99	7.85	7.71	7.53	7.63	7.90		8.43	7.93	7.69
H1 lead leg		strides		15	15	15	15		15	15	15	15	15		135				

Cai Jungi (CHN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 East China District Meeting (Zhaoqing, CHN)																CAA Hurdle Development (2021)		
date	25-Apr-21	time	6.26	10.34	14.50	18.70	23.03	27.38	31.80	36.27	40.80	45.33		50.64	7 / 1			
reaction time	0.178	interval		4.08	4.16	4.20	4.33	4.35	4.42	4.47	4.53	4.53	5.31			12.44	13.10	13.53
		velocity	7.19	8.58	8.41	8.33	8.08	8.05	7.92	7.83	7.73	7.73	7.53	7.90		8.44	8.02	7.76
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	18.5	175.5				
Andrade, Jordin (CPV) (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 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																Henson (2024) - Athlete First: 2021 year end hurdle report		
date	30-Jul-21	time	6.10	9.86	13.83	17.86	22.20	26.46	30.96		40.07	44.96		50.64	7 / 7			
reaction time	0.202	interval		3.76	3.97	4.03	4.34	4.26	4.50		9.11	4.89	5.68			11.76	13.10	14.00
		velocity	7.38	9.31	8.82	8.68	8.06	8.22	7.78		7.68	7.16	7.04	7.90		8.93	8.02	7.50
H1 lead leg	L	strides	22	14	14	14	14	15	15		15	15	138					
Fuchiqli, Syota (JPN) (2005)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Japanese National High School Championships (Sapporo, JPN)																Takashima (2023) - national high school sports festival - biomechanics data		
date	04-Aug-23	time	6.02	9.81	13.65	17.62	21.62	25.84	30.21	34.73	39.49	44.54		50.64	6 / 2			
reaction time	0.221	interval		3.79	3.84	3.97	4.00	4.22	4.37	4.52	4.76	5.05	6.10			11.60	12.59	14.33
		velocity	7.48	9.23	9.11	8.82	8.75	8.29	8.01	7.74	7.35	6.93	6.56	7.90		9.05	8.34	7.33
H1 lead leg		strides	21	14	14	14	14	15	15	15	15	15	21	173				
Fuchiqli, Syota (JPN) (2005)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Japanese National U20 Championships (Niigata, JPN)																Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season		
date	28-Jun-24	time	6.11	9.98	13.98	18.12	22.22	26.46	30.76	35.20	39.77	44.64		50.64	6 / 5			
reaction time	0.229	interval		3.87	4.00	4.14	4.10	4.24	4.30	4.44	4.57	4.87	6.00			12.01	12.64	13.88
		velocity	7.36	9.04	8.75	8.45	8.54	8.25	8.14	7.88	7.66	7.19	6.67	7.90		8.74	8.31	7.56
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	15	20	173				
Nozawa, Keisuke (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Seiko Golden Grand Prix (Osaka, JPN)																Hirokawa (2019) - research on athlete performance and technique- 2019 data book		
date	19-May-19	time	6.14	9.91	13.88	17.87	21.99	26.14	30.46	35.02	39.98	44.94		50.65	6 / 2			
reaction time	0.254	interval		3.77	3.97	3.99	4.12	4.15	4.32	4.56	4.96	4.96	5.71			11.73	12.59	14.48
		velocity	7.33	9.28	8.82	8.77	8.50	8.43	8.10	7.68	7.06	7.06	7.01	7.90		8.95	8.34	7.25
H1 lead leg	L	strides	21	14	14	14	14	14	14	14	16	15	19	169				
Shang Shou (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Chinese National Championships (Shaoying, CHN)																CAA Hurdle Development (2020)		
date	17-Sep-20	time	6.21	10.17	14.29	18.46	22.75	27.21	31.58	36.08	40.67	45.25		50.65	4 / 2			
reaction time		interval		3.96	4.12	4.17	4.29	4.46	4.37	4.50	4.59	4.58	5.40			12.25	13.12	13.67
		velocity	7.25	8.84	8.50	8.39	8.16	7.85	8.01	7.78	7.63	7.64	7.41	7.90		8.57	8.00	7.68
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	18	169				
Kawakita, Naohiro (JPN) (1980)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2005 Japanese National Championships (Tokyo, JPN)																Yasunori (2006) - race pattern analysis of top Japanese 400m hurdlers		
date	04-Jun-05	time	6.14	10.06	14.06	18.10	22.22	26.52	31.07	35.71	40.40	45.24		50.66	1 / 3			
reaction time		interval		3.92	4.00	4.04	4.12	4.30	4.55	4.64	4.69	4.84	5.42			11.96	12.97	14.17
		velocity	7.33	8.93	8.75	8.66	8.50	8.14	7.69	7.54	7.46	7.23	7.38	7.90		8.78	8.10	7.41
H1 lead leg		strides		13	13	13	13	14	14	15	15	15	125					
Kawagoe, Hiroya (JPN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Seiko Golden Grand Prix (Tokyo, JPN)																Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season		
date	08-May-22	time	5.97	9.73	13.70	17.67	21.79	26.21	30.76	35.40	40.12	45.01		50.66	8 / 9			
reaction time	0.177	interval		3.76	3.97	3.97	4.12	4.42	4.55	4.64	4.72	4.89	5.65			11.70	13.09	14.25
		velocity	7.54	9.31	8.82	8.82	8.50	7.92	7.69	7.54	7.42	7.16	7.08	7.90		8.97	8.02	7.37
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	18.2	170.2				
Kishimoto, Takayuki (JPN) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2022 World Athletics Championships (Eugene, OR)																Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season		
date	16-Jul-22	time	5.99	9.81	13.75	17.82	22.06	23.76	26.39	30.83	35.47	40.17	45.03		50.66	2 / 6		
reaction time	0.117	interval		3.82	3.94	4.07	4.24	4.33	4.44	4.64	4.70	4.86	5.63			11.83	13.01	14.20
		velocity	7.51	9.16	8.88	8.60	8.25	8.08	7.88	7.54	7.45	7.20	7.10	7.90		8.88	8.07	7.39
H1 lead leg		strides		13	13	13	13	14	14	15	15	15	125					
Schiller, Udo (GER) (1967)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1991 European Cup (Frankfurt, GER)																Federle (2003) - http://www.fgs.uni-halle.de		
date	29-Jun-91	time	6.27	10.19	14.15	18.11	22.23	26.53	31.04	35.62	40.26	45.02		50.67	1 / 6			
reaction time		interval		3.92	3.96	3.96	4.12	4.30	4.51	4.58	4.64	4.76	5.65			11.84	12.93	13.98
		velocity	7.18	8.93	8.84	8.84	8.50	8.14	7.76	7.64	7.54	7.35	7.08	7.89		8.87	8.12	7.51
H1 lead leg		strides																
Ina, Sota (JPN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2020 World Athletics Trials (Fuji, JPN)																Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season		
date	06-Sep-20	time	6.24	10.26	14.18	18.28	22.51	26.78	31.18	35.84	40.59	45.33		50.67	7 / 3			
reaction time		interval		4.02	3.92	4.10	4.23	4.27	4.40	4.66	4.75	4.74	5.34			12.04	12.90	14.15
		velocity	7.21	8.71	8.93	8.54	8.27	8.20	7.95	7.51	7.37	7.38	7.49	7.89		8.72	8.14	7.42
H1 lead leg	R	strides	21	13	13	14	14	14	14	15	15	15	18	166				

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

Smidt, Nick (NED) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)														Henson (2020) - Athlete First: 2020 year end hurdle report				
date	17-Sep-20	time	5.91	9.81		22.05	24.0		31.06	35.67	40.34	45.11		50.67	3 / 8			
reaction time	0.144	interval		3.90		12.24			9.01	4.61	4.67	4.77	5.56					14.05
		velocity	7.61	8.97		8.58	8.33		7.77	7.59	7.49	7.34	7.19	7.89				7.47
H1 lead leg	L	strides	20	13						14	14	14	17.2	92.2				
Kawamura, Hideaki (JPN) (1974)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2000 Olympic Games (Sydney, AUS)														Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games				
date	24-Sep-00	time	5.96	9.68	13.80	17.52	21.52	25.64	30.04	34.60	39.68	44.72		50.68	4 / 4			
reaction time	0.172	interval		3.72	4.12	3.72	4.00	4.12	4.40	4.56	5.08	5.04	5.96			11.56	12.52	14.68
		velocity	7.55	9.41	8.50	9.41	8.75	8.50	7.95	7.68	6.89	6.94	6.71	7.89		9.08	8.39	7.15
H1 lead leg		strides	21	14	14	14	14	15	15	15	17	16	20	175				
Nozawa, Keisuke (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Nambu Memorial (Sapporo, JPN)														(2017) - tfdata-store.com/2017/07/11/post-1019/				
date	09-Jul-17	time	5.99	9.69	13.47	17.32	21.34	25.50	29.77	34.25	39.04	44.30		50.68	8 / 6			
reaction time		interval		3.70	3.78	3.85	4.02	4.16	4.27	4.48	4.79	5.26	6.38			11.33	12.45	14.53
		velocity	7.51	9.46	9.26	9.09	8.71	8.41	8.20	7.81	7.31	6.65	6.27	7.89		9.27	8.43	7.23
H1 lead leg	L	strides	21	13	13	13	14	14	14	14	15	16	20	167				
Birchman, Jonathan (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 4 - 2024 USA Olympic Trials (Eugene, OR)														USATF and Karmarush (2024) - USA Olympic trials results and race analysis				
date	27-Jun-24	time	6.12	10.09	14.20	18.47	22.66	24.48	26.85	31.25	35.88	40.63	45.30		50.68	6 / 3		
reaction time		interval		3.97	4.11	4.27	4.19	4.19	4.40	4.63	4.75	4.67	5.38			12.35	12.78	14.05
		velocity	7.35	8.82	8.52	8.20	8.35	8.17	8.35	7.95	7.56	7.37	7.49	7.43	7.89	8.50	8.22	7.47
H1 lead leg	L	strides	21	14	14	14	14	14	15	15	15	15	18	169				
Tsutsue, Kaito (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese National Championships (Osaka, JPN)														Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season				
date	26-Jun-21	time	6.04	9.84	13.73	17.68	21.81	26.11	30.41	35.00	39.77	44.83		50.69	2 / 6			
reaction time	0.195	interval		3.80	3.89	3.95	4.13	4.30	4.30	4.59	4.77	5.06	5.86			11.64	12.73	14.42
		velocity	7.45	9.21	9.00	8.86	8.47	8.14	8.14	7.63	7.34	6.92	6.83	7.89		9.02	8.25	7.28
H1 lead leg	R	strides	23	13	13	13	14	14	14	15	15	15	19	168				
Urbaniak, Sebastian (POL) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2022 European Athletics Championships (Munich, GER)														European Athletics (2022) - european athletics championships race analysis				
date	17-Aug-22	time	5.81	9.58	13.48	17.45	21.45	23.23	25.57	30.05	34.70	39.61	44.55		50.69	6 / 4		
reaction time	0.202	interval		3.77	3.90	3.97	4.00	4.12	4.48	4.65	4.91	4.94	6.14			11.64	12.60	14.50
		velocity	7.75	9.28	8.97	8.82	8.75	8.61	8.50	7.81	7.53	7.13	7.09	6.51	7.89	9.02	8.33	7.24
H1 lead leg	L	strides	21	14	14				15	15	15	16	19.7	129.7				
Maillard, Sébastien (FRA) (1981)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2003 IAAF World Championships (Paris, FRA)														Behm (2003) - Paris 2003:Le quatrache masculin - féminin				
date	27-Aug-03	time	5.9	9.6	13.4	17.3	21.4	25.6	30.0	34.6				50.70	8 / 8			
reaction time	0.186	interval		3.7	3.8	3.9	4.1	4.2	4.4	4.6			16.10			11.40	12.70	
		velocity	7.63	9.46	9.21	8.97	8.54	8.33	7.95	7.61			6.83	7.89		9.21	8.27	
H1 lead leg		strides	21	14	14	14	14	15	15	15	16	16	19.5	173.5				
Ferguson, Kenneth (USA) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)														USATF Women's Sprint Development (2003)				
date	22-Jun-03	time	6.34	10.39	14.51	18.73	23.14	27.36	31.39	35.60	39.96	44.68		50.70	7 / 1			
reaction time		interval		4.05	4.12	4.22	4.41	4.22	4.03	4.21	4.36	4.72	6.02			12.39	12.66	13.29
		velocity	7.10	8.64	8.50	8.29	7.94	8.29	8.68	8.31	8.03	7.42	6.64	7.89		8.47	8.29	7.90
H1 lead leg		strides																
Wang Yijie (CHN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)														CAA Hurdle Development (2019)				
date	23-Aug-19	time	6.12	10.05	13.95	18.03	22.27	26.64	31.16	35.70	40.35	45.11		50.70	4 / 1			
reaction time	0.218	interval		3.93	3.90	4.08	4.24	4.37	4.52	4.54	4.65	4.76	5.59			11.91	13.13	13.95
		velocity	7.35	8.91	8.97	8.58	8.25	8.01	7.74	7.71	7.53	7.35	7.16	7.89		8.82	8.00	7.53
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	15	15	18.3	171.3				
Akçam, Berke (TUR) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 European Athletics U20 Championships (Tallin, EST)														European Athletics (2021) - european athletics U20 championships results book				
date	18-Jul-21	time	5.68	9.45	13.32	17.42	23.72	26.20	30.68	35.38	40.18	45.17		50.70	3 / 1			
reaction time	0.159	interval		3.77	3.87	4.10		8.78	4.48	4.70	4.80	4.99	5.53			11.74	13.26	14.49
		velocity	7.92	9.28	9.04	8.54	8.43	7.97	7.81	7.45	7.29	7.01	7.23	7.89		8.94	7.92	7.25
H1 lead leg	L	strides	21	13	13	13	14		14	14	15	15	18.7	150.7				
Okamura, Kunihiro (JPN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese National Championships (Osaka, JPN)														Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season				
date	11-Jun-22	time	6.16	9.91	13.78	17.77	21.87	26.26	30.70	35.37	40.21	45.10		50.70	2 / 8			
reaction time	0.212	interval		3.75	3.87	3.99	4.10	4.39	4.44	4.67	4.84	4.89	5.60			11.61	12.93	14.40
		velocity	7.31	9.33	9.04	8.77	8.54	7.97	7.88	7.49	7.23	7.16	7.14	7.89		9.04	8.12	7.29
H1 lead leg	L	strides	21	13	13	13	13	14	14	15	15	15		146				

Isakov, Erkinjon (UZB) (1974)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2000 Olympic Games (Sydney, AUS)																			
Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games																			
date	24-Sep-00	time	6.10	10.14	14.14	18.30	22.62	26.70	31.18	35.74	40.34	45.02	50.71		5 / 5				
reaction time	0.182	interval		4.04	4.00	4.16	4.32	4.08	4.48	4.56	4.60	4.68	5.69				12.20	12.88	13.84
		velocity	7.38	8.66	8.75	8.41	8.10	8.58	7.81	7.68	7.61	7.48	7.03	7.89			8.61	8.15	7.59
H1 lead leg		strides	22	14	14	14	14	14	14	14	15	15	15	151					
Santos, Juander (DOM) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Meeting de Paris (Paris, FRA) (TV Analysis)																			
Henson (2020) - Athlete First: 2018 year end hurdle report																			
date	05-Jul-18	time	5.92	9.72	13.60	17.64	21.72	23.5	25.92	30.36	34.96	39.84	44.80	50.71		1 / 8			
reaction time	0.168	interval		3.80	3.88	4.04	4.08	4.20	4.44	4.60	4.88	4.96	5.91				11.72	12.72	14.44
		velocity	7.60	9.21	9.02	8.66	8.58	8.51	8.33	7.88	7.61	7.17	7.06	6.77	7.89		8.96	8.25	7.27
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	16	16	19	173				
Feng Zhiqiang (CHN) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Asian Athletics Championships (Doha, QAT)																			
CAA Hurdle Development (2019)																			
date	21-Apr-19	time	5.99	9.91	13.83	17.88	22.10	26.51	31.09	35.68	40.36	45.15	50.71		7 / 6				
reaction time	0.199	interval		3.92	3.92	4.05	4.22	4.41	4.58	4.59	4.68	4.79	5.56				11.89	13.21	14.06
		velocity	7.51	8.93	8.93	8.64	8.29	7.94	7.64	7.63	7.48	7.31	7.19	7.89			8.83	7.95	7.47
H1 lead leg	L	strides	20	13	13	13	13	13	14	14	15	15	17.5	160.5					
Paul, Jacob (GBR) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Müller Grand Prix (Birmingham, GBR) (TV Analysis)																			
Henson (2020) - Athlete First: 2019 year end hurdle report																			
date	18-Aug-19	time	6.04	9.92	13.88	17.88	22.04	23.9	26.20	35.20	40.00	44.92	50.71		1 / 7				
reaction time	0.156	interval		3.88	3.96	4.00	4.16	4.16	4.16	9.00	4.80	4.92	5.79				11.84		
		velocity	7.45	9.02	8.84	8.75	8.41	8.37	8.41	7.78	7.29	7.11	6.91	7.89			8.87		
H1 lead leg	L	strides	21	14	14	14	14	14	14	14	15	15	135						
Kawagoe, Hiroya (JPN) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese National Championships (Osaka, JPN)																			
Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season																			
date	26-Jun-21	time	6.06	9.93	13.96	18.05	22.26	26.64	31.16	35.82	40.57	45.40	50.71		3 / 7				
reaction time	0.191	interval		3.87	4.03	4.09	4.21	4.38	4.52	4.66	4.75	4.83	5.31				11.99	13.11	14.24
		velocity	7.43	9.04	8.68	8.56	8.31	7.99	7.74	7.51	7.37	7.25	7.53	7.89			8.76	8.01	7.37
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	152						
Moritaka, Sojiro (JPN) (2003)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese U20 National Championships (Osaka, JPN)																			
Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season																			
date	11-Jun-22	time	6.11	10.13	14.20	18.35	22.56	26.92	31.40	36.02	40.61	45.38	50.71		8 / 2				
reaction time	0.216	interval		4.02	4.07	4.15	4.21	4.36	4.48	4.62	4.59	4.77	5.33	PB			12.24	13.05	13.98
		velocity	7.36	8.71	8.60	8.43	8.31	8.03	7.81	7.58	7.63	7.34	7.50	7.89			8.58	8.05	7.51
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	16	20	174					
Nakai, Shuta (JPN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Japanese National Championsips (Osaka, JPN)																			
Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season																			
date	03-Jun-23	time	6.27	10.03	13.81	17.72	21.74	25.99	30.43	35.09	39.91	44.89	50.71		9 / 7				
reaction time	0.222	interval		3.76	3.78	3.91	4.02	4.25	4.44	4.66	4.82	4.98	5.82				11.45	12.71	14.46
		velocity	7.18	9.31	9.26	8.95	8.71	8.24	7.88	7.51	7.26	7.03	6.87	7.89			9.17	8.26	7.26
H1 lead leg	R	strides	21	13	13	13	13	14	14	15	15	15	146						
Yamamoto, Tatsuhiro (JPN) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 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	6.07	9.84	13.80	17.87	22.07	26.33	30.68	35.20	39.81	44.48	50.71		1 / 7				
reaction time	0.174	interval		3.77	3.96	4.07	4.20	4.26	4.35	4.52	4.61	4.67	6.23				11.80	12.81	13.80
		velocity	7.41	9.28	8.84	8.60	8.33	8.22	8.05	7.74	7.59	7.49	6.42	7.89			8.90	8.20	7.61
H1 lead leg	L	strides	21	13	13	14	14	14	14	15	15	15	148						
Brinkley, Chris (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 2 - 2024 USA Olympic Trials (Eugene, OR)																			
USATF and Karmarush (2024) - USA Olympic trials results and race analysis																			
date	27-Jun-24	time	6.13	9.92	13.87	17.84	21.90	23.83	26.15	30.59	35.40	40.14	44.96	50.71		4 / 4			
reaction time		interval		3.79	3.95	3.97	4.06	4.25	4.44	4.81	4.74	4.82	5.75				11.71	12.75	14.37
		velocity	7.34	9.23	8.86	8.82	8.62	8.39	8.24	7.88	7.28	7.38	7.26	6.96	7.89		8.97	8.24	7.31
H1 lead leg	L	strides	22	13	13	13	14				15	15	15	19	139				
Tinsley, Michael (USA) (1984)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 London Anniversary Games (London, GBR) (TV Analysis)																			
Henson (2020) - Athlete First: 2016 year end hurdle report																			
date	23-Jul-16	time	5.80	9.60	13.28	17.16	21.32	25.68	30.12	34.60	39.32	44.28	50.72		4 / 8				
reaction time	0.188	interval		3.80	3.68	3.88	4.16	4.36	4.44	4.48	4.72	4.96	6.44				11.36	12.96	14.16
		velocity	7.76	9.21	9.51	9.02	8.41	8.03	7.88	7.81	7.42	7.06	6.21	7.89			9.24	8.10	7.42
H1 lead leg	L	strides	21	13	13	13	14	14	14	14	14	14	15	145					
Feng Zhiqiang (CHN) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Nanjing World Challenge (Nanjing, CHN)																			
CAA Hurdle Development (2019)																			
date	21-May-19	time	6.20	10.06	13.96	17.93	22.10	26.46	31.10			40.56	45.40	50.72		2 / 7			
reaction time		interval		3.86	3.90	3.97	4.17	4.36	4.64			9.46	4.84	5.32			11.73	13.17	14.30
		velocity	7.26	9.07	8.97	8.82	8.39	8.03	7.54			7.40	7.23	7.52	7.89		8.95	7.97	7.34
H1 lead leg	L	strides		13	13	13	13	13	13	14				17.2	96.2				

Wang Yijie (CHN) (1997)																
H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 Chinese National Championships (Shenyang, CHN)																
date	09-Jul-19	time	6.08	10.05	13.99	18.07	22.19		26.54	30.95	35.50	40.21	45.06		CAA Hurdle Development (2019)	
reaction time	0.166	interval		3.97	3.94	4.08	4.12		4.35	4.41	4.55	4.71	4.85	5.66	PB	11.99 12.88 14.11
		velocity	7.40	8.82	8.88	8.58	8.50		8.05	7.94	7.69	7.43	7.22	7.07	7.89	8.76 8.15 7.44
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	15	15	18.8	171.8	
Ogawa, Daiki (JPN) (2003)																
H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese U20 National Championships (Osaka, JPN)																
date	11-Jun-22	time	6.12	10.14	14.18	18.26	22.46		26.76	31.11	35.74	40.57	45.41		Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season	
reaction time	0.173	interval		4.02	4.04	4.08	4.20		4.30	4.35	4.63	4.83	4.84	5.31		12.14 12.85 14.30
		velocity	7.35	8.71	8.66	8.58	8.33		8.14	8.05	7.56	7.25	7.23	7.53	7.89	8.65 8.17 7.34
H1 lead leg	L	strides	22	14	14	15	15		15	15	15	17	17	20.2	179.2	
Nakai, Shuta (JPN) (2001)																
H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Seiko Golden Grand Prix (Yokohama, JPN)																
date	21-May-23	time	6.22	10.06	13.96	18.00	22.16		26.48	30.93	35.45	40.24	45.05		Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2023 season	
reaction time	0.174	interval		3.84	3.90	4.04	4.16		4.32	4.45	4.52	4.79	4.81	5.67		11.78 12.93 14.12
		velocity	7.23	9.11	8.97	8.66	8.41		8.10	7.87	7.74	7.31	7.28	7.05	7.89	8.91 8.12 7.44
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	18	164	
Menin, Hugo (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)																
date	15-Jul-23	time	6.08	9.93	13.93	17.90	22.18		26.46	30.91	35.61	40.47	45.20		European Athletics (2023) - european athletics U23 championships results book	
reaction time	0.263	interval		3.85	4.00	3.97	4.28		4.28	4.45	4.70	4.86	4.73	5.52		11.82 13.01 14.29
		velocity	7.40	9.09	8.75	8.82	8.18		8.18	7.87	7.45	7.20	7.40	7.25	7.89	8.88 8.07 7.35
H1 lead leg		strides												0		
Kendziera, Dave (USA) (1994)																
H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2024 USA Olympic Trials (Eugene, OR)																
date	27-Jun-24	time	5.84	9.56	13.52	17.56	21.62	23.48	25.83	30.28	35.05	39.98	44.96		USATF and Karmarush (2024) - USA Olympic trials results and race analysis	
reaction time		interval		3.72	3.96	4.04	4.06		4.21	4.45	4.77	4.93	4.98	5.76		11.72 12.72 14.68
		velocity	7.71	9.41	8.84	8.66	8.62	8.52	8.31	7.87	7.34	7.10	7.03	6.94	7.89	8.96 8.25 7.15
H1 lead leg	R	strides	20	13	13	13	13		13	13	14	14	15	18	159	
Copello, Yasmani (TUR) (1987)																
H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2024 Olympic Games (Paris, FRA)																
date	05-Aug-24	time	5.98	9.73	13.50	17.34	21.36		25.58	30.08	34.80	39.76	44.86		Paris 2024 Olympic Games - Results Book (2024)	
reaction time	0.224	interval		3.75	3.77	3.84	4.02		4.22	4.50	4.72	4.96	5.10	5.86		11.36 12.74 14.78
		velocity	7.53	9.33	9.28	9.11	8.71		8.29	7.78	7.42	7.06	6.86	6.83	7.89	9.24 8.24 7.10
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	15	15	19	162	
Borsumato, Anthony (GBR) (1973)																
H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 6 - 2000 Olympic Games (Sydney, AUS)																
date	24-Sep-00	time	6.10	9.86	13.74	17.70	21.70		25.90	30.50	35.02	39.90			Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games	
reaction time	0.155	interval		3.76	3.88	3.96	4.00		4.20	4.60	4.52	4.88				11.60 12.80
		velocity	7.38	9.31	9.02	8.84	8.75		8.33	7.61	7.74	7.17		7.88		9.05 8.20
H1 lead leg		strides	21	13	13	13	13		14	15	15	16		133		
Wang Yijie (CHN) (1997)																
H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Chinese National Games (Tianjin, CHN)																
date	04-Sep-17	time	5.96	10.11	14.36	18.64	22.94		27.44	31.91	36.49	40.90	45.36		Wang (2020) - comparative analysis of pre-competiton training of finalist in 400m hurdlers at 13th national games	
reaction time		interval		4.15	4.25	4.28	4.30		4.50	4.47	4.58	4.41	4.46	5.37	PB	12.68 13.27 13.45
		velocity	7.55	8.43	8.24	8.18	8.14		7.78	7.83	7.64	7.94	7.85	7.45	7.88	8.28 7.91 7.81
H1 lead leg		strides	21	14	14	14	14		15	15	15	15	15		152	
Oda, Masaya (JPN) (1995)																
H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN)																
date	23-Aug-20	time	6.01	9.76	13.56	17.57	21.77		26.08	30.51	35.14	39.92	45.05		Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season	
reaction time	0.159	interval		3.75	3.80	4.01	4.20		4.31	4.43	4.63	4.78	5.13	5.68		11.56 12.94 14.54
		velocity	7.49	9.33	9.21	8.73	8.33		8.12	7.90	7.56	7.32	6.82	7.04	7.88	9.08 8.11 7.22
H1 lead leg		strides		14	14	14	14		14	14	15	15	16		130	
Ye Anan (CHN) (2004)																
H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Chinese Olympic Trials (Shaoxing, CHN)																
date	13-Jun-21	time	6.09	9.98	14.13	18.20	22.49		26.86	31.41	36.02	40.62	45.24		CAA Hurdle Development (2021)	
reaction time	0.215	interval		3.89	4.15	4.07	4.29		4.37	4.55	4.61	4.60	4.62	5.49	PB	12.11 13.21 13.83
		velocity	7.39	9.00	8.43	8.60	8.16		8.01	7.69	7.59	7.61	7.58	7.29	7.88	8.67 7.95 7.59
H1 lead leg	L	strides	22	14	14	14	14		14	15	15	15	15	18.2	170.2	
Fukamachi, Hidai (JPN) (2001)																
H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese U20 National Championships (Osaka, JPN)																
date	26-Jun-21	time	6.22	10.19	14.10	18.10	22.19		26.43	30.81	35.39	40.14	45.03		Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season	
reaction time	0.220	interval		3.97	3.91	4.00	4.09		4.24	4.38	4.58	4.75	4.89	5.70	PB	11.88 12.71 14.22
		velocity	7.23	8.82	8.95	8.75	8.56		8.25	7.99	7.64	7.37	7.16	7.02	7.88	8.84 8.26 7.38
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	16	16	19.5	173.5	

Jordan-Bacot, Quivell (USA) (1999)																		
FINAL - 2023 USATF National Championships (Eugene, OR) (TV Analysis)																		
Henson (2023) - Athlete First: 2023 year end hurdle report																		
date	09-Jul-23	time	5.94	9.67	13.61	17.58	21.65		26.06		35.16	39.97	44.84		50.73	2 / 8		
reaction time		interval		3.73	3.94	3.97	4.07		4.41		9.10	4.81	4.87	5.89			11.64	
		velocity	7.58	9.38	8.88	8.82	8.60		7.94		7.69	7.28	7.19	6.79	7.88		9.02	
H1 lead leg	L	strides	21	13	13	13	13					15	15		103			
Matulonis, Ryan (USA) (2004)																		
Heat 5 - 2024 USA Olympic Trials (Eugene, OR)																		
USATF and Karmarush (2024) - USA Olympic trials results and race analysis																		
date	27-Jun-24	time	5.79	9.54	13.42	17.49	21.76	23.74	26.27	30.85	35.61	40.49	45.14		50.73	6 / 3		
reaction time		interval		3.75	3.88	4.07	4.27		4.51	4.58	4.76	4.88	4.65	5.59			11.70	13.36
		velocity	7.77	9.33	9.02	8.60	8.20	8.42	7.76	7.64	7.35	7.17	7.53	7.16	7.88		8.97	7.86
H1 lead leg	L	strides	20	13	13	13	14		14	14	14	15	15	18	163		7.35	
Hamed, Zaid Abou (SYR) (1970)																		
Heat 7 - 2000 Olympic Games (Sydney, AUS)																		
Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games																		
date	24-Sep-00	time	6.08	10.08	14.20	18.36	22.76		27.04	31.60	36.04	40.68		50.74	3 / 5			
reaction time	0.117	interval		4.00	4.12	4.16	4.40		4.28	4.56	4.44	4.64					12.28	13.24
		velocity	7.40	8.75	8.50	8.41	7.95		8.18	7.68	7.88	7.54		7.88			8.55	7.93
H1 lead leg		strides	21	14	14	14	14		14	15	15	15		136				
Carne, Ben (GBR) (1986)																		
FINAL - 2007 European Cup (Munich, GER)																		
Graubner (2007) - http://www.fgs.uni-halle.de																		
date	23-Jun-07	time	6.15	10.13	14.06	18.10	22.30		26.56	30.93	35.50	40.17	45.06		50.74	/ 6		
reaction time	0.212	interval		3.98	3.93	4.04	4.20		4.26	4.37	4.57	4.67	4.89	5.68			11.95	12.83
		velocity	7.32	8.79	8.91	8.66	8.33		8.22	8.01	7.66	7.49	7.16	7.04	7.88		8.79	8.18
H1 lead leg		strides															7.43	
Baluch, Matej (SVK) (2000)																		
FINAL - 2020 Golden Spike (Ostrava, CZE) (TV Analysis)																		
Henson (2020) - Athlete First: 2020 year end hurdle report																		
date	08-Sep-20	time	6.00	9.78		17.55	21.55			30.26	35.13	40.07	45.14		50.74	4 / 4		
reaction time	0.154	interval		3.78		7.77	4.00			8.71	4.87	4.94	5.07	5.60	=PB		11.55	12.71
		velocity	7.50	9.26		9.01	8.75			8.04	7.19	7.09	6.90	7.14	7.88		9.09	8.26
H1 lead leg	R	strides	23	15		15						17	17		87		7.06	
Hashimoto, Ryosei (JPN)																		
FINAL - 2023 Japanese National High School Championships (Sapporo, JPN)																		
Takashima (2023) - national high school sports festival - biomechanics data																		
date	04-Aug-23	time	6.17	10.23	14.36	18.50	22.72		27.08	31.50	36.00	40.66	45.40		50.74	4 / 3		
reaction time	0.206	interval		4.06	4.13	4.14	4.22		4.36	4.42	4.50	4.66	4.74	5.34			12.33	13.00
		velocity	7.29	8.62	8.47	8.45	8.29		8.03	7.92	7.78	7.51	7.38	7.49	7.88		8.52	8.08
H1 lead leg		strides	20	15	15	15	15		15	15	15	15	15	18	173		7.55	
Shang Shou (CHN) (1995)																		
FINAL - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																		
CAA Hurdle Development (2019)																		
date	08-Apr-19	time	6.35	10.47	14.53	18.68	22.97		27.41	31.84	36.47	41.06	45.68		50.75	7 / 2		
reaction time	0.213	interval		4.12	4.06	4.15	4.29		4.44	4.43	4.63	4.59	4.62	5.07			12.33	13.16
		velocity	7.09	8.50	8.62	8.43	8.16		7.88	7.90	7.56	7.63	7.58	7.89	7.88		8.52	7.98
H1 lead leg	L	strides	22	15	16	16	16		16	16	15	15	15	18	180		7.59	
Ferguson, Kenneth (USA) (1984)																		
FINAL - 2006 USATF National Championships (Indianapolis, IN)																		
USATF Men's Hurdle Development (2006)																		
date	24-Jun-06	time	5.86	9.61	13.46	17.35	21.41		25.66	30.03	34.60	39.34	44.56		50.76	1 / 7		
reaction time		interval		3.75	3.85	3.89	4.06		4.25	4.37	4.57	4.74	5.22	6.20			11.49	12.68
		velocity	7.68	9.33	9.09	9.00	8.62		8.24	8.01	7.66	7.38	6.70	6.45	7.88		9.14	8.28
H1 lead leg	L	strides	22	13	15	13	13		15	15	15	15	15		151		7.23	
Sherman, Alex (USA) (2003)																		
Heat 5 - 2024 USA Olympic Trials (Eugene, OR)																		
USATF and Karmarush (2024) - USA Olympic trials results and race analysis																		
date	27-Jun-24	time	6.04	9.91	13.80	17.88	22.00	23.89	26.34	30.92	35.65	40.47	45.26		50.76	5 / 4		
reaction time		interval		3.87	3.89	4.08	4.12		4.34	4.58	4.73	4.82	4.79	5.50			11.84	13.04
		velocity	7.45	9.04	9.00	8.58	8.50	8.37	8.06	7.64	7.40	7.26	7.31	7.27	7.88		8.87	8.05
H1 lead leg	R	strides	22	14	14	14	14		14	15	15	15	15	18.7	170.7		7.32	
Wang Daojun (CHN) (2000)																		
FINAL - 2024 Chinese National Grand Prix Final (Rizhao, CHN)																		
Shandong Athletics Sport Science (2024)																		
date	29-Jun-24	time	6.00	9.93	13.93	18.02	22.25		26.59	31.00	35.72	40.51	45.38		50.76	7 / 5		
reaction time	0.191	interval		3.93	4.00	4.09	4.23		4.34	4.41	4.72	4.79	4.87	5.38			12.02	12.98
		velocity	7.50	8.91	8.75	8.56	8.27		8.06	7.94	7.42	7.31	7.19	7.43	7.88		8.74	8.09
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	18	168		7.30	
Illas, Yoao (CUB) (2002)																		
Invitational FINAL - 2025 Jetour Doha Meeting (Doha, QAT)																		
Omega Timing (2025) - diamond league race analysis																		
date	16-May-25	time	6.05	9.84	13.70	17.67	21.82		26.22	30.66	35.31	40.01	44.94		50.76	8 / 2		
reaction time	0.244	interval		3.79	3.86	3.97	4.15		4.40	4.44	4.65	4.70	4.93	5.82			11.62	12.99

Jabir, Madari Pillyalil (IND) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)			Henson (2024) - Athlete First: 2021 year end hurdle report																
date	30-Jul-21	time	6.03	9.93	14.03	18.06	22.30		26.60	30.96	35.46	40.20	45.13		50.77	5 / 7			
reaction time	0.167	interval		3.90	4.10	4.03	4.24		4.30	4.36	4.50	4.74	4.93	5.64			12.03	12.90	14.17
		velocity	7.46	8.97	8.54	8.68	8.25		8.14	8.03	7.78	7.38	7.10	7.09	7.88		8.73	8.14	7.41
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	16		160				
Porras, Aleix (ESP) (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 - 2022 European Athletics Championships (Munich, GER)			European Athletics (2022) - european athletics championships race analysis																
date	17-Aug-22	time	5.86	9.66	13.55	17.54	21.62	23.43	25.85	30.44	35.09	40.02	44.96		50.77	5 / 6			
reaction time	0.196	interval		3.80	3.89	3.99	4.08		4.23	4.59	4.65	4.93	4.94	5.81			11.68	12.90	14.52
		velocity	7.68	9.21	9.00	8.77	8.58	8.54	8.27	7.63	7.53	7.10	7.09	6.88	7.88		8.99	8.14	7.23
H1 lead leg	R	strides	20	13	13					15	15	15	15	19	125				
Fields, Ryan (USA) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)			USATF and Karmarush (2024) - USA Olympic trials results and race analysis																
date	28-Jun-24	time	6.02	9.91	13.86	17.86	22.15	24.05	26.42	30.90	35.62	40.44	45.22		50.78	5 / 4			
reaction time		interval		3.89	3.95	4.00	4.29		4.27	4.48	4.72	4.82	4.78	5.56			11.84	13.04	14.32
		velocity	7.48	9.00	8.86	8.75	8.16	8.32	8.20	7.81	7.42	7.26	7.32	7.19	7.88		8.87	8.05	7.33
H1 lead leg	R	strides	21	14	14	15	15		15	15	15	15	15	18	172				
Robinson, Rohan (AUS) (1971)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2000 Olympic Games (Sydney, AUS)			Ditralo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games																
date	24-Sep-00	time	6.02	9.82	13.62	17.54	21.54		25.70	30.10	34.70	39.74	44.82		50.80	4 / 4			
reaction time	0.173	interval		3.80	3.80	3.92	4.00		4.16	4.40	4.60	5.04	5.08	5.98			11.52	12.56	14.72
		velocity	7.48	9.21	9.21	8.93	8.75		8.41	7.95	7.61	6.94	6.89	6.69	7.87		9.11	8.36	7.13
H1 lead leg		strides	21	14	14	14	14		14	14	15	16	16		152				
Whyte, Annsert (JAM) (1987)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Doha Diamond League (Doha, QAT) (TV Analysis)			Henson (2020) - Athlete First: 2017 year end hurdle report																
date	05-May-17	time	5.86	9.66	13.46	17.36	21.40		25.66	30.00	34.56	39.40	44.66		50.80	7 / 8			
reaction time	0.154	interval		3.80	3.80	3.90	4.04		4.26	4.34	4.56	4.84	5.26	6.14			11.50	12.64	14.66
		velocity	7.68	9.21	9.21	8.97	8.66		8.22	8.06	7.68	7.23	6.65	6.51	7.87		9.13	8.31	7.16
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	16		151				
Wang Hongwen (CHN) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)			CAA Hurdle Development (2019)																
date	17-Aug-19	time	6.30	10.22	14.20	18.28	22.46		26.76	31.20	35.76	40.44	45.28		50.80	7 / 2			
reaction time	0.252	interval		3.92	3.98	4.08	4.18		4.30	4.44	4.56	4.68	4.84	5.52	PB		11.98	12.92	14.08
		velocity	7.14	8.93	8.79	8.58	8.37		8.14	7.88	7.68	7.48	7.23	7.25	7.87		8.76	8.13	7.46
H1 lead leg	R	strides	21	14	14	14	14		14	15	15	15	15	17.3	168.3				
Hataura, Yusuke (JPN) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Japanese National Championships (Niigata, JPN)			Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season																
date	02-Oct-20	time	6.16	9.99	13.93	17.95	22.14		26.48	30.85	35.34	39.99	44.91		50.80	8 / 7			
reaction time	0.131	interval		3.83	3.94	4.02	4.19		4.34	4.37	4.49	4.65	4.92	5.89			11.79	12.90	14.06
		velocity	7.31	9.14	8.88	8.71	8.35		8.06	8.01	7.80	7.53	7.11	6.79	7.87		8.91	8.14	7.47
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15		153				
Kishimoto, Takayuki (JPN) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Japanese National Championships (Osaka, JPN)			Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season																
date	03-Jun-23	time	5.87	9.56	13.35	17.27	21.39		25.66	30.10	34.75	39.62	44.71		50.80	4 / 8			
reaction time	0.156	interval		3.69	3.79	3.92	4.12		4.27	4.44	4.65	4.87	5.09	6.09			11.40	12.83	14.61
		velocity	7.67	9.49	9.23	8.93	8.50		8.20	7.88	7.53	7.19	6.88	6.57	7.87		9.21	8.18	7.19
H1 lead leg	R	strides	21	13	13	13	13		14	14	14	15	15	19	164				
Xu Zhihang (CHN) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Championships (Shenyang, CHN)			CAA Hurdle Development (2019)																
date	10-Jul-19	time	6.26	10.26	14.37	18.48	22.65		27.06	31.56	36.17	40.82	45.55		50.81	4 / 4.3			
reaction time	0.167	interval		4.00	4.11	4.11	4.17		4.41	4.50	4.61	4.65	4.73	5.26			12.22	13.08	13.99
		velocity	7.19	8.75	8.52	8.52	8.39		7.94	7.78	7.59	7.53	7.40	7.60	7.87		8.59	8.03	7.51
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	18	170				
Mowatt, Kemar (JAM) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Prefontaine Classic (Eugene, OR) (TV Analysis)			Henson (2022) - Athlete First: 2022 year end hurdle report																
date	28-May-22	time	5.80	9.56	13.36	17.33	21.34	23.20	25.56	30.07	34.73	39.73			50.81	8 / 8			
reaction time	0.157	interval		3.76	3.80	3.97	4.01		4.22	4.51	4.66	5.00					11.53	12.74	
		velocity	7.76	9.31	9.21	8.82	8.73	8.62	8.29	7.76	7.51	7.00			7.87		9.11	8.24	
H1 lead leg	L	strides	21	13	13	13	13		14	14	14	15			130				
Matthews, Brian (USA) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2024 USA Olympic Trials (Eugene, OR)			USATF and Karmarush (2024) - USA Olympic trials results and race analysis																
date	27-Jun-24	time	5.92	9.81	13.80	17.88	22.05	23.96	26.39	30.94	35.67	40.43	45.18		50.81	4 / 5			
reaction time		interval		3.89	3.99	4.08	4.17		4.34	4.55	4.73	4.76	4.75	5.63	PB		11.96	13.06	14.24
		velocity	7.60	9.00	8.77	8.58	8.39	8.35	8.06	7.69	7.40	7.35	7.37	7.10	7.87		8.78	8.04	7.37
H1 lead leg	R	strides	24	15	15	15	15		15	16	16	17	17	21	186				

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

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

Toyoda, Masaki (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)		<i>Enomoto (2015) - 68th high school championships: JAF scientific committee - biomechanics data</i>																
date	31-Jul-15	time	6.12	10.04	14.01	18.15	22.32	26.74	31.30	35.82	40.52	45.28		50.85	9 / 2			
reaction time		interval		3.92	3.97	4.14	4.17	4.42	4.56	4.52	4.70	4.76	5.57			12.03	13.15	13.98
		velocity	7.35	8.93	8.82	8.45	8.39	7.92	7.68	7.74	7.45	7.35	7.18	7.87		8.73	7.98	7.51
H1 lead leg		strides		14	14	14	15	15	15	15	15	15		132				
Xie Zhiyu (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 Chinese National Championships (Shenyang, CHN)		<i>CAA Hurdle Development (2019)</i>																
date	09-Jul-19	time	6.44	10.48	14.50	18.52	22.66	26.94	31.48	35.98	40.62	45.34		50.85	7 / 2			
reaction time	0.293	interval		4.04	4.02	4.02	4.14	4.28	4.54	4.50	4.64	4.72	5.51	PB		12.08	12.96	13.86
		velocity	6.99	8.66	8.71	8.71	8.45	8.18	7.71	7.78	7.54	7.42	7.26	7.87		8.69	8.10	7.58
H1 lead leg	L	strides	22	13	13	13	13	13	14	14	14	14	17.5	160.5				
Yang Baichuan (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)		<i>CAA Hurdle Development (2019)</i>																
date	03-Aug-19	time	6.12	10.14	14.30	18.56	22.92	27.25	31.68	36.21	40.78	45.55		50.85	6 / 2			
reaction time	0.186	interval		4.02	4.16	4.26	4.36	4.33	4.43	4.53	4.57	4.77	5.30			12.44	13.12	13.87
		velocity	7.35	8.71	8.41	8.22	8.03	8.08	7.90	7.73	7.66	7.34	7.55	7.87		8.44	8.00	7.57
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	15	15	20	178				
Cui Caizhuang (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 National Grand Prix (Chengdu, CHN)		<i>CAA Hurdle Development (2021)</i>																
date	02-Apr-21	time	6.16	10.16	14.26	18.41	22.61	26.94	31.42	36.02	40.75	45.52		50.85	3 / 1			
reaction time	0.193	interval		4.00	4.10	4.15	4.20	4.33	4.48	4.60	4.73	4.77	5.33	PB		12.25	13.01	14.10
		velocity	7.31	8.75	8.54	8.43	8.33	8.08	7.81	7.61	7.40	7.34	7.50	7.87		8.57	8.07	7.45
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	15	19	172				
Van Nieuwenhove, Dries (BEL) (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 - 2022 European Athletics Championships (Munich, GER)		<i>European Athletics (2022) - european athletics championships race analysis</i>																
date	17-Aug-22	time	6.05	9.94	13.92	17.96	22.22	24.12	26.59	31.01	35.57	40.23	45.17	50.85	5 / 3			
reaction time	0.226	interval		3.89	3.98	4.04	4.26	4.37	4.42	4.56	4.66	4.94	5.68			11.91	13.05	14.16
		velocity	7.44	9.00	8.79	8.66	8.22	8.29	8.01	7.92	7.68	7.51	7.09	7.04	7.87	8.82	8.05	7.42
H1 lead leg	L	strides	21	13		13		14	14	15	15	15	18.5	138.5				
Chiba, Yoshihiro (JPN) (1979)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2004 Osaka Grand Prix (Osaka, JPN)		<i>Yasunori (2005) - race pattern analysis of top Japanese 400m hurdlers</i>																
date	08-May-04	time	6.02	9.92	13.96	18.08	22.28	26.60	30.99	35.58	40.28	45.12		50.86	/ 9			
reaction time		interval		3.90	4.04	4.12	4.20	4.32	4.39	4.59	4.70	4.84	5.74			12.06	12.91	14.13
		velocity	7.48	8.97	8.66	8.50	8.33	8.10	7.97	7.63	7.45	7.23	6.97	7.86		8.71	8.13	7.43
H1 lead leg		strides		14	14	14	14	15	15	15	15	15		131				
Sugai, Mitsuru (JPN) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2020 Michitaka Kinami Memorial (Osaka, JPN)		<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																
date	24-Oct-20	time	6.07	9.94	13.86	17.83	21.99	26.36	30.81	35.39	40.12	44.99		50.86	6 / 3			
reaction time		interval		3.87	3.92	3.97	4.16	4.37	4.45	4.58	4.73	4.87	5.87			11.76	12.98	14.18
		velocity	7.41	9.04	8.93	8.82	8.41	8.01	7.87	7.64	7.40	7.19	6.81	7.86		8.93	8.09	7.40
H1 lead leg	R	strides	21	13	13	13	13	14	14	15	15	15	19	165				
Bultheel, Michaël (BEL) (1986)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 European Cup (Munich, GER)		<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>																
date	23-Jun-07	time	6.16	10.03	13.99	17.99	22.10	26.42	30.92	35.61	40.40	45.30		50.87	/ 7			
reaction time	0.149	interval		3.87	3.96	4.00	4.11	4.32	4.50	4.69	4.79	4.90	5.57			11.83	12.93	14.38
		velocity	7.31	9.04	8.84	8.75	8.52	8.10	7.78	7.46	7.31	7.14	7.18	7.86		8.88	8.12	7.30
H1 lead leg		strides																
Sugumati, Mahau (BRA) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Seiko Golden Grand Prix (Osaka, JPN)		<i>Hirokawa (2019) - research on athlete performance and technique- 2019 data book</i>																
date	19-May-19	time	6.06	9.84	13.73	17.76	21.92	26.28	30.78	35.60	40.44	45.33		50.87	2 / 3			
reaction time	0.160	interval		3.78	3.89	4.03	4.16	4.36	4.50	4.82	4.84	4.89	5.54			11.70	13.02	14.55
		velocity	7.43	9.26	9.00	8.68	8.41	8.03	7.78	7.26	7.23	7.16	7.22	7.86		8.97	8.06	7.22
H1 lead leg	R	strides	20	13	13	13	13	13	13	14	14	14	17.5	157.5				
Kanno, Kohei (JPN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese U20 National Championships (Osaka, JPN)		<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																
date	26-Jun-21	time	6.46	10.51	14.60	18.67	22.84	27.08	31.38	35.77	40.37	45.31		50.88	9 / 4			
reaction time	0.200	interval		4.05	4.09	4.07	4.17	4.24	4.30	4.39	4.60	4.94	5.57			12.21	12.71	13.93
		velocity	6.97	8.64	8.56	8.60	8.39	8.25	8.14	7.97	7.61	7.09	7.18	7.86		8.60	8.26	7.54
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	17	19.5	178.5				
Mituyanagi, Haruki (JPN) (2005)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Japanese National U20 Championships (Niigata, JPN)		<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season</i>																
date	28-Jun-24	time	6.14	10.01	13.98	18.03	22.19	26.49	31.00	35.57	40.27	45.15		50.88	7 / 6			
reaction time	0.227	interval		3.87	3.97	4.05	4.16	4.30	4.51	4.57	4.70	4.88	5.73			11.89	12.97	14.15
		velocity	7.33	9.04	8.82	8.64	8.41	8.14	7.76	7.66	7.45	7.17	6.98	7.86		8.83	8.10	7.42
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	19.5	171.5				

Smith, Willie (NAM) (1977)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2000 Olympic Games (Sydney, AUS)			Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games																
date	24-Sep-00	time	6.06	9.78	13.66	17.62	21.66		25.82	30.34	35.02	39.90			50.89	5 / 5			
reaction time	0.156	interval		3.72	3.88	3.96	4.04		4.16	4.52	4.68	4.88						11.56	12.72
		velocity	7.43	9.41	9.02	8.84	8.66		8.41	7.74	7.48	7.17			7.86			9.08	8.25
H1 lead leg		strides	22	15	15	15	15		17	17	17	17			150				
Bennett, LaRon (USA) (1982)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 USA Olympic Trials (Eugene, OR)			USATF Hurdle Development (2008)																
date	29-Jun-08	time	6.16	10.11	13.99	18.10	22.29		26.21	31.18	35.77	40.39	45.18		50.89	1 / 8			
reaction time		interval		3.95	3.88	4.11	4.19		3.92	4.97	4.59	4.62	4.79	5.71				11.94	13.08
		velocity	7.31	8.86	9.02	8.52	8.35		8.93	7.04	7.63	7.58	7.31	7.01	7.86			8.79	8.03
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15		153				
Schneider, Drake (USA) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)			Henson (2021) - Athlete First: 2021 year end hurdle report																
date	25-Jun-21	time	6.13	9.97	13.80	17.80	21.97		26.27	30.77	35.43	40.27	45.20		50.89	9 / 6			
reaction time	0.283	interval		3.84	3.83	4.00	4.17		4.30	4.50	4.66	4.84	4.93	5.69				11.67	12.97
		velocity	7.34	9.11	9.14	8.75	8.39		8.14	7.78	7.51	7.23	7.10	7.03	7.86			9.00	8.10
H1 lead leg	R	strides		13	13	13	13		14	14	15	15	15		125				
Burrell, Sean (USA) (2002)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2024 USA Olympic Trials (Eugene, OR)			USATF and Karmarush (2024) - USA Olympic trials results and race analysis																
date	27-Jun-24	time	6.18	10.05	14.02	18.22	22.54	24.51	27.01	31.50	36.29	41.06	45.63		50.90	5 / 4			
reaction time		interval		3.87	3.97	4.20	4.32		4.47	4.49	4.79	4.77	4.57	5.27				12.04	13.28
		velocity	7.28	9.04	8.82	8.33	8.10	8.16	7.83	7.80	7.31	7.34	7.66	7.59	7.86			8.72	7.91
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	15	15	18	171				
Woodell, Jameson (USA) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2024 USA Olympic Trials (Eugene, OR)			USATF and Karmarush (2024) - USA Olympic trials results and race analysis																
date	27-Jun-24	time	6.18	10.05	14.02	18.22	22.54	24.51	27.01	31.50	36.29	41.06	45.63		50.90	5 / 4			
reaction time		interval		3.87	3.97	4.20	4.32		4.47	4.49	4.79	4.77	4.57	5.27				12.04	13.28
		velocity	7.28	9.04	8.82	8.33	8.10	8.16	7.83	7.80	7.31	7.34	7.66	7.59	7.86			8.72	7.91
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	15	15	18	171				
Xu Xinfeng (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 - 2024 Chinese National Championships (Quzhou, CHN)			Shandong Athletics Sport Science (2024)																
date	16-Sep-24	time	6.25	10.24	14.38	18.58	22.84		27.16	31.60	36.20	40.92	45.66		50.90	3 / 6			
reaction time	0.167	interval		3.99	4.14	4.20	4.26		4.32	4.44	4.60	4.72	4.74	5.24				12.33	13.02
		velocity	7.20	8.77	8.45	8.33	8.22		8.10	7.88	7.61	7.42	7.38	7.63	7.86			8.52	8.06
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	17.5	167.5				
McAlvey, Jared (USA) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2024 USA Olympic Trials (Eugene, OR)			USATF and Karmarush (2024) - USA Olympic trials results and race analysis																
date	27-Jun-24	time	6.06	9.98	13.92	17.99	22.18	24.04	26.34	30.83	35.54	40.25	45.14		50.91	8 / 5			
reaction time		interval		3.92	3.94	4.07	4.19		4.16	4.49	4.71	4.71	4.89	5.77				11.93	12.84
		velocity	7.43	8.93	8.88	8.60	8.35	8.32	8.41	7.80	7.43	7.43	7.16	6.93	7.86			8.80	8.18
H1 lead leg	L	strides	21	14	14	14	14		14	15	15	15		18.5	139.5				
Duvigneau, Dominique (FRA) (1960)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1987 French National Championships (Annecy, FRA)			Veney - split times from PJ																
date	09-Aug-87	time	6.09	10.11	14.19	18.38	22.55		26.92	31.37	36.03	40.70	45.42		50.92	/ 3			
reaction time		interval		4.02	4.08	4.19	4.17		4.37	4.45	4.66	4.67	4.72	5.50				12.29	12.99
		velocity	7.39	8.71	8.58	8.35	8.39		8.01	7.87	7.51	7.49	7.42	7.27	7.86			8.54	8.08
H1 lead leg		strides	21	14	14	14	14		14	15	15	15	15		151				
Tucker, Paul (GUY) (1976)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 7 - 2000 Olympic Games (Sydney, AUS)			Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games																
date	24-Sep-00	time	6.00	9.80	13.76	17.76	21.88		26.04	30.48	35.04	39.92			50.92	6 / 6			
reaction time	0.354	interval		3.80	3.96	4.00	4.12		4.16	4.44	4.56	4.88						11.76	12.72
		velocity	7.50	9.21	8.84	8.75	8.50		8.41	7.88	7.68	7.17			7.86			8.93	8.25
H1 lead leg		strides	22	14	14	14	14		14	15	15	16			138				
Čukman, Hrvoje (CRO) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 European U20 Championships (Grosseto, ITA) (TV Analysis)			Henson (2020) - Athlete First: 2017 year end hurdle report																
date	23-Jul-17	time	5.88	9.72	13.60	17.60	21.72		26.08	30.72	35.52	40.32	45.16		50.92	1 / 5			
reaction time	0.226	interval		3.84	3.88	4.00	4.12		4.36	4.64	4.80	4.80	4.84	5.76				11.72	13.12
		velocity	7.65	9.11	9.02	8.75	8.50		8.03	7.54	7.29	7.29	7.23	6.94	7.86			8.96	8.00
H1 lead leg	R	strides		13	13	13	13		13	15	15	15	15	18	143				
Li Guangzhen (CHN) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)			CAA Hurdle Development (2019)																
date	03-Aug-19	time	6.14	10.17	14.08	18.17	22.59		27.03	31.57	36.19	40.81	45.58		50.92	4 / 3			
reaction time	0.174	interval		4.03	3.91	4.09	4.42		4.44	4.54	4.62	4.62	4.77	5.34				12.03	13.40
		velocity	7.33	8.68	8.95	8.56	7.92		7.88	7.71	7.58	7.58	7.34	7.49	7.86			8.73	7.84
H1 lead leg	L	strides	22	14	14	13	14		14	15	15	15	15	18	169				

Wällgren, Karl (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
Semi-Final 1 - 2023 European Athletics U23 Championships (Espoo, FIN)		<i>European Athletics (2023) - european athletics U23 championships results book</i>																
date	15-Jul-23	time	5.99	9.81	13.68	17.60	21.80	26.20	30.77	35.82	40.43	45.32		50.92	7 / 6			
reaction time	0.235	interval		3.82	3.87	3.92	4.20	4.40	4.57	5.05	4.61	4.89	5.60			11.61	13.17	14.55
		velocity	7.51	9.16	9.04	8.93	8.33	7.95	7.66	6.93	7.59	7.16	7.14	7.86		9.04	7.97	7.22
H1 lead leg		strides												0				
Hamm, Shareez (USA) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2024 USA Olympic Trials (Eugene, OR)		<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																
date	27-Jun-24	time	6.00	9.76	13.67	17.78	22.08	23.96	26.52	31.28	35.88	40.50	45.29	50.92	7 / 6			
reaction time		interval		3.76	3.91	4.11	4.30	4.44	4.76	4.60	4.62	4.79	5.63			11.78	13.50	14.01
		velocity	7.50	9.31	8.95	8.52	8.14	8.35	7.88	7.35	7.61	7.58	7.31	7.10	7.86	8.91	7.78	7.49
H1 lead leg	L	strides	22	14	14	14	14	14	15	15	15	15	19	171				
Yang Baichuan (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Championships (Shenyang, CHN)		<i>CAA Hurdle Development (2019)</i>																
date	10-Jul-19	time	6.12	9.96	13.97	18.04	22.19	26.44	30.88	35.47	40.24	45.30		50.93	1 / 5.4			
reaction time	0.206	interval		3.84	4.01	4.07	4.15	4.25	4.44	4.59	4.77	5.06	5.63			11.92	12.84	14.42
		velocity	7.35	9.11	8.73	8.60	8.43	8.24	7.88	7.63	7.34	6.92	7.10	7.85		8.81	8.18	7.28
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	15	15	20.5	178.5				
Baluch, Matej (SVK) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2022 European Athletics Championships (Munich, GER)		<i>European Athletics (2022) - european athletics championships race analysis</i>																
date	18-Aug-22	time	5.95	9.76	13.87	17.95	22.09	23.90	26.23	30.63	35.25	40.19	45.18	50.93	2 / 7			
reaction time	0.268	interval		3.81	4.11	4.08	4.14	4.14	4.40	4.62	4.94	4.99	5.75			12.00	12.68	14.55
		velocity	7.56	9.19	8.52	8.58	8.45	8.37	8.45	7.95	7.58	7.09	7.01	6.96	7.85	8.75	8.28	7.22
H1 lead leg	R	strides	23	15	15	15	15	15	15	15	16	16	20	180				
Ducos, Clement (FRA) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 European Athletics U23 Championships (Espoo, FIN)		<i>European Athletics (2023) - european athletics U23 championships results book</i>																
date	16-Jul-23	time	6.16	9.96	13.87	17.73	21.75	25.95	30.41	35.51	40.24	45.19		50.93	1 / 5.4			
reaction time	0.188	interval		3.80	3.91	3.86	4.02	4.20	4.46	5.10	4.73	4.95	5.74	DQ		11.57	12.68	14.78
		velocity	7.31	9.21	8.95	9.07	8.71	8.33	7.85	6.86	7.40	7.07	6.97	7.85		9.08	8.28	7.10
H1 lead leg	L	strides	20			13	13	14	15	16	15	15	18	139				
Luo Xinyu (CHN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Chinese National Championships (Quzhou, CHN)		<i>Shandong Athletics Sport Science (2024)</i>																
date	16-Sep-24	time	6.12	10.06	14.11	18.30	22.54	26.98	31.65	36.28	40.99	45.74		50.93	7 / 7			
reaction time	0.192	interval		3.94	4.05	4.19	4.24	4.44	4.67	4.63	4.71	4.75	5.19			12.18	13.35	14.09
		velocity	7.35	8.88	8.64	8.35	8.25	7.88	7.49	7.56	7.43	7.37	7.71	7.85		8.62	7.87	7.45
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	18	170				
Moore, Charlie (USA) (1929)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1952 Olympic Games (Helsinki, FIN)		<i>Mitchell (1967) - future of the one-lap hurdles</i>																
date	21-Jul-52	time	6.2	10.3	14.4	18.6	22.7	27.3	31.9	36.5	41.1	45.4		50.8	6 / 1			
reaction time		interval		4.1	4.1	4.2	4.1	4.6	4.6	4.6	4.6	4.3	5.4	=OR		12.4	13.3	13.5
		velocity	7.26	8.54	8.54	8.33	8.54	7.61	7.61	7.61	7.61	8.14	7.41	7.87	(51.06)	8.47	7.89	7.78
H1 lead leg		strides																
Southern, Eddie (USA) (1938)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1956 Olympic Games (Melbourne, AUS)		<i>Quercentani (2000). Athletics: A history of modern track and field athletics (1860-2000)</i>																
date	24-Nov-56	time				22.5								50.8	2 / 2			
reaction time		interval												(50.94)				
		velocity				8.22								7.87				
H1 lead leg	R	strides	22	15	15	13	15	15	15	15	15	15	18	173				
Shiryayev, Vladislav (RUS) (1973)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1998 European Championships (Budapest, HUN)		<i>Sanchez (1998) - Budapest '98: análisis de la carreras con villas</i>																
date	20-Aug-98	time	5.95			21.50						44.89		50.94	1 / 8			
reaction time		interval				15.55						23.39	6.05					
		velocity	7.56			9.00						7.48	6.61	7.85				
H1 lead leg	L	strides	20	13	13	13	13	13	14	14	15	15	19	162				
Yamada, Atsushi (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN)		<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																
date	20-Sep-20	time	6.10	10.04	14.07	18.23	22.52	26.89	31.38	36.00	40.71	45.55		50.94	4 / 4			
reaction time	0.202	interval		3.94	4.03	4.16	4.29	4.37	4.49	4.62	4.71	4.84	5.39			12.13	13.15	14.17
		velocity	7.38	8.88	8.68	8.41	8.16	8.01	7.80	7.58	7.43	7.23	7.42	7.85		8.66	7.98	7.41
H1 lead leg		strides		14	14	14	14	14	14	15	15	15	15	129				
Jordan, Quivell (USA) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)		<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>																
date	25-Jun-21	time	5.93	9.77	13.87	18.03	22.27	26.57	31.07	35.63	40.37	45.17		50.94	2 / 7			
reaction time	0.178	interval		3.84	4.10	4.16	4.24	4.30	4.50	4.56	4.74	4.80	5.77			12.10	13.04	14.10
		velocity	7.59	9.11	8.54	8.41	8.25	8.14	7.78	7.68	7.38	7.29	6.93	7.85		8.68	8.05	7.45
H1 lead leg	L	strides	21	13	14	14	14		15	15	15	15		136				

Imanishi, Ryota (JPN) (2004)																
FINAL	- 2023 Japanese U20 National Championships (Osaka, JPN)										<i>Kishima (2022) - national high school championships biomechanics data collection</i>					
date	03-Jun-23	time	6.16	10.01	13.86	17.82	21.91		26.13	30.58	35.19	39.99	44.93		50.94	7 / 1
reaction time	0.177	interval		3.85	3.85	3.96	4.09		4.22	4.45	4.61	4.80	4.94	6.01	PB	11.66 12.76 14.35
		velocity	7.31	9.09	9.09	8.84	8.56		8.29	7.87	7.59	7.29	7.09	6.66	7.85	9.01 8.23 7.32
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	18.7	170.7	
Li Zhilong (CHN) (1988)																
FINAL	- 2013 Chinese National Grand Prix (Zhaoqing, CHN)										<i>Li (2014) - research on training characteristics of Li Zhilong's of Chinese men's 400m hurdles</i>					
date	28-Apr-13	time	6.24	10.16	14.20	18.28	22.44		26.72	31.16	35.76	40.48	45.44		50.95	/ 2
reaction time		interval		3.92	4.04	4.08	4.16		4.28	4.44	4.60	4.72	4.96	5.51		12.04 12.88 14.28
		velocity	7.21	8.93	8.66	8.58	8.41		8.18	7.88	7.61	7.42	7.06	7.26	7.85	8.72 8.15 7.35
H1 lead leg		strides														
Traversini, Stéphane (FRA) (197)																
FINAL	- 1992 French National Championships (Narbonne, FRA)										<i>Veney - split times from PJ</i>					
date	28-Jun-92	time	6.48	10.48	14.64	18.84	23.06		27.44	31.82	36.26	40.80	45.50		50.96	/ 2
reaction time		interval		4.00	4.16	4.20	4.22		4.38	4.38	4.44	4.54	4.70	5.46		12.36 12.98 13.68
		velocity	6.94	8.75	8.41	8.33	8.29		7.99	7.99	7.88	7.71	7.45	7.33	7.85	8.50 8.09 7.68
H1 lead leg		strides	21	14	14	14	14		15	15	15	15	15	17.8	169.8	
Herrero, Juan (ESP) (1976)																
FINAL	- 1998 Spanish National Championships (San Sebastián, ESP)										<i>Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas</i>					
date	02-Aug-98	time	6.03	10.02	14.18	18.37	22.62		26.87	31.25	35.77	40.38	45.15		50.96	3 / 2
reaction time		interval		3.99	4.16	4.19	4.25		4.25	4.38	4.52	4.61	4.77	5.81		12.34 12.88 13.90
		velocity	7.46	8.77	8.41	8.35	8.24		8.24	7.99	7.74	7.59	7.34	6.88	7.85	8.51 8.15 7.55
H1 lead leg	L	strides	22	14	14	14	14		14	15	15	15	15	19	171	
Small, Javonie (USA) (1982)																
Heat 3	- 2007 USATF National Championships (Indianapolis, IN)										<i>USATF Men's Hurdle Development (2007)</i>					
date	21-Jun-07	time	5.96	9.83	13.84	17.91	22.07		26.66	31.28	35.85	40.47	45.30		50.96	7 / 5
reaction time		interval		3.87	4.01	4.07	4.16		4.59	4.62	4.57	4.62	4.83	5.66		11.95 13.37 14.02
		velocity	7.55	9.04	8.73	8.60	8.41		7.63	7.58	7.66	7.58	7.25	7.07	7.85	8.79 7.85 7.49
H1 lead leg	R	strides	22	15	14	14	14		15	14	15	15	15		153	
Gong Debin (CHN) (1997)																
Heat 1	- 2019 Asian Athletics Championships (Doha, QAT)										<i>CAA Hurdle Development (2019)</i>					
date	21-Apr-19	time	5.96	9.81	13.63	17.68	21.81		26.19	30.81	35.55	40.27	45.12		50.96	1 / 4
reaction time	0.182	interval		3.85	3.82	4.05	4.13		4.38	4.62	4.74	4.72	4.85	5.84		11.72 13.13 14.31
		velocity	7.55	9.09	9.16	8.64	8.47		7.99	7.58	7.38	7.42	7.22	6.85	7.85	8.96 8.00 7.34
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	18.7	170.7	
Chen Chieh (TPE) (1992)																
Heat 1	- 2020 Olympic Games (Tokyo, JPN) (TV Analysis)										<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>					
date	30-Jul-21	time	6.07	9.90	13.94	18.06	22.20		26.60	31.20	35.87	40.63	45.50		50.96	3 / 7
reaction time	0.158	interval		3.83	4.04	4.12	4.14		4.40	4.60	4.67	4.76	4.87	5.46		11.99 13.14 14.30
		velocity	7.41	9.14	8.66	8.50	8.45		7.95	7.61	7.49	7.35	7.19	7.33	7.85	8.76 7.99 7.34
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15		146	
Kyotake, Taiga (JPN) (2003)																
FINAL	- 2022 Japanese U20 National Championships (Osaka, JPN)										<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>					
date	11-Jun-22	time	6.29	10.31	14.38	18.49	22.76		27.08	31.46	36.10	40.85	45.60		50.96	4 / 4
reaction time	0.203	interval		4.02	4.07	4.11	4.27		4.32	4.38	4.64	4.75	4.75	5.36	PB	12.20 12.97 14.14
		velocity	7.15	8.71	8.60	8.52	8.20		8.10	7.99	7.54	7.37	7.37	7.46	7.85	8.61 8.10 7.43
H1 lead leg	L	strides	22	14	14	15	15		15	15	15	15	15	19	174	
Inoue, Kakeru (JPN) (1996)																
FINAL	- 2019 Seiko Golden Grand Prix (Osaka, JPN)										<i>Hirokawa (2019) - research on athlete performance and technique- 2019 data book</i>					
date	19-May-19	time	6.09	9.94	13.86	17.87	22.06		26.34	30.86	35.57	40.44	45.35		50.97	9 / 4
reaction time	0.175	interval		3.85	3.92	4.01	4.19		4.28	4.52	4.71	4.87	4.91	5.62		11.78 12.99 14.49
		velocity	7.39	9.09	8.93	8.73	8.35		8.18	7.74	7.43	7.19	7.13	7.12	7.85	8.91 8.08 7.25
H1 lead leg	R	strides	21	13	13	13	13		14	14	15	15	15	19	165	
Matsushita, Yuki (JPN) (1991)																
FINAL	- 2020 All Japan Corporate Championships (Kumagaya, JPN)										<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>					
date	20-Sep-20	time	6.22	10.03	13.95	17.93	22.11		26.48	31.05	35.79	40.57	45.40		50.97	9 / 5
reaction time	0.209	interval		3.81	3.92	3.98	4.18		4.37	4.57	4.74	4.78	4.83	5.57		11.71 13.12 14.35
		velocity	7.23	9.19	8.93	8.79	8.37		8.01	7.66	7.38	7.32	7.25	7.18	7.85	8.97 8.00 7.32
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125	
Copello, Yasmani (TUR) (1987)																
FINAL	- 2024 Seashore Doha Meeting (Doha, QAT)										<i>Omega Timing (2024) - diamond league race analysis</i>					
date	10-May-24	time	5.98	9.82	13.80	17.81	22.01		26.40	30.92	35.93	40.47	45.26		50.97	2 / 8
reaction time	0.222	interval		3.84	3.98	4.01	4.20		4.39	4.52	5.01	4.54	4.79	5.71		11.83 13.11 14.34
		velocity	7.53	9.11	8.79	8.73	8.33		7.97	7.74	6.99	7.71	7.31	7.01	7.85	8.88 8.01 7.32
H1 lead leg	R	strides	20	13	13	13	13		13			15	15	18	133	

Kjerpeset, Øyvind Strømmen (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
FINAL - 2016 Bislett Games (Oslo, NOR) (TV Analysis)														Henson (2021) - Athlete First: 2016 year end hurdle report																
date	09-Jun-16	time	6.08	9.92	13.84	17.92	22.24		26.56	31.00	35.48	40.24	45.16		50.98		2 / 8													
reaction time	0.153	interval		3.84	3.92	4.08	4.32		4.32	4.44	4.48	4.76	4.92	5.82											11.84	13.08	14.16			
		velocity	7.40	9.11	8.93	8.58	8.10		8.10	7.88	7.81	7.35	7.11	6.87		7.85									8.87	8.03	7.42			
H1 lead leg	L	strides	21	13		13	13		14	14	14	14	15		131															
Sinčukovs, Maksims (LAT) (1998)														H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 European U20 Championships (Grosseto, ITA) (TV Analysis)														Henson (2020) - Athlete First: 2017 year end hurdle report																
date	23-Jul-17	time	5.84	9.56	13.40	17.28	21.48		25.84	30.36	34.92	39.84	44.80		50.98		4 / 6													
reaction time	0.178	interval		3.72	3.84	3.88	4.20		4.36	4.52	4.56	4.92	4.96	6.18	NJR PB										11.44	13.08	14.44			
		velocity	7.71	9.41	9.11	9.02	8.33		8.03	7.74	7.68	7.11	7.06	6.47	7.85										9.18	8.03	7.27			
H1 lead leg	L	strides		14	14	13	15		15	15	15	16	16	20	153															
Zhuang Linfei (CHN) (1996)														H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 Chinese National Championships (Shenyang, CHN)														CAA Hurdle Development (2019)																
date	09-Jul-19	time	6.20	10.09	14.08	18.22	22.43		26.78	31.20	35.75	40.46	45.33		50.98		5 / 3													
reaction time	0.199	interval		3.89	3.99	4.14	4.21		4.35	4.42	4.55	4.71	4.87	5.65	PB										12.02	12.98	14.13			
		velocity	7.26	9.00	8.77	8.45	8.31		8.05	7.92	7.69	7.43	7.19	7.08	7.85										8.74	8.09	7.43			
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	19	169															
Angela, Ramsey (NED) (1999)														H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Silesia Kamila Skolimowska Memorial (Chorzów, POL) (TV Analysis)														Henson (2022) - Athlete First: 2022 year end hurdle report																
date	06-Aug-22	time	6.03	9.73	13.70	17.73	21.90	29.90						40.03		50.98		1 / 9												
reaction time	0.188	interval		3.70	3.97	4.03	4.17							18.13											11.70					
		velocity	7.46	9.46	8.82	8.68	8.39	6.69						7.72		7.85									8.97					
H1 lead leg	R	strides	22	15	15		14								66															
Hartman, Samuel (USA) (1999)														H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2024 USA Olympic Trials (Eugene, OR)														USATF and Karmarush (2024) - USA Olympic trials results and race analysis																
date	27-Jun-24	time	6.17	10.05	14.00	17.96	21.96	23.74	26.04	30.40	35.13	39.89	45.09		50.98		9 / 4													
reaction time		interval		3.88	3.95	3.96	4.00		4.08	4.36	4.73	4.76	5.20	5.89											11.79	12.44	14.69			
		velocity	7.29	9.02	8.86	8.84	8.75	8.42	8.58	8.03	7.40	7.35	6.73	6.79	7.85										8.91	8.44	7.15			
H1 lead leg	R	strides	21	13	13	13	13		13	14	14	14	15	19	162															
Zhuang Linfei (CHN) (1996)														H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Championships (Shenyang, CHN)														CAA Hurdle Development (2019)																
date	10-Jul-19	time	6.20	10.08	14.02	18.06	22.21		26.60	31.08	35.76	40.56	45.45		50.99		7 / 5													
reaction time	0.250	interval		3.88	3.94	4.04	4.15		4.39	4.48	4.68	4.80	4.89	5.54											11.86	13.02	14.37			
		velocity	7.26	9.02	8.88	8.66	8.43		7.97	7.81	7.48	7.29	7.16	7.22	7.84										8.85	8.06	7.31			
H1 lead leg	L	strides	21	13	13	14	14		14	14	15	15	15	17.8	165.8															
Sugumati, Mahau (BRA) (1984)														H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN)														Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season																
date	23-Aug-20	time	6.16	9.96	13.86	17.83	21.91		26.16	30.51	35.15	40.04	45.08		50.99		8 / 7													
reaction time	0.152	interval		3.80	3.90	3.97	4.08		4.25	4.35	4.64	4.89	5.04	5.91											11.67	12.68	14.57			
		velocity	7.31	9.21	8.97	8.82	8.58		8.24	8.05	7.54	7.16	6.94	6.77	7.84										9.00	8.28	7.21			
H1 lead leg		strides		12	12	13	13		13	13	13	14	14		117															
Sharpe, Fred (USA) (1978)														H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2007 USATF National Championships (Indianapolis, IN)														USATF Men's Hurdle Development (2007)																
date	21-Jun-07	time	6.20	10.09	14.19	18.30	22.54		26.91	31.48	36.08	40.79	45.51		51.00		3 / 6													
reaction time		interval		3.89	4.10	4.11	4.24		4.37	4.57	4.60	4.71	4.72	5.49											12.10	13.18	14.03			
		velocity	7.26	9.00	8.54	8.52	8.25		8.01	7.66	7.61	7.43	7.42	7.29	7.84										8.68	7.97	7.48			
H1 lead leg	R	strides	23	15	15	15	15		15	16	16	16	16	16	162															
Lin Lin (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 Grand Prix Final (Rizhao, CHN)														Shandong Athletics Sport Science (2024)																
date	29-Jun-24	time	6.16	10.08	14.13	18.20	22.45		26.89	31.38	35.98	40.72	45.53		51.00		2 / 6													
reaction time	0.185	interval		3.92	4.05	4.07	4.25		4.44	4.49	4.60	4.74	4.81	5.47											12.04	13.18	14.15			
		velocity	7.31	8.93	8.64	8.60	8.24		7.88	7.80	7.61	7.38	7.28	7.31	7.84										8.72	7.97	7.42			
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	15	15	19	172															
Hirata, Ai (JPN) (2004)														H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese National High School Championships (Naruto, JPN)														Kishima (2022) - national high school championships biomechanics data collection																
date	05-Aug-22	time	6.15	10.03	14.05	18.08	22.27		26.57	30.98	35.53	40.25	45.20		51.01		5 / 2													
reaction time	0.185	interval		3.88	4.02	4.03	4.19		4.30	4.41	4.55	4.72	4.95	5.81	PB										11.93	12.90	14.22			
		velocity	7.32	9.02	8.71	8.68	8.35		8.14	7.94	7.69	7.42	7.07	6.88	7.84										8.80	8.14	7.38			
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	15	15	20	177															
Romig, Cole (USA) (2002)														H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2024 USA Olympic Trials (Eugene, OR)														USATF and Karmarush (2024) - USA Olympic trials results and race analysis																
date	27-Jun-24	time	6.34	10.41	14.46	18.61	22.88	24.83	27.26	31.78	36.44	41.08	45.75		51.01		5 / 6													
reaction time		interval		4.07	4.05	4.15	4.27		4.38	4.52	4.66	4.64	4.67	5.26											12.27	13.17	13.97			
		velocity	7.10	8.60	8.64	8.43	8.20	8.05	7.99	7.74	7.51	7.54	7.49	7.60	7.84										8.56	7.97	7.52			
H1 lead leg	L	strides	22	15	15	15	15				15	15	15	19	146															

Li Guangzhen (CHN) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)																	CAA Hurdle Development (2019)		
date	23-Aug-19	time	6.74	10.51	14.48	18.67	22.89		27.21	31.70	36.37	41.02	45.75		51.02	6 / 2			
reaction time	0.213	interval		3.77	3.97	4.19	4.22		4.32	4.49	4.67	4.65	4.73	5.27			11.93	13.03	14.05
		velocity	6.68	9.28	8.82	8.35	8.29		8.10	7.80	7.49	7.53	7.40	7.59	7.84		8.80	8.06	7.47
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18	169				
Shang Shou (CHN) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)																	CAA Hurdle Development (2019)		
date	23-Aug-19	time	6.55	10.56	14.78	19.05	23.41		27.89	32.33	36.88	41.44	46.01		51.02	5 / 3			
reaction time	0.320	interval		4.01	4.22	4.27	4.36		4.48	4.44	4.55	4.56	4.57	5.01			12.50	13.28	13.68
		velocity	6.87	8.73	8.29	8.20	8.03		7.81	7.88	7.69	7.68	7.66	7.98	7.84		8.40	7.91	7.68
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18	169				
Hamm, Shareez (USA) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2024 USA Olympic Trials (Eugene, OR)																	USATF and Karmarush (2024) - USA Olympic trials results and race analysis		
date	28-Jun-24	time	6.02	9.80	13.75	17.79	21.94	23.82	26.38	30.97	35.64	40.34	45.09		51.02	1 / 6			
reaction time		interval		3.78	3.95	4.04	4.15		4.44	4.59	4.67	4.70	4.75	5.93			11.77	13.18	14.12
		velocity	7.48	9.26	8.86	8.66	8.43	8.40	7.88	7.63	7.49	7.45	7.37	6.75	7.84		8.92	7.97	7.44
H1 lead leg	L	strides	22	14	14	14	14		14	15	15	15	16	19	172				
Preis, Constantin (GER) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Repechage 2 - 2024 Olympic Games (Paris, FRA)																	Paris 2024 Olympic Games - Results Book (2024)		
date	07-Aug-24	time	6.09	9.93	13.81	17.81	21.96		28.26	30.69	35.32	40.10	44.97		51.02	6 / 5			
reaction time	0.218	interval		3.84	3.88	4.00	4.15		6.30	2.43	4.63	4.78	4.87	6.05			11.72	12.88	14.28
		velocity	7.39	9.11	9.02	8.75	8.43		5.56	14.40	7.56	7.32	7.19	6.61	7.84		8.96	8.15	7.35
H1 lead leg	L	strides	21	13	13	14	14		15	15	15	15	15	150					
Serres, Jean-Michel (FRA) (1961)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1986 French National Championships (Aix les Bains, FRA)																	Veney - split times from PJ		
date	10-Aug-86	time	6.00	10.10	14.26	18.33	22.50		26.72	30.98	35.60	40.25	44.97		51.03	/ 6			
reaction time		interval		4.10	4.16	4.07	4.17		4.22	4.26	4.62	4.65	4.72	6.06	PB		12.33	12.65	13.99
		velocity	7.50	8.54	8.41	8.60	8.39		8.29	8.22	7.58	7.53	7.42	6.60	7.84		8.52	8.30	7.51
H1 lead leg		strides																	
McAlister, Chris (GBR) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 ISTAF (Berlin, GER) (TV Analysis)																	Henson (2020) - Athlete First: 2020 year end hurdle report		
date	13-Sep-20	time	6.24		14.28	18.44	22.64		26.88		35.84	40.56		51.03	1 / 6				
reaction time	0.188	interval			8.04	4.16	4.20		4.24		8.96	4.72					12.20		
		velocity	7.21		8.71	8.41	8.33		8.25		7.81	7.42		7.84			8.61		
H1 lead leg	R	strides	22			15			15			15		67					
Nozawa, Keisuke (JPN) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN)																	Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season		
date	20-Sep-20	time	6.21	10.11	14.18	18.30	22.59		26.91	31.41	36.00	40.66	45.48		51.03	3 / 6			
reaction time	0.225	interval		3.90	4.07	4.12	4.29		4.32	4.50	4.59	4.66	4.82	5.55			12.09	13.11	14.07
		velocity	7.25	8.97	8.60	8.50	8.16		8.10	7.78	7.63	7.51	7.26	7.21	7.84		8.68	8.01	7.46
H1 lead leg		strides		14	14	14	14		14	14	15	15	15	129					
Fuchiqami, Syota (JPN) (2005)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese National High School Championships (Naruto, JPN)																	Kishima (2022) - national high school championships biomechanics data collection		
date	05-Aug-22	time	6.08	9.98	13.93	18.10	22.42		26.88	31.38	36.02	40.73	45.53		51.03	6 / 3			
reaction time	0.186	interval		3.90	3.95	4.17	4.32		4.46	4.50	4.64	4.71	4.80	5.50			12.02	13.28	14.15
		velocity	7.40	8.97	8.86	8.39	8.10		7.85	7.78	7.54	7.43	7.29	7.27	7.84		8.74	7.91	7.42
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	19.5	172.5				
Ehrle, Klaus (AUT) (1966)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 1988 Olympic Games (Seoul, KOR)																	Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988		
date	24-Sep-88	time	6.16	10.00	13.92	17.93	22.01		26.25	30.74	35.46	40.44	45.52		51.04	2 / 7			
reaction time		interval		3.84	3.92	4.01	4.08		4.24	4.49	4.72	4.98	5.08	5.52			11.77	12.81	14.78
		velocity	7.31	9.11	8.93	8.73	8.58		8.25	7.80	7.42	7.03	6.89	7.25	7.84		8.92	8.20	7.10
H1 lead leg		strides	21	13	13	13	13		14	14	15	15	15	18	164				
Maritim, Hillary (KEN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2000 Olympic Games (Sydney, AUS)																	Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games		
date	24-Sep-00	time	6.10	9.98	13.94	17.98	22.14		26.46	30.90	35.54	40.26	45.34		51.04	3 / 6			
reaction time		interval		3.88	3.96	4.04	4.16		4.32	4.44	4.64	4.72	5.08	5.70			11.88	12.92	14.44
		velocity	7.38	9.02	8.84	8.66	8.41		8.10	7.88	7.54	7.42	6.89	7.02	7.84		8.84	8.13	7.27
H1 lead leg		strides	22	15	15	15	15		15	15	15	15	17	159					
Abe, Takatoshi (JPN) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2009 Japanese National High School Championships (Nara, JPN)																	Matsuo (2009) - 62nd high school championships: JAF scientific committee - biomechanics data		
date	31-Jul-09	time	6.11	10.05	14.17	18.39	22.76		27.15	31.62	36.22	40.96	45.76		51.04	/ 1			
reaction time		interval		3.94	4.12	4.22	4.37		4.39	4.47	4.60	4.74	4.80	5.28			12.28	13.23	14.14
		velocity	7.36	8.88	8.50	8.29	8.01		7.97	7.83	7.61	7.38	7.29	7.58	7.84		8.55	7.94	7.43
H1 lead leg		strides		13	13	13	14		14	15	15	15	15	127					

Kato, Seiya (JPN) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2010 Japanese National High School Championships (Okinawa, JPN)		<i>Matsuo (2010) - 63rd high school championships: JAF scientific committee - biomechanics data</i>																
date	31-Jul-10	time	6.37	10.32	14.27	18.24	22.41	26.63	30.98	35.62	40.46	45.45		51.04	/ 1			
reaction time		interval		3.95	3.95	3.97	4.17	4.22	4.35	4.64	4.84	4.99	5.59			11.87	12.74	14.47
		velocity	7.06	8.86	8.86	8.82	8.39	8.29	8.05	7.54	7.23	7.01	7.16	7.84		8.85	8.24	7.26
H1 lead leg		strides		13	13	13	14	14	15	15	15	15		127				
Teles, Marcio (BRA) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)		<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>																
date	17-Sep-20	time	6.04	9.91	13.81	17.75	21.95	23.8	30.73	35.27	40.00	44.95		51.04	8 / 9			
reaction time	0.150	interval		3.87	3.90	3.94	4.20		8.78	4.54	4.73	4.95	6.09			11.71	12.98	14.22
		velocity	7.45	9.04	8.97	8.88	8.33	8.40	7.97	7.71	7.40	7.07	6.57	7.84		8.97	8.09	7.38
H1 lead leg	L	strides	23	14	14	14	14		15	15	15	15	18.5	142.5				
Pitillas, Oscar (ESP) (1971)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1997 European Cup (Munich, GER)		<i>Jung (2003) - http://www.fgs.uni-halle.de</i>																
date	21-Jun-97	time	6.28	10.21	14.18	18.24	22.35	26.66	31.20	35.98	40.54	45.46		51.05	/ 4			
reaction time		interval		3.93	3.97	4.06	4.11	4.31	4.54	4.78	4.56	4.92	5.59			11.96	12.96	14.26
		velocity	7.17	8.91	8.82	8.62	8.52	8.12	7.71	7.32	7.68	7.11	7.16	7.84		8.78	8.10	7.36
H1 lead leg		strides																
Chen Chieh (TPE) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Seiko Golden Grand Prix (Osaka, JPN)		<i>Hirokawa (2019) - research on athlete performance and technique- 2019 data book</i>																
date	19-May-19	time	5.92	9.58	13.37	17.18	21.20	25.41	30.03	35.00	40.09	45.20		51.05	8 / 5			
reaction time	0.190	interval		3.66	3.79	3.81	4.02	4.21	4.62	4.97	5.09	5.11	5.85			11.26	12.85	15.17
		velocity	7.60	9.56	9.23	9.19	8.71	8.31	7.58	7.04	6.88	6.85	6.84	7.84		9.33	8.17	6.92
H1 lead leg	L	strides	21	13	13	13	13	13	14	15	16	15	19	165				
Rawlinson, Christopher (GBR) (1972)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1997 European Cup (Munich, GER)		<i>Jung (2003) - http://www.fgs.uni-halle.de</i>																
date	21-Jun-97	time	6.12	9.92	13.86	17.90	22.12	26.50	31.07	35.80	40.62	45.62		51.06	/ 5			
reaction time		interval		3.80	3.94	4.04	4.22	4.38	4.57	4.73	4.82	5.00	5.44			11.78	13.17	14.55
		velocity	7.35	9.21	8.88	8.66	8.29	7.99	7.66	7.40	7.26	7.00	7.35	7.83		8.91	7.97	7.22
H1 lead leg		strides																
Omodiale, Sylvester (NGR) (1977)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2000 Olympic Games (Sydney, AUS)		<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																
date	24-Sep-00	time	5.98	9.78	13.70	17.78	22.06	26.30	30.62	35.30	40.10	45.14		51.06	2 / 7			
reaction time	0.189	interval		3.80	3.92	4.08	4.28	4.24	4.32	4.68	4.80	5.04	5.92			11.80	12.84	14.52
		velocity	7.53	9.21	8.93	8.58	8.18	8.25	8.10	7.48	7.29	6.94	6.76	7.83		8.90	8.18	7.23
H1 lead leg		strides	22	15	15	15	15	15	15	16	16	17		161				
Zadoinov, Vadim (MAD) (1969)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2000 Olympic Games (Sydney, AUS)		<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																
date	24-Sep-00	time	6.04	9.84	13.84	17.84	21.84	26.00	30.44	35.16	40.28			51.08	7 / 5			
reaction time	0.173	interval		3.80	4.00	4.00	4.00	4.16	4.44	4.72	5.12					11.80	12.60	
		velocity	7.45	9.21	8.75	8.75	8.75	8.41	7.88	7.42	6.84			7.83		8.90	8.33	
H1 lead leg		strides	20	13	13	13	13	13	13	14	15			127				
Bett, Nicholas (KEN) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Shanghai Diamond League (Shanghai, CHN) (TV Analysis)		<i>Henson (2021) - Athlete First: 2017 year end hurdle report</i>																
date	13-May-17	time	6.04	9.72	13.52	17.40	21.40	25.52	30.00	34.64	39.52			51.09	5 / 8			
reaction time	0.189	interval		3.68	3.80	3.88	4.00	4.12	4.48	4.64	4.88					11.36	12.60	
		velocity	7.45	9.51	9.21	9.02	8.75	8.50	7.81	7.54	7.17			7.83		9.24	8.33	
H1 lead leg	R	strides	21	13	13	13	13	13	13	13	15	15		142				
Thid, David (SWE) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 European Athletics U23 Championships (Espoo, FIN)		<i>European Athletics (2023) - european athletics U23 championships results book</i>																
date	16-Jul-23	time	6.05	10.00	14.03	18.04	22.07	26.25	30.55	35.19	40.26	45.25		51.10	2 / 7-6			
reaction time	0.176	interval		3.95	4.03	4.01	4.03	4.18	4.30	4.64	5.07	4.99	5.85			11.99	12.51	14.70
		velocity	7.44	8.86	8.68	8.73	8.68	8.37	8.14	7.54	6.90	7.01	6.84	7.83		8.76	8.39	7.14
H1 lead leg	R	strides	21			14	14	14	14	15	16	16	19.2	143.2				
Inoue, Kakeru (JPN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2020 World Athletics Trials (Fuji, JPN)		<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																
date	06-Sep-20	time	6.12	10.01	13.96	18.03	22.17	26.43	30.86	35.49	40.31	45.31		51.11	6 / 4			
reaction time		interval		3.89	3.95	4.07	4.14	4.26	4.43	4.63	4.82	5.00	5.80			11.91	12.83	14.45
		velocity	7.35	9.00	8.86	8.60	8.45	8.22	7.90	7.56	7.26	7.00	6.90	7.83		8.82	8.18	7.27
H1 lead leg	R	strides	21	13	13	13	13	14	14	15	15	15	18.7	164.7				
Takada, Kazunari (JPN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 World Athletics Trials (Fuji, JPN)		<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																
date	06-Sep-20	time	6.04	9.81	13.71	17.77	21.92	26.16	30.56	35.14	39.94	45.10		51.11	/ 3			
reaction time		interval		3.77	3.90	4.06	4.15	4.24	4.40	4.58	4.80	5.16	6.01			11.73	12.79	14.54
		velocity	7.45	9.28	8.97	8.62	8.43	8.25	7.95	7.64	7.29	6.78	6.66	7.83		8.95	8.21	7.22
H1 lead leg		strides		13	13	14	14	14	14	15	15	16		128				

Han Mingkun (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Chinese National Games (Tianjin, CHN)		<i>Wang (2020) - comparative analysis of pre-competitoin training of finalist in 400m hurdlers at 13th national games</i>																
date	04-Sep-17	time	5.98	10.16	14.42	18.71	23.02	27.54	32.07	36.66	41.19	45.74		51.13	7			
reaction time		interval		4.18	4.26	4.29	4.31	4.52	4.53	4.59	4.53	4.55	5.39	PB		12.73	13.36	13.67
		velocity	7.53	8.37	8.22	8.16	8.12	7.74	7.73	7.63	7.73	7.69	7.42	7.82		8.25	7.86	7.68
H1 lead leg		strides	21	14	14	15	15	15	15	15	15	15		154				
Cik, Stjepan Jan (CRO) (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 - 2021 European Athletics U20 Championships (Tallin, EST)		<i>European Athletics (2021) - european athletics U20 championships results book</i>																
date	17-Jul-21	time	6.15	10.07	14.13	18.31	22.54	24.46	26.87	31.30	36.19	40.90	45.77	51.13	8 / 1			
reaction time	0.179	interval		3.92	4.06	4.18	4.23	4.33	4.43	4.89	4.71	4.87	5.36	PB		12.16	12.99	14.47
		velocity	7.32	8.93	8.62	8.37	8.27	8.18	8.08	7.90	7.16	7.43	7.19	7.46	7.82	8.63	8.08	7.26
H1 lead leg		strides												0				
Levantinos, Dimitris (GRE) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2024 European Athletics Championships (Roma, ITA)		<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																
date	09-Jun-24	time	6.07	9.91	14.09	18.25	22.46	26.79	31.19	35.71	40.51	45.41		51.13	8 / 6			
reaction time	0.171	interval		3.84	4.18	4.16	4.21	4.33	4.40	4.52	4.80	4.90	5.72			12.18	12.94	14.22
		velocity	7.41	9.11	8.37	8.41	8.31	8.08	7.95	7.74	7.29	7.14	6.99	7.82		8.62	8.11	7.38
H1 lead leg		strides												0				
Abe, Takatoshi (JPN) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2014 Seiko Golden Grand Prix (Tokyo, JPN)		<i>Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions</i>																
date	11-May-14	time	6.14	9.94	13.78	17.70	21.74	25.84	30.28	34.87	39.82	44.94		51.14	7			
reaction time		interval		3.80	3.84	3.92	4.04	4.10	4.44	4.59	4.95	5.12	6.20			11.56	12.58	14.66
		velocity	7.33	9.21	9.11	8.93	8.66	8.54	7.88	7.63	7.07	6.84	6.45	7.82		9.08	8.35	7.16
H1 lead leg		strides		13	13	13	13	14	14	14	15	16		125				
Bett, Nicholas (KEN) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)		<i>Henson (2020) - Athlete First: 2016 year end hurdle report</i>																
date	16-Jun-16	time	6.20	9.93		17.73	21.87	26.07	30.43	34.87	39.67	44.93		51.14	2 / 5			
reaction time	0.159	interval		3.73		7.80	4.14	4.20	4.36	4.44	4.80	5.26	6.21			11.53	12.70	14.50
		velocity	7.26	9.38		8.97	8.45	8.33	8.03	7.88	7.29	6.65	6.44	7.82		9.11	8.27	7.24
H1 lead leg	R	strides	21	13		13		13	13		15	15	17.5	120.5				
Van Nieuwenhove, Dries (BEL) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2022 European Athletics Championships (Munich, GER)		<i>European Athletics (2022) - european athletics championships race analysis</i>																
date	18-Aug-22	time	5.97	9.91	13.92	18.07	22.25	24.13	26.60	31.15	35.95	40.71	45.50	51.14	1 / 8			
reaction time	0.191	interval		3.94	4.01	4.15	4.18	4.35	4.55	4.80	4.76	4.79	5.64			12.10	13.08	14.35
		velocity	7.54	8.88	8.73	8.43	8.37	8.29	8.05	7.69	7.29	7.35	7.31	7.09	7.82	8.68	8.03	7.32
H1 lead leg	L	strides	21	13	13	13	13	14	14	15	15	15	18	164				
Berrino, Reccardo (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
Semi-Final 2 - 2023 European Athletics U23 Championships (Espoo, FIN)		<i>European Athletics (2023) - european athletics U23 championships results book</i>																
date	15-Jul-23	time	5.99	9.76	13.72	17.89	22.18	26.55		35.71	40.45	45.27		51.14	2 / 5			
reaction time	0.183	interval		3.77	3.96	4.17	4.29	4.37		9.16	4.74	4.82	5.87	PB		11.90		
		velocity	7.51	9.28	8.84	8.39	8.16	8.01		7.64	7.38	7.26	6.81	7.82		8.82		
H1 lead leg		strides												0				
Ye Hongxiang (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 - 2024 Chinese National Grand Prix Final (Rizhao, CHN)		<i>Shandong Athletics Sport Science (2024)</i>																
date	29-Jun-24	time	6.04	9.86	13.86	17.97	22.30	26.89	31.55	36.27	41.02	45.81		51.14	9 / 7			
reaction time	0.209	interval		3.82	4.00	4.11	4.33	4.59	4.66	4.72	4.75	4.79	5.33			11.93	13.58	14.26
		velocity	7.45	9.16	8.75	8.52	8.08	7.63	7.51	7.42	7.37	7.31	7.50	7.82		8.80	7.73	7.36
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	18	170				
Selmon, Kenny (USA) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)		<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																
date	30-May-19	time	6.13	10.10	14.10	18.06	22.16	23.8	26.46	30.90	35.40	40.40	45.43	51.15	4 / 5			
reaction time	0.185	interval		3.97	4.00	3.96	4.10	4.30	4.44	4.50	5.00	5.03	5.72			11.93	12.84	14.53
		velocity	7.34	8.82	8.75	8.84	8.54	8.14	7.88	7.78	7.00	6.96	6.99	7.82		8.80	8.18	7.23
H1 lead leg	R	strides	21	13	13	13	13	14	14	14	15	15		145				
Lattin, Amere (USA) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Müller Grand Prix (Birmingham, GBR) (TV Analysis)		<i>Henson (2020) - Athlete First: 2019 year end hurdle report</i>																
date	18-Aug-19	time	5.76	9.64	13.48	17.32	21.28	23.1	25.60	30.04	34.64	39.48	44.88	51.15	5 / 8			
reaction time	0.145	interval		3.88	3.84	3.84	3.96		4.32	4.44	4.60	4.84	5.40	6.27		11.56	12.72	14.84
		velocity	7.81	9.02	9.11	9.11	8.84	8.66	8.10	7.88	7.61	7.23	6.48	6.38	7.82	9.08	8.25	7.08
H1 lead leg	L	strides	20	13	13	13	13		14	14	14	15	16	145				
Wang Hongwen (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Chinese National Championships (Shaoxing, CHN)		<i>CAA Hurdle Development (2020)</i>																
date	17-Sep-20	time	6.08	10.08	14.08	18.25	22.54	26.96	31.42	36.00	40.75	45.58		51.15	7 / 3			
reaction time		interval		4.00	4.00	4.17	4.29	4.42	4.46	4.58	4.75	4.83	5.57			12.17	13.17	14.16
		velocity	7.40	8.75	8.75	8.39	8.16	7.92	7.85	7.64	7.37	7.25	7.18	7.82		8.63	7.97	7.42
H1 lead leg	L	strides	21	14	14	14	14	14	14	15	15	15	18	168				

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

Ye Anan (CHN) (2004)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 East China District Meeting (Zhaoqing, CHN)																	CAA Hurdle Development (2021)		
date	25-Apr-21	time	6.21	10.21	14.33	18.47	22.82		27.16	31.68	36.24	41.04	45.79		51.15	5 / 2			
reaction time	0.221	interval		4.00	4.12	4.14	4.35		4.34	4.52	4.56	4.80	4.75	5.36	PB		12.26	13.21	14.11
		velocity	7.25	8.75	8.50	8.45	8.05		8.06	7.74	7.68	7.29	7.37	7.46	7.82		8.56	7.95	7.44
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18.5	169.5				

Edlund, Oskar (SWE) (2002)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 European Athletics U20 Championships (Tallin, EST)																	European Athletics (2021) - european athletics U20 championships results book		
date	18-Jul-21	time	5.85	9.76	13.75	17.87		24.17	26.60	31.10	35.85	40.68	45.63		51.15	4 / 2			
reaction time	0.190	interval		3.91	3.99	4.12			8.73	4.50	4.75	4.83	4.95	5.52			12.02	13.23	14.53
		velocity	7.69	8.95	8.77	8.50		8.27	8.02	7.78	7.37	7.25	7.07	7.25	7.82		8.74	7.94	7.23
H1 lead leg	L	strides	21	13	13	13	14			14	14	15	15	18	150				

Blondel, Alain (FRA) (1962)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1987 French National Championships (Annecy, FRA)																	Veney - split times from PJ		
date	09-Aug-87	time	6.00	10.20	14.50	18.70	22.90		27.20	31.50	36.05	40.70	45.40		51.16	1 / 4			
reaction time		interval		4.20	4.30	4.20			4.30	4.30	4.55	4.65	4.70	5.76			12.70	12.80	13.90
		velocity	7.50	8.33	8.14	8.33	8.33		8.14	8.14	7.69	7.53	7.45	6.94	7.82		8.27	8.20	7.55
H1 lead leg		strides		15	15	15	15		15	15	15	15	15		135				

Shoaib, Mohamed (SUD) (1998)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2021 Doha Diamond League (Doha, QAT) (TV Analysis)																	Henson (2021) - Athlete First: 2021 year end hurdle report		
date	28-May-21	time	6.10	10.10	14.27	18.57	23.10	25.1	27.53	31.97	36.40	41.00	45.70		51.16	8 / 2			
reaction time	0.191	interval		4.00	4.17	4.30	4.53		4.43	4.44	4.43	4.60	4.70	5.46			12.47	13.40	13.73
		velocity	7.38	8.75	8.39	8.14	7.73	7.97	7.90	7.88	7.90	7.61	7.45	7.33	7.82		8.42	7.84	7.65
H1 lead leg	R	strides	21	13	13	14	14		14		14	14	14	17.2	148.2				

Dömötör, Patrik (SVK) (2000)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2024 European Athletics Championships (Roma, ITA)																	European Athletics (2024) - 2024 european athletics championships - results book		
date	09-Jun-24	time	6.09	10.10	14.22	18.41	22.59		26.97	31.47	35.92	40.92	45.73		51.16	7 / 7			
reaction time	0.184	interval		4.01	4.12	4.19	4.18		4.38	4.50	4.45	5.00	4.81	5.43			12.32	13.06	14.26
		velocity	7.39	8.73	8.50	8.35	8.37		7.99	7.78	7.87	7.00	7.28	7.37	7.82		8.52	8.04	7.36
H1 lead leg		strides													0				

Deguchi, Haruto (JPN) (2001)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Japanese National High School Championships (Nagoya, JPN)																	Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection		
date	04-Aug-18	time	6.26	10.36	14.66	19.04	23.52		27.98	32.47	36.95	41.45	46.01		51.17	4 / 1			
reaction time		interval		4.10	4.30	4.38	4.48		4.46	4.49	4.48	4.50	4.56	5.16	PB		12.78	13.43	13.54
		velocity	7.19	8.54	8.14	7.99	7.81		7.85	7.80	7.81	7.78	7.68	7.75	7.82		8.22	7.82	7.75
H1 lead leg		strides		15	15	15	15		15	15	15	15	15		135				

Li Guangzhen (CHN) (1995)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Philippe Cup Athletics Invitational (Wuhan, CHN)																	CAA Hurdle Development (2021)		
date	20-May-21	time	6.47	10.49	14.48	18.55	22.76		27.19	31.75	36.37	41.02	45.86		51.17	7 / 1			
reaction time	0.210	interval		4.02	3.99	4.07	4.21		4.43	4.56	4.62	4.65	4.84	5.31			12.08	13.20	14.11
		velocity	6.96	8.71	8.77	8.60	8.31		7.90	7.68	7.58	7.53	7.23	7.53	7.82		8.69	7.95	7.44
H1 lead leg	R	strides	22	14	14	14	14		14	14	15	15	15	18	169				

Burrell, Sean (USA) (2002)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 NCAA Championships (Eugene, OR) (TV Analysis)																	Henson (2024) - Athlete First: 2024 year end hurdle report		
date	07-Jun-24	time	6.00	9.66	13.45	17.40	21.40		25.64	30.11	34.71	39.61	44.76		51.17	4 / 8			
reaction time		interval		3.66	3.79	3.95	4.00		4.24	4.47	4.60	4.90	5.15	6.41			11.40	12.71	14.65
		velocity	7.50	9.56	9.23	8.86	8.75		8.25	7.83	7.61	7.14	6.80	6.24	7.82		9.21	8.26	7.17
H1 lead leg	R	strides	22	13	14	14	14		15	15	15	15	16		153				

Holúbek, Radoslav (SVK) (1975)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 7 - 2000 Olympic Games (Sydney, AUS)																	Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games		
date	24-Sep-00	time	6.04	10.08	14.16	18.36	22.56		26.88	31.36	35.92	40.68			51.18	2 / 7			
reaction time	0.127	interval		4.04	4.08	4.20	4.20		4.32	4.48	4.56	4.76					12.32	13.00	
		velocity	7.45	8.66	8.58	8.33	8.33		8.10	7.81	7.68	7.35			7.82		8.52	8.08	
H1 lead leg		strides	22	14	14	14	14		14	14	15	15			136				

Wang Hongwen (CHN) (2000)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)																	CAA Hurdle Development (2019)		
date	23-Aug-19	time	6.34	10.33	14.27	18.40	22.69		27.07	31.58	36.27	41.01	45.80		51.18	2 / 4			
reaction time	0.270	interval		3.99	3.94	4.13	4.29		4.38	4.51	4.69	4.74	4.79	5.38			12.06	13.18	14.22
		velocity	7.10	8.77	8.88	8.47	8.16		7.99	7.76	7.46	7.38	7.31	7.43	7.82		8.71	7.97	7.38
H1 lead leg	R	strides	21	14	14	14	14		14	15	15	15	15	18	169				

Pochanis, Konstantinos (CYP) (1973)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 6 - 2000 Olympic Games (Sydney, AUS)																	Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games		
date	24-Sep-00	time	6.22	10.02	13.94	17.94	21.98		26.34	30.98	35.70	40.54			51.20	3 / 6			
reaction time	0.244	interval		3.80	3.92	4.00	4.04		4.36	4.64	4.72	4.84					11.72	13.04	
		velocity	7.23	9.21	8.93	8.75	8.66		8.03	7.54	7.42	7.23			7.81		8.96	8.05	
H1 lead leg		strides	22	14	14	14	14		15	16	16	16			141				

Yang Baichuan (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 Chinese National Championships (Shenyang, CHN)																<i>CAA Hurdle Development (2019)</i>		
date	09-Jul-19	time	6.32	10.36	14.59	18.84	23.11	27.39	31.80	36.27	40.89	45.76		51.20	1 / 4			
reaction time	0.218	interval		4.04	4.23	4.25	4.27	4.28	4.41	4.47	4.62	4.87	5.44			12.52	12.96	13.96
		velocity	7.12	8.66	8.27	8.24	8.20	8.18	7.94	7.83	7.58	7.19	7.35	7.81		8.39	8.10	7.52
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	15	15	20.3	178.3				
Wang Daojun (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 Chinese National Championships (Shenyang, CHN)																<i>CAA Hurdle Development (2019)</i>		
date	09-Jul-19	time	6.14	10.18	14.18	18.30	22.51	26.90	31.48	36.05	40.79	45.61		51.20	2 / 5			
reaction time	0.218	interval		4.04	4.00	4.12	4.21	4.39	4.58	4.57	4.74	4.82	5.59	PB		12.16	13.18	14.13
		velocity	7.33	8.66	8.75	8.50	8.31	7.97	7.64	7.66	7.38	7.26	7.16	7.81		8.63	7.97	7.43
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	18.5	170.5				
Xu Zhihang (CHN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese National Championships (Shenyang, CHN)																<i>CAA Hurdle Development (2019)</i>		
date	09-Jul-19	time	6.22	10.20	14.28	18.39	22.58	26.96	31.42	35.96	40.64	45.56		51.20	7 / 2-1			
reaction time	0.158	interval		3.98	4.08	4.11	4.19	4.38	4.46	4.54	4.68	4.92	5.64			12.17	13.03	14.14
		velocity	7.23	8.79	8.58	8.52	8.35	7.99	7.85	7.71	7.48	7.11	7.09	7.81		8.63	8.06	7.43
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	16	19	172				
Brinkley, Chris (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)																<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>		
date	28-Jun-24	time	5.93	9.74	13.62	17.65	21.91	23.73	26.12	30.67	35.40	40.37	45.12	51.20	9 / 7			
reaction time		interval		3.81	3.88	4.03	4.26	4.21	4.55	4.73	4.97	4.75	6.08			11.72	13.02	14.45
		velocity	7.59	9.19	9.02	8.68	8.22	8.43	8.31	7.69	7.40	7.04	7.37	7.81		8.96	8.06	7.27
H1 lead leg	L	strides		13	13	14	14		15	15	15	15	19	148				
Shao Yi (CHN) (1979)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2002 Chinese National Grand Prix Final (Tiantai, CHN)																<i>Zhou (2003) - training of Shao Yi, national champion of men's 400m hurdles</i>		
date	27-Oct-02	time	6.19	10.15	14.05	18.12	22.31	26.56	30.94	35.60	40.41	45.37		51.21	1 / 2			
reaction time		interval		3.96	3.90	4.07	4.19	4.25	4.38	4.66	4.81	4.96	5.84	PB		11.93	12.82	14.43
		velocity	7.27	8.84	8.97	8.60	8.35	8.24	7.99	7.51	7.28	7.06	6.85	7.81		8.80	8.19	7.28
H1 lead leg		strides		14	14	14	14		14	14	15	15	15	129				
Strohmayr-Dangl, Niklas (AUT) (200)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2022 European Athletics Championships (Munich, GER)																<i>European Athletics (2022) - european athletics championships race analysis</i>		
date	17-Aug-22	time	5.96	10.04	14.11	18.35	22.54	24.45	26.94	31.45	36.18	40.91	45.72	51.21	2 / 4			
reaction time	0.211	interval		4.08	4.07	4.24	4.19	4.40	4.51	4.73	4.73	4.81	5.49			12.39	13.10	14.27
		velocity	7.55	8.58	8.60	8.25	8.35	8.18	7.95	7.76	7.40	7.40	7.28	7.81		8.47	8.02	7.36
H1 lead leg	R	strides	22	14		14		15	15	15	15	15	18.2	143.2				
Faulds, Joshua (GBR) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2022 European Athletics Championships (Munich, GER)																<i>European Athletics (2022) - european athletics championships race analysis</i>		
date	17-Aug-22	time	6.06	10.05	14.05	18.10	22.31	24.18	26.62	31.15	35.83	40.63	45.54	51.21	6 / 5			
reaction time	0.213	interval		3.99	4.00	4.05	4.21	4.31	4.53	4.68	4.80	4.91	5.67			12.04	13.05	14.39
		velocity	7.43	8.77	8.75	8.64	8.31	8.27	8.12	7.73	7.48	7.29	7.13	7.05	7.81	8.72	8.05	7.30
H1 lead leg	R	strides	23	15		15		15	15	16	16	16	20	151				
Luo Xinyu (CHN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Chinese National Grand Prix Final (Rizhao, CHN)																<i>Shandong Athletics Sport Science (2024)</i>		
date	29-Jun-24	time	6.08	9.94	14.06	18.23	22.50	26.99	31.61	36.33	41.09	45.91		51.21	4 / 8			
reaction time	0.182	interval		3.86	4.12	4.17	4.27	4.49	4.62	4.72	4.76	4.82	5.30			12.15	13.38	14.30
		velocity	7.40	9.07	8.50	8.39	8.20	7.80	7.58	7.42	7.35	7.26	7.55	7.81		8.64	7.85	7.34
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	18	170				
Cai Jungi (CHN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese National Championships (Shenyang, CHN)																<i>CAA Hurdle Development (2019)</i>		
date	09-Jul-19	time	6.35	10.41	14.49	18.69	22.90	27.21	31.60	36.06	40.62	45.36		51.22	6 / 2-2			
reaction time	0.189	interval		4.06	4.08	4.20	4.21	4.31	4.39	4.46	4.56	4.74	5.86			12.34	12.91	13.76
		velocity	7.09	8.62	8.58	8.33	8.31	8.12	7.97	7.85	7.68	7.38	6.83	7.81		8.51	8.13	7.63
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	19.5	176.5				
Romig, Cole (USA) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2024 USA Olympic Trials (Eugene, OR)																<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>		
date	28-Jun-24	time	6.27	10.36	14.50	18.76	23.02	24.91	27.43	31.84	36.46	41.15	45.91	51.22	1 / 8			
reaction time		interval		4.09	4.14	4.26	4.26	4.41	4.41	4.62	4.69	4.76	5.31			12.49	13.08	14.07
		velocity	7.18	8.56	8.45	8.22	8.22	8.03	7.94	7.94	7.58	7.46	7.35	7.53	7.81	8.41	8.03	7.46
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	15	15	18.2	176.2				
Köhrbrück, Carsten (FRG) (1967)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1985 European Junior Championships (Cottbus, GDR)																<i>Warburton (1985) - 1985 european junior championships - hurdles</i>		
date	25-Aug-85	time	6.46	10.09	14.09	18.37	22.66	27.21	31.50	36.24	40.78	45.63		51.23	1 / 3			
reaction time		interval		3.63	4.00	4.28	4.29	4.55	4.29	4.74	4.54	4.85	5.60			11.91	13.13	14.13
		velocity	6.97	9.64	8.75	8.18	8.16	7.69	8.16	7.38	7.71	7.22	7.14	7.81		8.82	8.00	7.43
H1 lead leg		strides																

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

Wang Daojun (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Championships (Shenyang, CHN)		CAA Hurdle Development (2019)																
date	10-Jul-19	time	6.12	10.17	14.25	18.40	22.59	26.96	31.56	36.22	40.94	45.70		51.23	2 / 6			
reaction time	0.216	interval		4.05	4.08	4.15	4.19	4.37	4.60	4.66	4.72	4.76	5.53			12.28	13.16	14.14
		velocity	7.35	8.64	8.58	8.43	8.35	8.01	7.61	7.51	7.42	7.35	7.23	7.81		8.55	7.98	7.43
H1 lead leg	L	strides	22	15	15	14	14	15	15	15	15	15	18.3	173.3				
Reibert, Werner (FRG) (1948)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1975 West German National Championships (Gelsenkirchen, FRG)		Helbig (1975) - 400-m-hürdenlauf																
date	28-Jun-75	time	6.3	10.2	14.5	18.5	22.6	24.6	27.0	31.8	36.3	40.9	45.4	51.25	6 / 1			
reaction time		interval		3.97	4.24	3.99	4.09		4.44	4.81	4.50	4.55	4.58	5.81		12.20	13.34	13.63
		velocity	7.18	8.82	8.25	8.77	8.56	8.14	7.88	7.28	7.78	7.69	7.64	6.88	7.80	8.61	7.87	7.70
H1 lead leg		strides																
Keter, Erick (KEN) (1966)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2000 Olympic Games (Sydney, AUS)		Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games																
date	25-Sep-00	time	6.14	9.90	13.70	17.70	21.98	26.26	30.74	35.34				51.25	7 / 8			
reaction time	0.202	interval		3.76	3.80	4.00	4.28		4.28	4.48	4.60					11.56	13.04	
		velocity	7.33	9.31	9.21	8.75	8.18		8.18	7.81	7.61			7.80		9.08	8.05	
H1 lead leg		strides	21	13	13	15	15		15	15	15			122				
Angela, Ramsey (NED) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 ISTAF (Berlin, GER) (TV Analysis)		Henson (2020) - Athlete First: 2020 year end hurdle report																
date	13-Sep-20	time	5.96	9.84	13.68	17.72	22.00	26.36	30.88	35.52	40.36			51.25	8 / 7			
reaction time	0.195	interval		3.88	3.84	4.04	4.28		4.36	4.52	4.64	4.84				11.76	13.16	
		velocity	7.55	9.02	9.11	8.66	8.18		8.03	7.74	7.54	7.23		7.80		8.93	7.98	
H1 lead leg	R	strides	22	14	14	14	14		15	15		14		122				
Seery, Gerge (GBR) (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	6.08	9.97	13.96	18.04	22.28	26.65		36.26	40.81	45.55		51.25	8 / 6			
reaction time	0.173	interval		3.89	3.99	4.08	4.24		4.37		9.61	4.55	4.74	5.70		11.96		
		velocity	7.40	9.00	8.77	8.58	8.25		8.01		7.28	7.69	7.38	7.02	7.80	8.78		
H1 lead leg		strides												0				
Aberkan, Saïd (MOR) (1963)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1992 French National Championships (Narbonne, FRA)		Veney - split times from PJ																
date	28-Jun-92	time	6.44	10.38	14.32	18.36	22.42	26.64	31.04	35.56	40.22	45.36		51.27	1 / 3			
reaction time		interval		3.94	3.94	4.04	4.06		4.22	4.40	4.52	4.66	5.14	5.91		11.92	12.68	14.32
		velocity	6.99	8.88	8.88	8.66	8.62		8.29	7.95	7.74	7.51	6.81	6.77	7.80	8.81	8.28	7.33
H1 lead leg		strides	21	14	14	14	14		14	15	15	15	16	19.3	171.3			
Beckenham, Matt (AUS) (1976)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 6 - 2000 Olympic Games (Sydney, AUS)		Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games																
date	24-Sep-00	time	6.18	10.10	14.26	18.42	22.74	27.30	31.86	36.38				51.27	8 / 7			
reaction time	0.176	interval		3.92	4.16	4.16	4.32		4.56	4.56	4.52					12.24	13.44	
		velocity	7.28	8.93	8.41	8.41	8.10		7.68	7.68	7.74			7.80		8.58	7.81	
H1 lead leg		strides	21	14	14	14	14		15	15	15			122				
Tuček, Martin (CZE) (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 - 2024 European Athletics Championships (Roma, ITA)		European Athletics (2024) - 2024 european athletics championships - results book																
date	09-Jun-24	time	6.09	9.96	13.92	18.00	22.14	26.45	30.91	35.47	40.34	45.34		51.27	9 / 7			
reaction time	0.216	interval		3.87	3.96	4.08	4.14		4.31	4.46	4.56	4.87	5.00	5.93		11.91	12.91	14.43
		velocity	7.39	9.04	8.84	8.58	8.45		8.12	7.85	7.68	7.19	7.00	6.75	7.80	8.82	8.13	7.28
H1 lead leg		strides												0				
Friedrich, Dieter (FRG) (1947)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1975 West German National Championships (Gelsenkirchen, FRG)		Helbig (1975) - 400-m-hürdenlauf																
date	28-Jun-75	time	6.0	10.0	14.1	18.3	22.6	24.6	27.0	31.4	36.2	40.6	45.3	51.29	5 / 2			
reaction time		interval		4.00	4.04	4.20	4.32		4.39	4.42	4.77	4.45	4.71	5.96		12.24	13.13	13.93
		velocity	7.46	8.75	8.66	8.33	8.10	8.13	7.97	7.92	7.34	7.87	7.43	6.71	7.80	8.58	8.00	7.54
H1 lead leg		strides																
Paul, Jacob (GBR) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)		Henson (2020) - Athlete First: 2019 year end hurdle report																
date	30-May-19	time	6.06	9.96	14.20	18.33	22.56	24.3	26.97	31.50	36.10	40.96	45.80	51.29	1 / 6			
reaction time	0.185	interval		3.90	4.24	4.13	4.23		4.41	4.53	4.60	4.86	4.84	5.49		12.27	13.17	14.30
		velocity	7.43	8.97	8.25	8.47	8.27	8.23	7.94	7.73	7.61	7.20	7.23	7.29	7.80	8.56	7.97	7.34
H1 lead leg	L	strides	21	14	14	14	14		14			15	15	121				
Nezir, Ismail (TUR) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2024 European Athletics Championships (Roma, ITA)		European Athletics (2024) - 2024 european athletics championships - results book																
date	10-Jun-24	time	6.14	10.08	14.10	18.18	22.41	26.79	31.38	36.08	40.90	45.71		51.29	6 / 8			
reaction time	0.180	interval		3.94	4.02	4.08	4.23		4.38	4.59	4.70	4.82	4.81	5.58		12.04	13.20	14.33
		velocity	7.33	8.88	8.71	8.58	8.27		7.99	7.63	7.45	7.26	7.28	7.17	7.80	8.72	7.95	7.33
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	14	14	17	158			

Rawlinson, Christopher (GBR) (1972)																
Heat 5	- 2000 Olympic Games (Sydney, AUS)															
date	24-Sep-00	time	5.96	9.60	13.36	17.16	21.08	25.16	29.52	34.36	39.80	45.16	51.30	3 / 1		
reaction time	0.184	interval		3.64	3.76	3.80	3.92	4.08	4.36	4.84	5.44	5.36	6.14		11.20	12.36
		velocity	7.55	9.62	9.31	9.21	8.93	8.58	8.03	7.23	6.43	6.53	6.51	7.80	9.38	8.50
H1 lead leg		strides	22	14	14	14	14	14	14	15	17	17	20	175	6.71	
<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																
Crisci, Fantin (FRA) (2002)																
FINAL	- 2023 European Athletics U23 Championships (Espoo, FIN)															
date	16-Jul-23	time	6.04	10.06	14.09	18.15	22.17	26.36	30.84	35.88	40.18	45.21	51.30	8 / 7		
reaction time	0.203	interval		4.02	4.03	4.06	4.02	4.19	4.48	5.04	4.30	5.03	6.09		12.11	12.69
		velocity	7.45	8.71	8.68	8.62	8.71	8.35	7.81	6.94	8.14	6.96	6.57	7.80	8.67	8.27
H1 lead leg	L	strides	22			14	14	15	15	15	15	16	19	145	7.31	
<i>European Athletics (2023) - european athletics U23 championships results book</i>																
Hashimoto, Ryosei (JPN)																
FINAL	- 2024 Japanese National U20 Championships (Niigata, JPN)															
date	28-Jun-24	time	6.24	10.31	14.38	18.55	22.92	27.33	31.83	36.37	40.99	45.71	51.30	3 / 7		
reaction time	0.194	interval		4.07	4.07	4.17	4.37	4.41	4.50	4.54	4.62	4.72	5.59		12.31	13.28
		velocity	7.21	8.60	8.60	8.39	8.01	7.94	7.78	7.71	7.58	7.42	7.16	7.80	8.53	7.91
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	15	152	7.56	
<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season</i>																
Matulonis, Ryan (USA) (2004)																
Semi-Final 1	- 2024 USA Olympic Trials (Eugene, OR)															
date	28-Jun-24	time	5.91	9.70	13.55	17.53	21.58	23.57	25.95	30.55	35.31	40.21	45.42	51.30	4 / 8	
reaction time		interval		3.79	3.85	3.98	4.05	4.37	4.60	4.76	4.90	5.21	5.88		11.62	13.02
		velocity	7.61	9.23	9.09	8.79	8.64	8.49	8.01	7.61	7.35	7.14	6.72	6.80	9.04	8.06
H1 lead leg	L	strides	21	13	13	13	13	14	14	14	15	16	18	164	7.06	
<i>USATF and Karmarush (2024) - USA Olympic trials results and race analysis</i>																
Dobrovolskiy, Sergey (URS) (1966)																
FINAL	- 1985 European Junior Championships (Cottbus, GDR)															
date	25-Aug-85	time		9.90	13.82	18.20	22.39	26.83	31.28	35.94	40.57	45.20	51.31	1 / 4		
reaction time		interval			3.92	4.38	4.19	4.44	4.45	4.66	4.63	4.63	6.11		13.08	13.92
		velocity		8.08	8.93	7.99	8.35	7.88	7.87	7.51	7.56	7.56	6.55	7.80	8.03	7.54
H1 lead leg		strides														
<i>Warburton (1985) - 1985 european junior championships - hurdles</i>																
Wang Hongwen (CHN) (2000)																
FINAL	- 2019 Chinese World Championship Trials (Shenyang, CHN)															
date	03-Aug-19	time	6.27	10.22	14.21	18.27	22.42	26.82	31.36	36.00	40.74	45.63	51.31	2 / 4		
reaction time	0.217	interval		3.95	3.99	4.06	4.15	4.40	4.54	4.64	4.74	4.89	5.68	PB	12.00	13.09
		velocity	7.18	8.86	8.77	8.62	8.43	7.95	7.71	7.54	7.38	7.16	7.04	7.80	8.75	8.02
H1 lead leg	R	strides	21	14	14	14	14	14	15	15	15	15	18	169	7.36	
<i>CAA Hurdle Development (2019)</i>																
Shang Shou (CHN) (1995)																
Heat 1	- 2021 Chinese National Championships (Chongqing, CHN)															
date	26-Jun-21	time	6.42	10.65	14.88	19.19	23.54	28.02	32.51	37.07	41.66	46.27	51.31	6 / 2		
reaction time	0.236	interval		3.94	4.12	4.31	4.35	4.48	4.49	4.56	4.59	4.61	5.04		12.77	13.32
		velocity	7.01	8.27	8.27	8.12	8.05	7.81	7.80	7.68	7.63	7.59	7.94	7.80	8.22	7.88
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	18	169	7.63	
<i>CAA Hurdle Development (2021)</i>																
Monreal, Íñigo (ESP) (1974)																
Heat 8	- 2000 Olympic Games (Sydney, AUS)															
date	24-Sep-00	time	6.18	9.94	13.86	17.90	22.02	26.30	30.74	35.58	40.66	45.90	51.32	5 / 4		
reaction time	0.502	interval		3.76	3.92	4.04	4.12	4.28	4.44	4.84	5.08	5.24	5.42		11.72	12.84
		velocity	7.28	9.31	8.93	8.66	8.50	8.18	7.88	7.23	6.89	6.68	7.38	7.79	8.96	8.18
H1 lead leg		strides	20	13	13	13	13	13	14	15	15	15	144		6.93	
<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																
Yamamoto, Tatsuhiro (JPN) (1997)																
FINAL	- 2015 Japanese National High School Championships (Wakayama, JPN)															
date	31-Jul-15	time	6.19	10.13	14.25	18.37	22.62	27.06	31.60	36.14	40.77	45.63	51.32	7 / 3		
reaction time		interval		3.71	3.73	3.84	4.00	4.44	4.54	4.54	4.63	4.86	5.69	PB	12.18	13.23
		velocity	7.27	8.88	8.50	8.50	8.24	7.88	7.71	7.71	7.56	7.20	7.03	7.79	8.62	7.94
H1 lead leg		strides		14	14	14	15	15	15	15	15	15	15	132	7.48	
<i>Enomoto (2015) - 68th high school championships: JAF scientific committee - biomechanics data</i>																
Liu Yangyang (CHN) (1995)																
Heat 2	- 2019 Chinese National Championships (Shenyang, CHN)															
date	09-Jul-19	time	6.36	10.39	14.56	18.81	23.17	27.58	32.14	36.77	41.46	46.13	51.32	2 / 4-3		
reaction time	0.216	interval		4.03	4.17	4.25	4.36	4.41	4.56	4.63	4.69	4.67	5.19	PB	12.45	13.33
		velocity	7.08	8.68	8.39	8.24	8.03	7.94	7.68	7.56	7.46	7.49	7.71	7.79	8.43	7.88
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	18.5	175.5	7.51	
<i>CAA Hurdle Development (2019)</i>																
Yamamoto, Tatsuhiro (JPN) (1997)																
FINAL	- 2021 Japanese National Championships (Osaka, JPN)															
date	26-Jun-21	time	5.97	9.68	13.41	17.25	21.25	25.48	29.90	34.42	39.17	44.39	51.32	9 / 8		
reaction time	0.164	interval		3.71	3.73	3.84	4.00	4.23	4.42	4.52	4.75	5.22	6.93		11.28	12.65
		velocity	7.54	9.43	9.38	9.11	8.75	8.27	7.92	7.74	7.37	6.70	5.77	7.79	9.31	8.30
H1 lead leg	R	strides	21	14	14	14	14	14	15	15	15	15	19.7	170.7	7.25	
<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>																

Song Jiahui (CHN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Chinese National Championships (Chongqing, CHN)																CAA Hurdle Development (2021)		
date	26-Jun-21	time	6.31	10.33	14.44	18.66	22.91	27.23	31.61	36.23	40.99	45.82		51.32	7 / 2			
reaction time	0.191	interval		4.02	4.11	4.22	4.25	4.32	4.38	4.62	4.76	4.83	5.50	PB		12.35	12.95	14.21
		velocity	7.13	8.71	8.52	8.29	8.24	8.10	7.99	7.58	7.35	7.25	7.27	7.79		8.50	8.11	7.39
H1 lead leg	L	strides	20	13	13	13	13	13	13	14	14	15	18	159				
Edlund, Oskar (SWE) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2021 European Athletics U20 Championships (Tallin, EST)																European Athletics (2021) - european athletics U20 championships results book		
date	17-Jul-21	time	5.95	9.81	13.81	17.85	21.99	23.89	26.32	30.85	35.62	40.50	45.70	51.32	6 / 2			
reaction time	0.181	interval		3.86	4.00	4.04	4.14	4.33	4.53	4.77	4.88	5.20	5.62			11.90	13.00	14.85
		velocity	7.56	9.07	8.75	8.66	8.45	8.37	8.08	7.73	7.34	7.17	6.73	7.12	7.79	8.82	8.08	7.07
H1 lead leg		strides												0				
Bakketun, Andreas Haara (NOR) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Bislett Games (Oslo, NOR) (TV Analysis)																Henson (2024) - Athlete First: 2024 year end hurdle report		
date	30-May-24	time	5.87	9.57	13.41	17.38		25.99		35.53	40.54			51.32	1 / 7			
reaction time	0.174	interval		3.70	3.84	3.97		8.61		9.54	5.01					11.51		
		velocity	7.67	9.46	9.11	8.82		8.13		7.34	6.99			7.79		9.12		
H1 lead leg	R	strides	21	14	14	14					15			78				
Graham, John (CAN) (1965)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 1988 Olympic Games (Seoul, KOR)																Brüggemann (1990) - scientific research project at the games of the XXXIV Olympiad, Seoul 1988		
date	24-Sep-88	time	6.05	10.05	14.09	18.14	22.38	26.75	31.16	35.79	40.68	45.68		51.33	7 / 8			
reaction time		interval		4.00	4.04	4.05	4.24	4.37	4.41	4.63	4.89	5.00	5.65			12.09	13.02	14.52
		velocity	7.44	8.75	8.66	8.64	8.25	8.01	7.94	7.56	7.16	7.00	7.08	7.79		8.68	8.06	7.23
H1 lead leg		strides	21	14	14	14	14	14	15	15	15	16	18.5	170.5				
Bett, Nicholas (KEN) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Prefontaine Classic (Eugene, OR) (TV Analysis)																Henson (2020) - Athlete First: 2016 year end hurdle report		
date	28-May-16	time	6.24	10.04	13.88	17.96	22.20	26.52	31.00	35.08	40.48	45.44		51.33	5 / 8			
reaction time		interval		3.80	3.84	4.08	4.24	4.32	4.48	4.08	5.40	4.96	5.89			11.72	13.04	14.44
		velocity	7.21	9.21	9.11	8.58	8.25	8.10	7.81	7.35	7.41	7.06	6.79	7.79		8.96	8.05	7.27
H1 lead leg	R	strides	21	13	13	13	13	13		13	17	15		131				
Lin Zhikai (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Chinese National Championships (Shaoxing, CHN)																CAA Hurdle Development (2020)		
date	17-Sep-20	time	6.08	10.21	14.29	18.42	22.75	27.21	31.75	36.42	41.08	45.87		51.33	3 / 4			
reaction time		interval		4.13	4.08	4.13	4.33	4.46	4.54	4.67	4.66	4.79	5.46			12.34	13.33	14.12
		velocity	7.40	8.47	8.58	8.47	8.08	7.85	7.71	7.49	7.51	7.31	7.33	7.79		8.51	7.88	7.44
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	18	175				
Li Guangzhen (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2021 Chinese National Championships (Chongqing, CHN)																CAA Hurdle Development (2021)		
date	26-Jun-21	time	6.16	10.11	14.26	18.57	23.07	27.68	32.25	36.89	41.57	46.16		51.33	5 / 1			
reaction time	0.183	interval		3.95	4.15	4.31	4.50	4.61	4.57	4.64	4.68	4.59	5.17			12.41	13.68	13.91
		velocity	7.31	8.86	8.43	8.12	7.78	7.59	7.66	7.54	7.48	7.63	7.74	7.79		8.46	7.68	7.55
H1 lead leg	L	strides	22	14	14	14	14	15	15	14	15	15	17.2	169.2				
Sherman, Alex (USA) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)																USATF and Karmarush (2024) - USA Olympic trials results and race analysis		
date	28-Jun-24	time	6.14	9.99	14.04	18.14	22.16	24.16	26.56	31.14	35.97	40.85	45.73	51.33	4 / 5			
reaction time		interval		3.85	4.05	4.10	4.02	4.40	4.58	4.83	4.88	4.88	5.60			12.00	13.00	14.59
		velocity	7.33	9.09	8.64	8.54	8.71	7.95	7.64	7.25	7.17	7.17	7.14	7.79		8.75	8.08	7.20
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	15	18.5	171.5				
Fujii, Ryusei (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)																Enomoto (2015) - 68th high school championships: JAF scientific committee - biomechanics data		
date	31-Jul-15	time	6.19	10.24	14.55	18.97	23.37	27.78	32.23	36.69	41.27	45.96		51.34	4 / 4			
reaction time		interval		4.05	4.31	4.42	4.40	4.41	4.45	4.46	4.58	4.69	5.38	PB		12.78	13.26	13.73
		velocity	7.27	8.64	8.12	7.92	7.95	7.94	7.87	7.85	7.64	7.46	7.43	7.79		8.22	7.92	7.65
H1 lead leg		strides		14	15	15	15	15	15	15	15	15	15	134				
Bengtström, Carl (SWE) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)																Henson (2020) - Athlete First: 2019 year end hurdle report		
date	30-May-19	time	5.93	9.83	14.00	18.13	22.43	24.2	26.86		35.96	40.90	45.76	51.35	8 / 7			
reaction time	0.190	interval		3.90	4.17	4.13	4.30	4.43		9.10	4.94	4.86	5.59			12.20		
		velocity	7.59	8.97	8.39	8.47	8.14	8.26	7.90	7.69	7.09	7.20	7.16	7.79		8.61		
H1 lead leg	L	strides	22	14	14	14	14		15		15	15		123				
Zbinden, Carlos (CHI) (1976)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2000 Olympic Games (Sydney, AUS)																Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games		
date	24-Sep-00	time	6.10	9.90	13.82	17.70	21.70	25.94	30.38	34.98	40.02			51.36	6 / 6			
reaction time	0.180	interval		3.80	3.92	3.88	4.00	4.24	4.44	4.60	5.04					11.60	12.68	
		velocity	7.38	9.21	8.93	9.02	8.75	8.25	7.88	7.61	6.94			7.79		9.05	8.28	
H1 lead leg		strides	21	13	13	13	13	14	14	15	16			132				

Inoue, Daichi (JPN) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U19 FINAL - 2016 National Sports Festival (Kitakami, JPN)																			
date	08-Oct-16	time	6.26	10.01	13.94	18.09	22.44		27.02	31.70	36.47	41.21	45.98		51.36	7 / 1			
reaction time		interval		3.75	3.93	4.15	4.35		4.58	4.68	4.77	4.74	4.77	5.38	PB		11.83	13.61	14.28
		velocity	7.19	9.33	8.91	8.43	8.05		7.64	7.48	7.34	7.38	7.34	7.43	7.79		8.88	7.71	7.35
H1 lead leg	R	strides	21	13	13	14	14		15	15	15	15	15	19	169				
Porras, Aleix (ESP) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 European U20 Championships (Grosseto, ITA) (TV Analysis)																			
date	23-Jul-17	time	5.80	9.76	13.60	17.60	21.84		26.24	30.92	35.60	40.40	45.32		51.36	8 / 7			
reaction time	0.231	interval		3.96	3.84	4.00	4.24		4.40	4.68	4.68	4.80	4.92	6.04			11.80	13.32	14.40
		velocity	7.76	8.84	9.11	8.75	8.25		7.95	7.48	7.48	7.29	7.11	6.62	7.79		8.90	7.88	7.29
H1 lead leg	R	strides		14	14	15	15			15	15	15	15	18	136				
Köhler, Hermann (FRG) (1950)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1975 West German National Championships (Gelsenkirchen, FRG)																			
date	28-Jun-75	time	6.1	10.2	14.2	18.3	22.6	24.6	27.0	32.0	36.1	40.8	45.6		51.37	3 / 3			
reaction time		interval		4.11	4.02	4.13	4.26		4.38	5.00	4.16	4.65	4.78	5.82			12.26	13.64	13.59
		velocity	7.43	8.52	8.71	8.47	8.22	8.14	7.99	7.00	8.41	7.53	7.32	6.87	7.79		8.56	7.70	7.73
H1 lead leg		strides																	
Leger, Stéphane (FRA) (1968)			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 European Junior Championships (Birmingham, GBR)																			
date	09-Aug-87	time	6.26	10.18	14.30	18.33	22.49		26.72	31.34	35.88	40.72	46.02		51.37	/ 3			
reaction time		interval		3.92	4.12	4.03	4.16		4.23	4.62	4.54	4.84	5.30	5.35			12.07	13.01	14.68
		velocity	7.19	8.93	8.50	8.68	8.41		8.27	7.58	7.71	7.23	6.60	7.48	7.79		8.70	8.07	7.15
H1 lead leg		strides		15	15	15	15		15	15	15	15	16	136					
Hackelbusch, Henning (GER) (1982)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2002 European Championships (Munich, GER)																			
date	07-Aug-02	time	6.21	10.13	14.09	18.10	22.23		26.67	31.23	35.97	40.80	45.71		51.37	/ 7			
reaction time		interval		3.92	3.96	4.01	4.13		4.44	4.56	4.74	4.83	4.91	5.66			11.89	13.13	14.48
		velocity	7.25	8.93	8.84	8.73	8.47		7.88	7.68	7.38	7.25	7.13	7.07	7.79		8.83	8.00	7.25
H1 lead leg		strides																	
Iwabuchi, Soya (JPN)			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)																			
date	04-Aug-18	time	6.34	10.51	14.86	19.18	23.53		28.04	32.50	36.97	41.47	46.08		51.37	5 / 2			
reaction time		interval		4.17	4.35	4.32	4.35		4.51	4.46	4.47	4.50	4.61	5.29	PB		12.84	13.32	13.58
		velocity	7.10	8.39	8.05	8.10	8.05		7.76	7.85	7.83	7.78	7.59	7.56	7.79		8.18	7.88	7.73
H1 lead leg		strides		15	15	15	15		15	15	15	15	15	135					
Miyako, Kohei (JPN) (1997)			H1	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)																			
date	29-Jun-19	time	6.17	10.08	14.20	18.32	22.56		26.96	31.53	36.10	40.82	45.88		51.37	9 / 8			
reaction time	0.149	interval		3.91	4.12	4.12	4.24		4.40	4.57	4.57	4.72	5.06	5.49			12.15	13.21	14.35
		velocity	7.29	8.95	8.50	8.50	8.25		7.95	7.66	7.66	7.42	6.92	7.29	7.79		8.64	7.95	7.32
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	157					
Boino, Mowen (PNG) (1979)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 7 - 2000 Olympic Games (Sydney, AUS)																			
date	24-Sep-00	time	6.16	10.28	14.52	18.76	23.04		27.52	32.08	36.48				51.38	4 / 8			
reaction time	0.406	interval		4.12	4.24	4.24	4.28		4.48	4.56	4.40				NR		12.60	13.32	
		velocity	7.31	8.50	8.25	8.25	8.18		7.81	7.68	7.95				7.79		8.33	7.88	
H1 lead leg		strides	22	15	15	15	15		15	15	15				127				
Sdad, Mustapha (MAR) (1970)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2000 Olympic Games (Sydney, AUS)																			
date	24-Sep-00	time	6.04	10.16	14.20	18.36	22.56		26.88	31.36	36.04	40.96	45.92		51.39	2 / 6			
reaction time	0.216	interval		4.12	4.04	4.16	4.20		4.32	4.48	4.68	4.92	4.96	5.47			12.32	13.00	14.56
		velocity	7.45	8.50	8.66	8.41	8.33		8.10	7.81	7.48	7.11	7.06	7.31	7.78		8.52	8.08	7.21
H1 lead leg		strides	21	15	15	15	15		15	15	15	17	17	160					
Holmes, TJ (USA) (1995)			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)																			
date	30-Aug-18	time	5.76	9.32	13.08	16.96	21.00	22.8	25.16	29.44	34.00	39.04	44.48		51.39	6 / 8			
reaction time	0.186	interval		3.56	3.76	3.88	4.04		4.16	4.28	4.56	5.04	5.44	6.91			11.20	12.48	15.04
		velocity	7.81	9.83	9.31	9.02	8.66	8.77	8.41	8.18	7.68	6.94	6.43	5.79	7.78		9.38	8.41	6.98
H1 lead leg	L	strides	20	13	13	13	13		13	13	14		16	128					
Long Wei (CHN) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 Chinese National Championships (Shenyang, CHN)																			
date	09-Jul-19	time	6.04	10.08	14.15	18.28	22.54		26.89	31.28	35.85	40.61	45.58		51.39	4 / 6			
reaction time	0.188	interval		4.04	4.07	4.13	4.26		4.35	4.39	4.57	4.76	4.97	5.81	PB		12.24	13.00	14.30
		velocity	7.45	8.66	8.60	8.47	8.22		8.05	7.97	7.66	7.35	7.04	6.88	7.78		8.58	8.08	7.34
H1 lead leg	L	strides	21	15	15	15	15		15	15	15	15	15	18.8	174.8				

Sáez, Ignacio (ESP) (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 - 2021 European Athletics U20 Championships (Tallin, EST)										<i>European Athletics (2021) - european athletics U20 championships results book</i>						
date	17-Jul-21	time	5.88	9.83	13.89	18.02	22.27	24.16	26.60	31.09	36.03	40.89	45.86		51.39	7 / 3
reaction time	0.197	interval		3.95	4.06	4.13	4.25		4.33	4.49	4.94	4.86	4.97	5.53	PB	12.14 13.07 14.77
		velocity	7.65	8.86	8.62	8.47	8.24	8.28	8.08	7.80	7.09	7.20	7.04	7.23	7.78	8.65 8.03 7.11
H1 lead leg		strides													0	
Januszewski, Paweł (POL) (1972)																
	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7 H7-H10
Heat 5 - 2000 Olympic Games (Sydney, AUS)										<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>						
date	24-Sep-00	time	6.08	9.88	13.64	17.48	21.44		25.60	30.08	34.80	40.04	45.28		51.40	2 / 2
reaction time	0.163	interval		3.80	3.76	3.84	3.96		4.16	4.48	4.72	5.24	5.24	6.12		11.40 12.60 15.20
		velocity	7.40	9.21	9.31	9.11	8.84		8.41	7.81	7.42	6.68	6.68	6.54	7.78	9.21 8.33 6.91
H1 lead leg		strides	22	14	14	14	14		14	14	15	15	15	19.7	170.7	
Shirao, Yusuke (JPN) (1999)																
	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7 H7-H10
FINAL - 2016 Japanese National High School Championships (Okayama, JPN)										<i>Kota (2016) - 69th high school championships: JAF scientific committee - biomechanics data collection</i>						
date	31-Jul-16	time	6.31	10.28	14.45	18.77	23.21		27.71	32.23	36.79	41.42	46.11		51.40	7 / 1
reaction time	0.192	interval		3.97	4.17	4.32	4.44		4.50	4.52	4.56	4.63	4.69	5.29		12.46 13.46 13.88
		velocity	7.13	8.82	8.39	8.10	7.88		7.78	7.74	7.68	7.56	7.46	7.56	7.78	8.43 7.80 7.56
H1 lead leg		strides		13	13	14	14		15	15	15	15	15		129	
Hussein, Kariem (SUI) (1989)																
	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7 H7-H10
FINAL - 2018 Doha Diamond League (Doha, QAT) (TV Analysis)										<i>Henson (2020) - Athlete First: 2018 year end hurdle report</i>						
date	04-May-18	time	6.04	9.88	13.84	17.88	22.00		26.28	30.72	35.36	40.32		51.40	7 / 8	
reaction time	0.230	interval		3.84	3.96	4.04	4.12		4.28	4.44	4.64	4.96				11.84 12.84
		velocity	7.45	9.11	8.84	8.66	8.50		8.18	7.88	7.54	7.06		7.78		8.87 8.18
H1 lead leg	L	strides	20	13	13	13	13		13	13	14	14	15		141	
Abdalmujied, Amor Ebed (QAT) (200)																
	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7 H7-H10
B FINAL - 2021 Doha Diamond League (Doha, QAT) (TV Analysis)										<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>						
date	28-May-21	time	6.10	9.93	14.00	18.20	22.53	24.5	26.97	31.70	36.37	41.17	45.97		51.40	3 / 3
reaction time	0.168	interval		3.83	4.07	4.20	4.33		4.44	4.73	4.67	4.80	4.80	5.43	PB	12.10 13.50 14.27
		velocity	7.38	9.14	8.60	8.33	8.08	8.16	7.88	7.40	7.49	7.29	7.29	7.37	7.78	8.68 7.78 7.36
H1 lead leg	L	strides	22	14	14	14	14		14		15	15	15	18.7	155.7	
Shang Shou (CHN) (1995)																
	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7 H7-H10
FINAL - 2020 Chinese Olympic Trials (Shaoxing, CHN)										<i>CAA Hurdle Development (2021)</i>						
date	13-Jun-21	time	6.41	10.53	14.73	19.02	23.29		27.74	32.26	36.79	41.41	46.06		51.40	7 / 5
reaction time	0.185	interval		4.12	4.20	4.29	4.27		4.45	4.52	4.53	4.62	4.65	5.34		12.61 13.24 13.80
		velocity	7.02	8.50	8.33	8.16	8.20		7.87	7.74	7.73	7.58	7.53	7.49	7.78	8.33 7.93 7.61
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	18	169	
Nezir, Ismail (TUR) (2003)																
	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7 H7-H10
FINAL - 2023 Doha Diamond League (Doha, QAT)										<i>Omega Timing (2023) - diamond league race analysis</i>						
date	05-May-23	time	6.16	10.10	14.19	18.37	22.62		27.08	31.79	36.37	41.13	45.91		51.40	2 / 8
reaction time	0.195	interval		3.94	4.09	4.18	4.25		4.46	4.71	4.58	4.76	4.78	5.49		12.21 13.42 14.12
		velocity	7.31	8.88	8.56	8.37	8.24		7.85	7.43	7.64	7.35	7.32	7.29	7.78	8.60 7.82 7.44
H1 lead leg	L	strides	20	13	13	13	13		13		14	14	14		127	
Mizuno, Tatsuhiko (JPN) (1990)																
	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7 H7-H10
FINAL - 2008 Japanese National High School Championships (Kumagaya, JPN)										<i>Abe (2008) - 61st high school championships: JAF scientific committee - biomechanics data</i>						
date	31-Jul-08	time	6.14	10.08	14.20	18.33	22.61		27.12	31.69	36.27	40.96	45.72		51.41	1 / 2
reaction time		interval		3.94	4.12	4.13	4.28		4.51	4.57	4.58	4.69	4.76	5.69		12.19 13.36 14.03
		velocity	7.33	8.88	8.50	8.47	8.18		7.76	7.66	7.64	7.46	7.35	7.03	7.78	8.61 7.86 7.48
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131	
Li Zhilong (CHN) (1988)																
	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7 H7-H10
FINAL - 2013 Chinese National Championships (Suzhou, CHN)										<i>Li (2014) - research on training characteristics of Li Zhilong's of Chinese men's 400m hurdles</i>						
date	30-May-13	time	6.08	9.96	13.96	18.00	22.16		26.48	30.92	35.52	40.32	45.56		51.41	1 / 3
reaction time		interval		3.88	4.00	4.04	4.16		4.32	4.44	4.60	4.80	5.24	5.85		11.92 12.92 14.64
		velocity	7.40	9.02	8.75	8.66	8.41		8.10	7.88	7.61	7.29	6.68	6.84	7.78	8.81 8.13 7.17
H1 lead leg		strides														
Wang Daojun (CHN) (2000)																
	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7 H7-H10
FINAL - 2020 Chinese National Championships (Shaoxing, CHN)										<i>CAA Hurdle Development (2020)</i>						
date	17-Sep-20	time	5.96	10.00	14.08	18.29	22.58		26.92	31.42	35.96	40.71	45.54		51.41	5 / 5
reaction time		interval		4.04	4.08	4.21	4.29		4.34	4.50	4.54	4.75	4.83	5.87		12.33 13.13 14.12
		velocity	7.55	8.66	8.58	8.31	8.16		8.06	7.78	7.71	7.37	7.25	6.81	7.78	8.52 8.00 7.44
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	18.5	170.5	
Linnus, Jaakko (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)										<i>European Athletics (2023) - european athletics U23 championships results book</i>						
date	15-Jul-23	time	6.04	9.86	13.80	17.83	21.99		26.32	30.81	35.93	40.53	45.42		51.41	2 / 7
reaction time	0.200	interval		3.82	3.94	4.03	4.16		4.33	4.49	5.12	4.60	4.89	5.99		11.79 12.98 14.61
		velocity	7.45	9.16	8.88	8.68	8.41		8.08	7.80	6.84	7.61	7.16	6.68	7.78	8.91 8.09 7.19
H1 lead leg		strides													0	

van Zyl, L.J. (RSA) (1985)																
FINAL - 2017 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7 H7-H10
	<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>															
date	18-Jun-17	time	5.88	9.64	17.40	21.44	25.60	30.00		39.04	43.88		51.42	2 / 8		
reaction time	0.143	interval		3.76	7.76	4.04	4.16	4.40		9.04	4.84	7.54			11.52	12.60 13.88
		velocity	7.65	9.31	9.02	8.66	8.41	7.95		7.74	7.23	5.31	7.78		9.11	8.33 7.56
H1 lead leg	L	strides	22	14		14	14	15			16		95			
Mikołajewski, Gabriel (POL) (1999)																
FINAL - 2020 Golden Spike (Ostrava, CZE) (TV Analysis)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7 H7-H10
	<i>Henson (2020) - Athlete First: 2020 year end hurdle report</i>															
date	08-Sep-20	time	6.14	10.04	14.14	18.12		31.13	35.97	40.84			51.42	3 / 6		
reaction time	0.145	interval		3.90	4.10	3.98		13.01	4.84	4.87					11.98	13.01
		velocity	7.33	8.97	8.54	8.79		8.07	7.23	7.19			7.78		8.76	8.07
H1 lead leg	L	strides	21	14		14	14			15			78			
Wang Daojun (CHN) (2000)																
Heat 2 - 2021 Chinese National Championships (Chongqing, CHN)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7 H7-H10
	<i>CAA Hurdle Development (2021)</i>															
date	26-Jun-21	time	6.18	10.21	14.31	18.57	22.91	27.41	32.05	36.67	41.34	46.06	51.42	5 / 1		
reaction time	0.201	interval		4.03	4.10	4.26	4.34	4.50	4.64	4.62	4.67	4.72	5.36		12.39	13.48 14.01
		velocity	7.28	8.68	8.54	8.22	8.06	7.78	7.54	7.58	7.49	7.42	7.46	7.78	8.47	7.79 7.49
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	18	170		
Wang Gouzhong (CHN) (1995)																
Heat 1 - 2021 Chinese National Championships (Chongqing, CHN)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7 H7-H10
	<i>CAA Hurdle Development (2021)</i>															
date	26-Jun-21	time	6.10	10.11	14.26	18.52	22.90	27.37	31.96	36.58	41.28	46.05	51.43	7 / 3		
reaction time	0.152	interval		4.01	4.15	4.26	4.38	4.47	4.59	4.62	4.70	4.77	5.38		12.42	13.44 14.09
		velocity	7.38	8.73	8.43	8.22	7.99	7.83	7.63	7.58	7.45	7.34	7.43	7.78	8.45	7.81 7.45
H1 lead leg	L	strides	21	15	15	15	15	15	15	15	15	15	18.5	174.5		
Morioka, Yuuki (JPN) (2003)																
FINAL - 2022 Japanese U20 National Championships (Osaka, JPN)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7 H7-H10
	<i>Wamani (2023) - race analysis of men's and women's 400m hurdles in the 2022 season</i>															
date	11-Jun-22	time	6.36	10.41	14.51	18.77	23.10	27.48	32.00	36.74	41.39	46.15	51.43	5 / 5		
reaction time	0.208	interval		4.05	4.10	4.26	4.33	4.38	4.52	4.74	4.65	4.76	5.28		12.41	13.23 14.15
		velocity	7.08	8.64	8.54	8.22	8.08	7.99	7.74	7.38	7.53	7.35	7.58	7.78	8.46	7.94 7.42
H1 lead leg	R	strides	22	14	14	14	14	14	14	15	15	15	18.7	169.7		
Shirao, Yusuke (JPN) (1999)																
FINAL - 2017 Japanese National High School Championships (Yamagata, JPN)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7 H7-H10
	<i>Kota (2017) - 70th high school championships: JAF scientific committee - biomechanics data</i>															
date	31-Jul-17	time	6.26	10.11	14.13	18.25	22.64	27.08	31.55	36.12	40.89	45.78	51.44	6 / 1		
reaction time	0.172	interval		3.85	4.02	4.12	4.39	4.44	4.47	4.57	4.77	4.89	5.66		11.99	13.30 14.23
		velocity	7.19	9.09	8.71	8.50	7.97	7.88	7.83	7.66	7.34	7.16	7.07	7.78	8.76	7.89 7.38
H1 lead leg		strides		13	13	13	14	14	15	15	15	15	127			
Yamamoto, Takeshi (JPN) (1998)																
B FINAL - 2020 World Athletics Trials (Fuji, JPN)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7 H7-H10
	<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>															
date	06-Sep-20	time	6.09	9.96	13.91	17.95	22.09	26.38	30.75	35.30	40.16	45.40	51.44	3 / 5		
reaction time		interval		3.87	3.95	4.04	4.14	4.29	4.37	4.55	4.86	5.24	6.04		11.86	12.80 14.65
		velocity	7.39	9.04	8.86	8.66	8.45	8.16	8.01	7.69	7.20	6.68	6.62	7.78	8.85	8.20 7.17
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	17	20	175		
Song Jiahui (CHN) (2002)																
Heat 3 - 2021 Chinese National Championships (Chongqing, CHN)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7 H7-H10
	<i>CAA Hurdle Development (2021)</i>															
date	26-Jun-21	time	6.36	10.36	14.45	18.62	22.83	27.10	31.68	36.26	41.01	45.87	51.44	8 / 1		
reaction time	0.234	interval		4.00	4.09	4.17	4.21	4.27	4.58	4.58	4.75	4.86	5.57	PB	12.26	13.06 14.19
		velocity	7.08	8.75	8.56	8.39	8.31	8.20	7.64	7.64	7.37	7.20	7.18	7.78	8.56	8.04 7.40
H1 lead leg	L	strides	20	13	13	13	13	13	14	14	15	15	18.5	161.5		
Wang Siqing (CHN) (1999)																
Heat 3 - 2021 Chinese National Championships (Chongqing, CHN)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7 H7-H10
	<i>CAA Hurdle Development (2021)</i>															
date	26-Jun-21	time	6.30	10.35	14.46	18.65	22.97	27.33	31.78	36.31	41.03	45.87	51.44	7 / 2		
reaction time	0.222	interval		4.05	4.11	4.19	4.32	4.36	4.45	4.53	4.72	4.84	5.57	PB	12.35	13.13 14.09
		velocity	7.14	8.64	8.52	8.35	8.10	8.03	7.87	7.73	7.42	7.23	7.18	7.78	8.50	8.00 7.45
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	16	16	19.5	178.5		
Mfomkpa, Alain-Hervé (SUI) (1996)																
FINAL - 2017 Athletissima (Lausanne, SUI) (TV Analysis)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7 H7-H10
	<i>Henson (2020) - Athlete First: 2017 year end hurdle report</i>															
date	06-Jul-17	time	6.04	9.80	13.72	17.64	21.68	25.96	30.36	35.04	40.00	45.24	51.45	1 / 8		
reaction time	0.156	interval		3.76	3.92	3.92	4.04	4.28	4.40	4.68	4.96	5.24	6.21		11.60	12.72 14.88
		velocity	7.45	9.31	8.93	8.93	8.66	8.18	7.95	7.48	7.06	6.68	6.44	7.77	9.05	8.25 7.06
H1 lead leg	L	strides	21	13	13	13	13	14	14	14	15	16	146			
Obayashi, Masayuki (JPN) (1996)																
FINAL - 2019 Seiko Golden Grand Prix (Osaka, JPN)	H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7 H7-H10
	<i>Hirokawa (2019) - research on athlete performance and technique- 2019 data book</i>															
date	19-May-19	time	6.04	9.96	13.91	18.04	22.21	26.48	30.83	35.40	40.22	45.35	51.45	4 / 6		
reaction time	0.157	interval		3.92	3.95	4.13	4.17	4.27	4.35	4.57	4.82	5.13	6.10		12.00	12.79 14.52
		velocity	7.45	8.93	8.86	8.47	8.39	8.20	8.05	7.66	7.26	6.82	6.56	7.77	8.75	8.21 7.23
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	17	20.7	175.7		

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

Muto, Yuhi (JPN) (2004)																
FINAL	- 2022 Japanese U20 National Championships (Osaka, JPN)															
date	11-Jun-22	time	6.39	10.33	14.41	18.52	22.86		27.29	31.82	36.47	41.21	46.06		51.46	3 / 6
reaction time	0.189	interval		3.94	4.08	4.11	4.34		4.43	4.53	4.65	4.74	4.85	5.40	PB	12.13 13.30 14.24
		velocity	7.04	8.88	8.58	8.52	8.06		7.90	7.73	7.53	7.38	7.22	7.41	7.77	8.66 7.89 7.37
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	15	15	19	176	
Drees, Pablo (ESP) (2001)																
Semi-Final 1	- 2023 European Athletics U23 Championships (Espoo, FIN)															
date	15-Jul-23	time	6.14	10.06	14.16	18.20	22.56		27.13	31.69	36.85	41.35	46.03		51.46	8 / 8
reaction time	0.291	interval		3.92	4.10	4.04	4.36		4.57	4.56	5.16	4.50	4.68	5.43		12.06 13.49 14.34
		velocity	7.33	8.93	8.54	8.66	8.03		7.66	7.68	6.78	7.78	7.48	7.37	7.77	8.71 7.78 7.32
H1 lead leg		strides												0		
Ziegler, Rolf (FRG) (1951)																
FINAL	- 1975 West German National Championships (Gelsenkirchen, FRG)															
date	28-Jun-75	time	6.2	10.2	14.2	18.4	22.6	24.6	27.0	31.5	36.1	40.8	45.4		51.47	7 / 4
reaction time		interval		4.06	4.01	4.14	4.19		4.41	4.49	4.64	4.71	4.59	6.07		12.21 13.09 13.94
		velocity	7.31	8.62	8.73	8.45	8.35	8.14	7.94	7.80	7.54	7.43	7.63	6.59	7.77	8.60 8.02 7.53
H1 lead leg		strides														
Yamada, Nao (JPN) (2004)																
FINAL	- 2022 Japanese National High School Championships (Naruto, JPN)															
date	05-Aug-22	time	6.18	10.18	14.28	18.40	22.62		26.90	31.33	35.95	40.90	45.85		51.48	3 / 4
reaction time	0.184	interval		4.00	4.10	4.12	4.22		4.28	4.43	4.62	4.95	4.95	5.63	PB	12.22 12.93 14.52
		velocity	7.28	8.75	8.54	8.50	8.29		8.18	7.90	7.58	7.07	7.07	7.10	7.77	8.59 8.12 7.23
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	17	17	20	182	
Valentian, Jean-Pascal (FRA) (1960)																
FINAL	- 1987 French National Championships (Annecy, FRA)															
date	09-Aug-87	time	6.25	10.22	14.27	18.54	22.81		26.99	31.59	36.14	40.91	45.79		51.49	1 / 5
reaction time		interval		3.97	4.05	4.27	4.27		4.18	4.60	4.55	4.77	4.88	5.70		12.29 13.05 14.20
		velocity	7.20	8.82	8.64	8.20	8.20		8.37	7.61	7.69	7.34	7.17	7.02	7.77	8.54 8.05 7.39
H1 lead leg		strides		14												
Copello, Yasmani (TUR) (1987)																
Semi-Final 1	- 2022 World Athletics Championships (Eugene, OR) (TV Analysis)															
date	17-Jul-22	time	5.93	9.80	13.80	17.77	22.00	23.97	26.40	30.97	35.56	40.48	45.46		51.49	2 / 7
reaction time	0.166	interval		3.87	4.00	3.97	4.23		4.40	4.57	4.59	4.92	4.98	6.03		11.84 13.20 14.49
		velocity	7.59	9.04	8.75	8.82	8.27	8.34	7.95	7.66	7.63	7.11	7.03	6.63	7.77	8.87 7.95 7.25
H1 lead leg	L	strides	20	13	13	13	13		14	14	14	15	14	18	161	
Cavanaugh, Caleb (USA) (2001)																
Heat 3	- 2024 USA Olympic Trials (Eugene, OR)															
date	27-Jun-24	time	6.02	9.87	13.92	18.01	22.15	24.04	26.56	31.07	35.84	40.76	45.65		51.50	3 / 5
reaction time		interval		3.85	4.05	4.09	4.14		4.41	4.51	4.77	4.92	4.89	5.85		11.99 13.06 14.58
		velocity	7.48	9.09	8.64	8.56	8.45	8.32	7.94	7.76	7.34	7.11	7.16	6.84	7.77	8.76 8.04 7.20
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	18	171	
Schneider, Drake (USA) (1999)																
Heat 4	- 2024 USA Olympic Trials (Eugene, OR)															
date	27-Jun-24	time	5.87	9.57	13.40	17.49	21.62	23.47	25.82	30.39	35.17	40.18	45.41		51.50	5 / 5
reaction time		interval		3.70	3.83	4.09	4.13		4.20	4.57	4.78	5.01	5.23	6.09		11.62 12.90 15.02
		velocity	7.67	9.46	9.14	8.56	8.47	8.52	8.33	7.66	7.32	6.99	6.69	6.57	7.77	9.04 8.14 6.99
H1 lead leg	R	strides	20	13	13	13	13		13	14	14	14	15	18	160	
Houston, Victor (BAR) (1974)																
Heat 1	- 2000 Olympic Games (Sydney, AUS)															
date	24-Sep-00	time	5.90	9.58	13.34	17.22	21.22		25.54	30.10	34.86	39.98	45.34		51.51	2 / 7
reaction time	0.179	interval		3.68	3.76	3.88	4.00		4.32	4.56	4.76	5.12	5.36	6.17		11.32 12.88 15.24
		velocity	7.63	9.51	9.31	9.02	8.75		8.10	7.68	7.35	6.84	6.53	6.48	7.77	9.28 8.15 6.89
H1 lead leg		strides		13	13	13	13		14	14	15	15	16		126	
Fernández, Sérgio (ESP) (1993)																
Heat 2	- 2020 Olympic Games (Tokyo, JPN) (TV Analysis)															
date	30-Jul-21	time	6.10	9.93	13.83	17.84	22.03		26.53	31.10	35.86	40.76			51.51	5 / 7
reaction time	0.152	interval		3.83	3.90	4.01	4.19		4.50	4.57	4.76	4.90				11.74 13.26
		velocity	7.38	9.14	8.97	8.73	8.35		7.78	7.66	7.35	7.14		7.77		8.94 7.92
H1 lead leg	L	strides	20	13	13	13	13		14	14		14		114		
Nezir, Ismail (TUR) (2003)																
Semi-Final 2	- 2021 European Athletics U20 Championships (Tallin, EST)															
date	17-Jul-21	time	6.23	10.42	14.61	18.78	23.14	25.12	27.61	32.10	36.70	41.42	46.22		51.51	4 / 4
reaction time	0.216	interval		4.19	4.19	4.17	4.36		4.47	4.49	4.60	4.72	4.80	5.29	PB	12.55 13.32 14.12
		velocity	7.22	8.35	8.35	8.39	8.03	7.96	7.83	7.80	7.61	7.42	7.29	7.56	7.77	8.37 7.88 7.44
H1 lead leg		strides													0	

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

Köhldorfer, Leo (AUT) (2001)																
Heat 2	- 2024 European Athletics Championships (Roma, ITA)															
date	09-Jun-24	time	5.92	9.73	13.63	17.65	21.83									
reaction time	0.198	interval		3.81	3.90	4.02	4.18									
		velocity	7.60	9.19	8.97	8.71	8.37									
H1 lead leg		strides														
Bédi, Tibor (HUN) (1974)																
Heat 5	- 2000 Olympic Games (Sydney, AUS)															
date	24-Sep-00	time	5.92	9.68	13.64	17.64	21.80									
reaction time	0.169	interval		3.76	3.96	4.00	4.16									
		velocity	7.60	9.31	8.84	8.75	8.41									
H1 lead leg		strides	21	13	14	14	14									
Lu Shengjing (CHN) (1998)																
Heat 4	- 2021 Chinese National Championships (Chongqing, CHN)															
date	26-Jun-21	time	6.34	10.37	14.62	18.98	23.39									
reaction time	0.228	interval		4.03	4.25	4.36	4.41									
		velocity	7.10	8.68	8.24	8.03	7.94									
H1 lead leg	L	strides	22	15	15	15	15									
Kasai, Yuki (JPN) (2006)																
FINAL	- 2024 Japanese National High School Championships (Fukuoka, JPN)															
date	30-Jul-24	time	6.22	10.21	14.33	18.55	22.76									
reaction time	0.217	interval		3.99	4.12	4.22	4.21									
		velocity	7.23	8.77	8.50	8.29	8.31									
H1 lead leg		strides	20	15	15	15	15									
Wang Hongwen (CHN) (2000)																
Heat 3	- 2021 Chinese National Championships (Chongqing, CHN)															
date	26-Jun-21	time	6.27	10.25	14.26	18.40	22.61									
reaction time	0.242	interval		3.98	4.01	4.14	4.21									
		velocity	7.18	8.79	8.73	8.45	8.31									
H1 lead leg	L	strides	21	14	14	14	14									
Gomaa, Ahmed Gamal (IRQ) (2003)																
West Asian GP	- 2025 Jetour Doha Meeting (Doha, QAT)															
date	16-May-25	time	5.86	9.92	13.94	18.04	22.26									
reaction time	0.145	interval		4.06	4.02	4.10	4.22									
		velocity	7.68	8.62	8.71	8.54	8.29									
H1 lead leg		strides														
Song Jiahui (CHN) (2002)																
FINAL	- 2020 Chinese Olympic Trials (Shaoxing, CHN)															
date	13-Jun-21	time	6.24	10.34	14.46	18.55	22.77									
reaction time	0.198	interval		4.10	4.12	4.09	4.22									
		velocity	7.21	8.54	8.50	8.56	8.29									
H1 lead leg	L	strides	20	13	13	13	13									
Mfomkpa, Alain-Hervé (SUI) (1996)																
FINAL	- 2016 Athletissime (Laussane, SUI) (TV Analysis)															
date	25-Aug-16	time	5.96	9.83	13.73	17.73	22.10									
reaction time	0.182	interval		3.87	3.90	4.00	4.37									
		velocity	7.55	9.04	8.97	8.75	8.01									
H1 lead leg	L	strides	21	13	13	13	14									
Yang Baichuan (CHN) (1995)																
FINAL	- 2020 Chinese National Championships (Shaoxing, CHN)															
date	17-Sep-20	time	6.08	10.12	14.25	18.50	22.83									
reaction time		interval		4.04	4.13	4.25	4.33									
		velocity	7.40	8.66	8.47	8.24	8.08									
H1 lead leg	L	strides	23	15	15	15	15									
Yamada, Nao (JPN) (2004)																
FINAL	- 2022 Japanese National High School Championships (Naruto, JPN)															
date	05-Aug-22	time	6.18	10.18	14.28	18.40	22.62									
reaction time	0.184	interval		4.00	4.10	4.12	4.22									
		velocity	7.28	8.75	8.54	8.50	8.29									
H1 lead leg		strides		15	15	15	15									
Yirga, Nahom (SUI) (2001)																
Heat 2	- 2022 European Athletics Championships (Munich, GER)															
date	17-Aug-22	time	5.76	9.49	13.37	17.37	21.44									
reaction time	0.149	interval		3.73	3.88	4.00	4.07									
		velocity	7.81	9.38	9.02	8.75	8.60									
H1 lead leg	R	strides	21	13	14											

Wang Yijie (CHN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																<i>CAA Hurdle Development (2019)</i>		
date	08-Apr-19	time	6.20	10.22	14.28	18.44	22.64	26.96	31.46	36.10	40.88	45.78		51.60	3 / 3			
reaction time	0.280	interval		4.02	4.06	4.16	4.20	4.32	4.50	4.64	4.78	4.90	5.82			12.24	13.02	14.32
		velocity	7.26	8.71	8.62	8.41	8.33	8.10	7.78	7.54	7.32	7.14	6.87	7.75		8.58	8.06	7.33
H1 lead leg	L	strides	21	16	16	16	16	15	15	15	15	15	18.5	178.5				
Wang Yijie (CHN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix 4 (Luoyang, CHN)																<i>CAA Hurdle Development (2019)</i>		
date	29-May-19	time	6.20	10.14	14.18	18.35	22.68	27.14	31.66	36.22	41.04	45.86		51.60	7 / 2			
reaction time	0.260	interval		3.94	4.04	4.17	4.33	4.46	4.52	4.56	4.82	4.82	5.74			12.15	13.31	14.20
		velocity	7.26	8.88	8.66	8.39	8.08	7.85	7.74	7.68	7.26	7.26	6.97	7.75		8.64	7.89	7.39
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	15	15	18.5	171.5				
Zhuang Linfei (CHN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)																<i>CAA Hurdle Development (2019)</i>		
date	03-Aug-19	time	6.28	10.20	14.22	18.38	22.66	27.12	31.65	36.31	41.06	45.98		51.60	8 / 5			
reaction time	0.256	interval		3.92	4.02	4.16	4.28	4.46	4.53	4.66	4.75	4.92	5.62	DQ		12.10	13.27	14.33
		velocity	7.17	8.93	8.71	8.41	8.18	7.85	7.73	7.51	7.37	7.11	7.12	7.75		8.68	7.91	7.33
H1 lead leg	L	strides	21	13	13	14	14	14	14	15	15	15	18.5	166.5				
Cai Jungi (CHN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2021 Chinese National Championships (Chongqing, CHN)																<i>CAA Hurdle Development (2021)</i>		
date	26-Jun-21	time	6.32	10.31	14.38	18.59	22.94	27.39	31.85	36.37	40.99	45.73		51.60	3 / 3			
reaction time	0.229	interval		3.99	4.07	4.21	4.35	4.45	4.46	4.52	4.62	4.74	5.87			12.27	13.26	13.88
		velocity	7.12	8.77	8.60	8.31	8.05	7.87	7.85	7.74	7.58	7.38	6.81	7.75		8.56	7.92	7.56
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	18.5	175.5				
Gucek, Matic Ian (SLO) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2021 European Athletics U20 Championships (Tallin, EST)																<i>European Athletics (2021) - european athletics U20 championships results book</i>		
date	17-Jul-21	time	6.08	10.06	14.14	18.21	22.47	24.33	26.78	31.28	36.03	40.98	45.97	51.61	3 / 5			
reaction time	0.169	interval		3.98	4.08	4.07	4.26	4.31	4.50	4.75	4.95	4.99	5.64			12.13	13.07	14.69
		velocity	7.40	8.79	8.58	8.60	8.22	8.12	7.78	7.37	7.07	7.01	7.09	7.75		8.66	8.03	7.15
H1 lead leg		strides												0				
Shang Shou (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese National Grand Prix Final (Daqing, CHN)																<i>CAA Hurdle Development (2019)</i>		
date	22-Aug-19	time	6.49	10.63	14.80	19.05	23.36	27.83	32.30	36.84	41.42	46.16		51.62	6 / 1			
reaction time	0.275	interval		4.14	4.17	4.25	4.31	4.47	4.47	4.54	4.58	4.74	5.46			12.56	13.25	13.86
		velocity	6.93	8.45	8.39	8.24	8.12	7.83	7.83	7.71	7.64	7.38	7.33	7.75		8.36	7.92	7.58
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	18	169				
Wang Daojun (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)																<i>CAA Hurdle Development (2019)</i>		
date	17-Aug-19	time	6.18	10.26	14.32	18.55	22.90	27.46	32.20	36.92	41.64	46.35		51.64	5 / 3			
reaction time	0.188	interval		4.08	4.06	4.23	4.35	4.56	4.74	4.72	4.72	4.71	5.29			12.37	13.65	14.15
		velocity	7.28	8.58	8.62	8.27	8.05	7.68	7.38	7.42	7.42	7.43	7.56	7.75		8.49	7.69	7.42
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	18	170				
Ye Anan (CHN) (2004)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2021 Chinese National Championships (Chongqing, CHN)																<i>CAA Hurdle Development (2021)</i>		
date	26-Jun-21	time	6.37	10.44	14.64	18.83	23.19	27.69	32.22	36.91	41.57	46.24		51.64	5 / 4			
reaction time	0.272	interval		4.07	4.20	4.19	4.36	4.50	4.53	4.69	4.66	4.67	5.40			12.46	13.39	14.02
		velocity	7.06	8.60	8.33	8.35	8.03	7.78	7.73	7.46	7.51	7.49	7.41	7.75		8.43	7.84	7.49
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	18.2	169.2				
Rodríguez, Eduardo Iván (ESP) (1978)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1998 Spanish National Championships (San Sebastián, ESP)																<i>Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas</i>		
date	02-Aug-98	time	6.10	10.22	14.34	18.52	22.90	27.32	31.89	36.58	41.41	46.24		51.65	7 / 3			
reaction time		interval		4.12	4.12	4.18	4.38	4.42	4.57	4.69	4.83	4.83	5.41			12.42	13.37	14.35
		velocity	7.38	8.50	8.50	8.37	7.99	7.92	7.66	7.46	7.25	7.25	7.39	7.74		8.45	7.85	7.32
H1 lead leg	L	strides	22	14	14	14	14	14	15	15	16	15	18.5	171.5				
Reinberg, Jan (GER) (1980)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2001 European Championships (Bremen, GER)																<i>Graubner (2007) - http://www.fgs.uni-halle.de</i>		
date	23-Jun-01	time	6.30	10.21	14.19	18.32	22.48	26.84	31.32	35.98	40.96	45.85		51.66	1 / 8			
reaction time		interval		3.91	3.98	4.13	4.16	4.36	4.48	4.66	4.98	4.89	5.81			12.02	13.00	14.53
		velocity	7.14	8.95	8.79	8.47	8.41	8.03	7.81	7.51	7.03	7.16	6.88	7.74		8.74	8.08	7.23
H1 lead leg		strides																
Boino, Mowen (PNG) (1979)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2002 IAAF World Cup (Madrid, ESP)																<i>Sanchez (2002) - copa del mundo de Madrid '02: análisis de la carreras con villas</i>		
date	20-Sep-02	time	6.14	10.18	14.34	18.47	22.65	27.01	31.43	36.00	40.70	45.57		51.66	9 / 9			
reaction time	0.058	interval		4.04	4.16	4.13	4.18	4.36	4.42	4.57	4.70	4.87	6.09			12.33	12.96	14.14
		velocity	7.33	8.66	8.41	8.47	8.37	8.03	7.92	7.66	7.45	7.19	6.57	7.74		8.52	8.10	7.43
H1 lead leg	R	strides	21	15	15	15	15	15	15	15	15	15	18	174				

Motima, Satoshi (JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Japanese National High School Championships (Nagoya, JPN)		<i>Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection</i>																
date	04-Aug-18	time	6.21	10.24	14.40	18.57	22.92	27.43	31.93	36.54	41.21	46.15		51.66	8 / 3			
reaction time		interval		4.03	4.16	4.17	4.35	4.51	4.50	4.61	4.67	4.94	5.51	PB		12.36	13.36	14.22
		velocity	7.25	8.68	8.41	8.39	8.05	7.76	7.78	7.59	7.49	7.09	7.26	7.74		8.50	7.86	7.38
H1 lead leg		strides		15	15	15	15	15	15	15	15	16		136				
Song Haotian (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Philippe Cup Athletics Invitational (Wuhan, CHN)		<i>CAA Hurdle Development (2021)</i>																
date	20-May-21	time	6.29	10.29	14.31	18.42	22.62	27.04	31.68	36.32	41.11	46.18		51.66	5 / 2			
reaction time	0.242	interval		4.00	4.02	4.11	4.20	4.42	4.64	4.64	4.79	5.07	5.48	PB		12.13	13.26	14.50
		velocity	7.15	8.75	8.71	8.52	8.33	7.92	7.54	7.54	7.31	6.90	7.30	7.74		8.66	7.92	7.24
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	15	15	19.5	172.5				
Azemia, Ned (SEY) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)		<i>Henson (2024) - Athlete First: 2021 year end hurdle report</i>																
date	30-Jul-21	time	6.10	9.93	13.85	17.98	22.10	26.37	30.76	35.50	40.43	45.56		51.67	3 / 8			
reaction time	0.151	interval		3.83	3.92	4.13	4.12	4.27	4.39	4.74	4.93	5.13	6.11			11.88	12.78	14.80
		velocity	7.38	9.14	8.93	8.47	8.50	8.20	7.97	7.38	7.10	6.82	6.55	7.74		8.84	8.22	7.09
H1 lead leg	L	strides	23	15	15	15	15	15	15	16	16	16		161				
Zhuang Linfei (CHN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)		<i>CAA Hurdle Development (2019)</i>																
date	23-Aug-19	time	6.20	10.04	14.03	18.18	22.48	27.00	31.60	36.24	41.11	46.02		51.67	7 / 5			
reaction time	0.220	interval		3.84	3.99	4.15	4.30	4.52	4.60	4.64	4.87	4.91	5.65			11.98	13.42	14.42
		velocity	7.26	9.11	8.77	8.43	8.14	7.74	7.61	7.54	7.19	7.13	7.08	7.74		8.76	7.82	7.28
H1 lead leg	L	strides	13	13	14	14	14	14	15	15	15	15	18.5	160.5				
Yamada, Nao (JPN) (2004)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Japanese U20 National Championships (Osaka, JPN)		<i>Kishima (2022) - national high school championships biomechanics data collection</i>																
date	03-Jun-23	time	6.09	9.96	13.96	18.00	22.16	26.38	30.78	35.39	40.47	45.95		51.67	6 / 2			
reaction time	0.213	interval		3.87	4.00	4.04	4.16	4.22	4.40	4.61	5.08	5.48	5.72			11.91	12.78	15.17
		velocity	7.39	9.04	8.75	8.66	8.41	8.29	7.95	7.59	6.89	6.39	6.99	7.74		8.82	8.22	6.92
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	16	18	20.5	182.5				
Kishimoto, Takayuki (JPN) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Michitaka Kinami Memorial (Osaka, JPN)		<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season</i>																
date	12-May-24	time	6.19	10.09	14.06	18.10	22.22	26.49	30.80	35.24	39.77	44.64		51.67	8 / 8			
reaction time	0.151	interval		3.90	3.97	4.04	4.12	4.27	4.31	4.44	4.53	4.87	7.03			11.91	12.70	13.84
		velocity	7.27	8.97	8.82	8.66	8.50	8.20	8.12	7.88	7.73	7.19	5.69	7.74		8.82	8.27	7.59
H1 lead leg	R	strides	21	13	13	13	13	14	14	15	15	16		147				
Fueki, Yasuhiro (JPN) (1985)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2014 Seiko Golden Grand Prix (Tokyo, JPN)		<i>Yasunori (2014) - race pattern analysis of Japanese top 400m hurdlers for major domestic competitions</i>																
date	11-May-14	time	6.01	9.90	13.80	17.72	21.77	25.92	30.39	35.04	39.98	45.25		51.68	/ 8			
reaction time		interval		3.89	3.90	3.92	4.05	4.15	4.47	4.65	4.94	5.27	6.43			11.71	12.67	14.86
		velocity	7.49	9.00	8.97	8.93	8.64	8.43	7.83	7.53	7.09	6.64	6.22	7.74		8.97	8.29	7.07
H1 lead leg		strides		14	14	14	14	14	14	15	15	16		130				
Kawakami, Daichi (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 Championships (Niigata, JPN)		<i>Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season</i>																
date	28-Jun-24	time	6.27	10.28	14.28	18.39	22.61	26.96	31.48	36.14	40.91	45.95		51.68	4 / 8			
reaction time	0.254	interval		4.01	4.00	4.11	4.22	4.35	4.52	4.66	4.77	5.04	5.73			12.12	13.09	14.47
		velocity	7.18	8.73	8.75	8.52	8.29	8.05	7.74	7.51	7.34	6.94	6.98	7.74		8.66	8.02	7.26
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	15	17		159				
Cai Jungi (CHN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)		<i>CAA Hurdle Development (2019)</i>																
date	23-Aug-19	time	6.34	10.31	14.30	18.40	22.66	26.98	31.42	36.02	40.76	45.70		51.69	3 / 6			
reaction time	0.201	interval		3.97	3.99	4.10	4.26	4.32	4.44	4.60	4.74	4.94	5.99			12.06	13.02	14.28
		velocity	7.10	8.82	8.77	8.54	8.22	8.10	7.88	7.61	7.38	7.09	6.68	7.74		8.71	8.06	7.35
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	19.5	176.5				
Takahashi, Ryosuke (JPN) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese High School National Championships (Fukui, JPN)		<i>Shibayama (2021) - national high school and U20 national championships</i>																
date	30-Jul-21	time	6.17	10.14	14.41	18.64	22.97	27.46	32.02	36.72	41.57	46.46		51.69	6 / 1			
reaction time	0.161	interval		3.97	4.27	4.23	4.33	4.49	4.56	4.70	4.85	4.89	5.23			12.47	13.38	14.44
		velocity	7.29	8.82	8.20	8.27	8.08	7.80	7.68	7.45	7.22	7.16	7.65	7.74		8.42	7.85	7.27
H1 lead leg		strides		14	15	14	14	15	15	16	16	16		135				
Aldirawi, Ahmed Jamal (IRQ) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - West Asian Championships - 2024 Seashore Doha Meeting (Doha, QAT)		<i>Omega Timing (2024) - diamond league race analysis</i>																
date	10-May-24	time	5.95	9.90	14.08	18.23	22.55	27.00	31.60	36.36	41.13	46.02		51.69	4 / 3			
reaction time	0.209	interval		3.95	4.18	4.15	4.32	4.45	4.60	4.76	4.77	4.89	5.67	PB		12.28	13.37	14.42
		velocity	7.56	8.86	8.37	8.43	8.10	7.87	7.61	7.35	7.34	7.16	7.05	7.74		8.55	7.85	7.28
H1 lead leg		strides												0				

Naito, Genichiro (JPN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese U20 National Championships (Osaka, JPN)																		
date	26-Jun-21	time	6.27	10.24	14.21	18.30	22.54	26.96	31.53	36.17	40.96	45.98		51.70	6 / 5			
reaction time	0.183	interval		3.97	3.97	4.09	4.24	4.42	4.57	4.64	4.79	5.02	5.72			12.03	13.23	14.45
		velocity	7.18	8.82	8.82	8.56	8.25	7.92	7.66	7.54	7.31	6.97	6.99	7.74		8.73	7.94	7.27
H1 lead leg	R	strides	21	14	14	14	14	15	15	15	15	15		152				
Lin Zhikai (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2021 Chinese National Championships (Chongqing, CHN)																		
date	26-Jun-21	time	6.23	10.23	14.27	18.43	22.70	27.11	31.63	36.29	41.09	46.05		51.70	6 / 2			
reaction time	0.187	interval		4.00	4.04	4.16	4.27	4.41	4.52	4.66	4.80	4.96	5.65			12.20	13.20	14.42
		velocity	7.22	8.75	8.66	8.41	8.20	7.94	7.74	7.51	7.29	7.06	7.08	7.74		8.61	7.95	7.28
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	18.2	175.2				
Nakamashi, Haruki (JPN) (2004)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese High School National Championships (Fukui, JPN)																		
date	30-Jul-21	time	6.07	10.04	14.28	18.60	22.97	27.43	31.92	36.50	41.42	46.36		51.70	4 / 2			
reaction time	0.145	interval		3.97	4.24	4.32	4.37	4.46	4.49	4.58	4.92	4.94	5.34			12.53	13.32	14.44
		velocity	7.41	8.82	8.25	8.10	8.01	7.85	7.80	7.64	7.11	7.09	7.49	7.74		8.38	7.88	7.27
H1 lead leg		strides		15	15	15	15	15	15	15	17	17		139				
Juránek, Martin (CZE) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Golden Spike (Ostrava, CZE) (TV Analysis)																		
date	08-Sep-20	time	6.10	10.04	13.98	17.95	22.09		30.63	35.30	40.24			51.71	2 / 7			
reaction time	0.166	interval		3.94	3.94	3.97	4.14		8.54	4.67	4.94					11.85	12.68	
		velocity	7.38	8.88	8.88	8.82	8.45		8.20	7.49	7.09			7.74		8.86	8.28	
H1 lead leg	L	strides	22	15		15	15				17	17		101				
Okada, Sohei (JPN) (1993)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 Japanese National High School Championships (Kitakami, JPN)																		
date	05-Aug-11	time	6.15	10.17	14.27	18.44	22.60	26.86	31.44	36.26	41.26	46.26		51.72	7 / 1			
reaction time		interval		4.02	4.10	4.17	4.16	4.26	4.58	4.82	5.00	5.46				12.29	13.00	14.82
		velocity	7.32	8.71	8.54	8.39	8.41	8.22	7.64	7.26	7.00	7.00	7.33	7.73		8.54	8.08	7.09
H1 lead leg		strides																
Li Guangzhen (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Chinese National Championships (Chongqing, CHN)																		
date	26-Jun-21	time	6.40	10.51	14.65	18.83	23.24	27.86	32.51	37.27	42.01	46.66		51.72	4 / 4-3			
reaction time	0.218	interval		4.11	4.14	4.18	4.41	4.62	4.65	4.76	4.74	4.65	5.06			12.43	13.68	14.15
		velocity	7.03	8.52	8.45	8.37	7.94	7.58	7.53	7.35	7.38	7.53	7.91	7.73		8.45	7.68	7.42
H1 lead leg	R	strides	21	14	14	14	14	15	15	15	15	15	17.2	169.2				
Shimoda, Hayato (JPN) (2005)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Japanese U20 National Championships (Osaka, JPN)																		
date	03-Jun-23	time	6.21	10.09	13.91	17.92	22.06	26.48	31.08	35.99	41.34	46.38		51.72	5 / 3			
reaction time	0.189	interval		3.88	3.82	4.01	4.14	4.42	4.60	4.91	5.35	5.04	5.34			11.71	13.16	15.30
		velocity	7.25	9.02	9.16	8.73	8.45	7.92	7.61	7.13	6.54	6.94	7.49	7.73		8.97	7.98	6.86
H1 lead leg	L	strides	22	15	15	15	15	15	15	17	17	17	20	183				
Elder, Clayton (USA) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)																		
date	28-Jun-24	time	6.14	10.15	14.16	18.20	22.26	24.15	26.64	31.09	35.89	40.79	45.75		51.72	1 / 6		
reaction time		interval		4.01	4.01	4.04	4.06		4.38	4.45	4.80	4.90	4.96	5.97		12.06	12.89	14.66
		velocity	7.33	8.73	8.73	8.66	8.62	8.28	7.99	7.87	7.29	7.14	7.06	6.70	7.73	8.71	8.15	7.16
H1 lead leg	L	strides	24	16	15	15	15		16	16	17	17	17	20.2	188.2			
Shirahige, Reiji (JPN) (2006)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Japanese National High School Championships (Fukuoka, JPN)																		
date	30-Jul-24	time	6.21	10.19	14.31	18.60	22.87	27.16	31.65	36.37	41.27	46.26		51.72	5 / 4			
reaction time	0.186	interval		3.98	4.12	4.29	4.27	4.29	4.49	4.72	4.90	4.99	5.46			12.39	13.05	14.61
		velocity	7.25	8.79	8.50	8.16	8.20	8.16	7.80	7.42	7.14	7.01	7.33	7.73		8.47	8.05	7.19
H1 lead leg		strides	21	15	15	15	15	15	15	15	15	15	19	175				
McGuick, Tom (IRL)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2000 Olympic Games (Sydney, AUS)																		
date	24-Sep-00	time	5.96	9.80	13.72	17.72	21.84	25.92	30.48	35.40	40.48	45.72		51.73	3 / 7			
reaction time	0.183	interval		3.84	3.92	4.00	4.12	4.08	4.56	4.92	5.08	5.24	6.01			11.76	12.76	15.24
		velocity	7.55	9.11	8.93	8.75	8.50	8.58	7.68	7.11	6.89	6.68	6.66	7.73		8.93	8.23	6.89
H1 lead leg		strides	22	14	14	14	14	15	17	16	17	18		161				
Walker, Adrian (USA) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)																		
date	22-Jun-03	time	6.09	9.96	13.91	17.92	22.09	26.39	31.00	35.70	40.44	45.56		51.73	4 / 2			
reaction time		interval		3.87	3.95	4.01	4.17	4.30	4.61	4.70	4.74	5.12	6.17			11.83	13.08	14.56
		velocity	7.39	9.04	8.86	8.73	8.39	8.14	7.59	7.45	7.38	6.84	6.48	7.73		8.88	8.03	7.21
H1 lead leg		strides																

Wang Di (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	6.41	10.48	14.63	18.90	23.31		27.76	32.17	36.66	41.31	46.15		51.75	6 / 1				
reaction time	0.195	interval		4.07	4.15	4.27	4.41		4.45	4.41	4.49	4.65	4.84	5.60			12.49	13.27	13.98	
		velocity	7.02	8.60	8.43	8.20	7.94		7.87	7.94	7.80	7.53	7.23	7.14	7.73		8.41	7.91	7.51	
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	20.5	180					
Olejniczak, Jakub (POL) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 3 - 2022 European Athletics Championships (Munich, GER)																		European Athletics (2022) - european athletics championships race analysis		
date	17-Aug-22	time	5.92	9.78	13.64	17.68	21.87	23.80	26.31	30.89	35.75	40.75	45.81		51.77	3 / 6				
reaction time	0.256	interval		3.86	3.86	4.04	4.19		4.44	4.58	4.86	5.00	5.06	5.96			11.76	13.21	14.92	
		velocity	7.60	9.07	9.07	8.66	8.35	8.40	7.88	7.64	7.20	7.00	6.92	6.71	7.73		8.93	7.95	7.04	
H1 lead leg	L	strides	20	13			13		14	14	14	15	15	18	136					
Branker, Xavier (USA) (2005)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 5 - 2024 USA Olympic Trials (Eugene, OR)																		USATF and Karmarush (2024) - USA Olympic trials results and race analysis		
date	27-Jun-24	time	6.14	10.16	14.23	18.28	22.83	24.91	27.41	31.93	36.58	41.42	46.13		51.77	9 / 7				
reaction time		interval		4.02	4.07	4.05	4.55		4.58	4.52	4.65	4.84	4.71	5.64			12.14	13.65	14.20	
		velocity	7.33	8.71	8.60	8.64	7.69	8.03	7.64	7.74	7.53	7.23	7.43	7.09	7.73		8.65	7.69	7.39	
H1 lead leg	L	strides		13	13	13	15		15	15	15	15	15	17.2	146.2					
Kanno, Kohei (JPN) (2002)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 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	6.26	10.31	14.48	18.65	22.84		27.11	31.55	36.07	40.86	46.08		51.78	5 / 1				
reaction time	0.177	interval		4.05	4.17	4.17	4.19		4.27	4.44	4.52	4.79	5.22	5.70			12.39	12.90	14.53	
		velocity	7.19	8.64	8.39	8.39	8.35		8.20	7.88	7.74	7.31	6.70	7.02	7.72		8.47	8.14	7.23	
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	17	19	20.2	183.2					
Lu Shengjing (CHN) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 Chinese National Championships (Chongqing, CHN)																		CAA Hurdle Development (2021)		
date	26-Jun-21	time	6.24	10.29	14.55	18.88	23.37		27.91	32.45	37.02	41.71	46.48		51.78	1 / 5-4				
reaction time	0.187	interval		4.05	4.26	4.33	4.49		4.54	4.54	4.57	4.69	4.77	5.30			12.64	13.57	14.03	
		velocity	7.21	8.64	8.22	8.08	7.80		7.71	7.71	7.66	7.46	7.34	7.55	7.72		8.31	7.74	7.48	
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	18.5	175.5					
Škorjanc, Dominik (CRO) (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 European Athletics U20 Championships (Tallin, EST)																		European Athletics (2021) - european athletics U20 championships results book		
date	18-Jul-21	time	6.03	10.07	14.18	18.48		24.80	27.29	31.94	36.59	41.47	46.27		51.78	2 / 3				
reaction time	0.198	interval		4.04	4.11	4.30			8.81	4.65	4.65	4.88	4.80	5.51			12.45	13.46	14.33	
		velocity	7.46	8.66	8.52	8.14		8.06	7.95	7.53	7.53	7.17	7.29	7.26	7.72		8.43	7.80	7.33	
H1 lead leg	L	strides	21	14	14	14						15	15	18.2	111.2					
McAlvey, Jared (USA) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Semi-Final 3 - 2024 USA Olympic Trials (Eugene, OR)																		USATF and Karmarush (2024) - USA Olympic trials results and race analysis		
date	28-Jun-24	time	5.88	9.69	13.58	17.56	21.55	23.47	25.84	30.31	35.03	39.98	45.16		51.78	3 / 9				
reaction time		interval		3.81	3.89	3.98	3.99		4.29	4.47	4.72	4.95	5.18	6.62			11.68	12.75	14.85	
		velocity	7.65	9.19	9.00	8.79	8.77	8.52	8.16	7.83	7.42	7.07	6.76	6.04	7.72		8.99	8.24	7.07	
H1 lead leg	L	strides	21	14	14	14	14		14	15	15	15	15	19	170					
Pitillas, Oscar (ESP) (1971)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1998 Spanish National Championships (San Sebastián, ESP)																		Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas		
date	02-Aug-98	time	5.97	9.96	13.89	17.95	22.15		26.58	31.26	35.91	40.79	45.78		51.79	5 / 4				
reaction time		interval		3.99	3.93	4.06	4.20		4.43	4.68	4.65	4.88	4.99	6.01			11.98	13.31	14.52	
		velocity	7.54	8.77	8.91	8.62	8.33		7.90	7.48	7.53	7.17	7.01	6.66	7.72		8.76	7.89	7.23	
H1 lead leg	L	strides	20	13	13	13	13		13	14	14	15	15	18	161					
Garnier, Philippe (FRA) (1963)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1987 French National Championships (Annecy, FRA)																		Veney - split times from PJ		
date	09-Aug-87	time	6.07	10.18	14.43	18.59	22.64		26.96	31.33	35.85	40.59	45.67		51.80	/ 6				
reaction time		interval		4.11	4.25	4.16	4.05		4.32	4.37	4.52	4.74	5.08	6.13			12.52	12.74	14.34	
		velocity	7.41	8.52	8.24	8.41	8.64		8.10	8.01	7.74	7.38	6.89	6.53	7.72		8.39	8.24	7.32	
H1 lead leg		strides																		
Arisaka, Tomotaka (JPN) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2016 Japanese National High School Championships (Okayama, JPN)																		Kota (2016) - 69th high school championships: JAF scientific committee - biomechanics data collection		
date	31-Jul-16	time	6.21	10.23	14.48	18.85	23.17		27.71	32.33	37.07	41.81	46.48		51.81	2 / 2				
reaction time	0.147	interval		4.02	4.25	4.37	4.32		4.54	4.62	4.74	4.74	4.67	5.33			12.64	13.48	14.15	
		velocity	7.25	8.71	8.24	8.01	8.10		7.71	7.58	7.38	7.38	7.49	7.50	7.72		8.31	7.79	7.42	
H1 lead leg		strides		14	14	14	14		15	15	15	15	15	15	131					
Lin Zhikai (CHN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2021 East China District Meeting (Zhaoqing, CHN)																		CAA Hurdle Development (2021)		
date	25-Apr-21	time	6.30	10.28	14.35	18.50	22.79		27.17	31.72	36.40	41.19	46.13		51.81	3 / 3				
reaction time	0.201	interval		3.98	4.07	4.15	4.29		4.38	4.55	4.68	4.79	4.94	5.68			12.20	13.22	14.41	
		velocity	7.14	8.79	8.60	8.43	8.16		7.99	7.69	7.48	7.31	7.09	7.04	7.72		8.61	7.94	7.29	
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	18.5	175.5					

Lahoulou, Abdelmalik (ALG) (1992)																
FINAL - 2019 Bauhaus Athletics (Stockholm, SWE) (TV Analysis)																
date	30-May-19	time	6.06	9.80	13.80	17.93	22.06	23.7	26.40	31.00	35.66	40.80	45.86		51.82	3 / 8
reaction time	0.151	interval		3.74	4.00	4.13	4.13		4.34	4.60	4.66	5.14	5.06	5.96		11.87 13.07 14.86
		velocity	7.43	9.36	8.75	8.47	8.47	8.44	8.06	7.61	7.51	6.81	6.92	6.71	7.72	8.85 8.03 7.07
H1 lead leg	L	strides	22	13	14	14	14		14	15		15	15		136	
Ye Anan (CHN) (2004)																
Heat 1 - 2021 East China District Meeting (Zhaoqing, CHN)																
date	25-Apr-21	time	6.28	10.24	14.48	18.72	23.10		27.61	32.11	36.70	41.47	46.31		51.82	6 / 1
reaction time	0.299	interval		3.96	4.24	4.24	4.38		4.51	4.50	4.59	4.77	4.84	5.51	PB	12.44 13.39 14.20
		velocity	7.17	8.84	8.25	8.25	7.99		7.76	7.78	7.63	7.34	7.23	7.26	7.72	8.44 7.84 7.39
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	15	15	19	172	
Hamden, Ken (ZIM) (1973)																
Heat 5 - 2000 Olympic Games (Sydney, AUS)																
date	24-Sep-00	time	6.28	10.00	13.92	17.84	21.88		26.00	30.40	35.24	40.48	45.72		51.83	5 / 4
reaction time	0.435	interval		3.72	3.92	3.92	4.04		4.12	4.40	4.84	5.24	5.24	6.11		11.56 12.56 15.32
		velocity	7.17	9.41	8.93	8.93	8.66		8.50	7.95	7.23	6.68	6.68	6.55	7.72	9.08 8.36 6.85
H1 lead leg		strides	22	13	13	13	13		13	13	15	17	17	19.7	168.7	
Lu Shengjing (CHN) (1998)																
FINAL - 2021 Philippe Cup Athletics Invitational (Wuhan, CHN)																
date	20-May-21	time	6.17	10.24	14.35	18.53	22.81		27.21	31.68	36.33	41.04	46.06		51.83	6 / 3
reaction time	0.189	interval		4.07	4.11	4.18	4.28		4.40	4.47	4.65	4.71	5.02	5.77	PB	12.36 13.15 14.38
		velocity	7.29	8.60	8.52	8.37	8.18		7.95	7.83	7.53	7.43	6.97	6.93	7.72	8.50 7.98 7.30
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19	176	
Chevychalov, Georgiy (URS) (1935)																
FINAL - 1961 Universiade (Sofia, BUL)																
date	01-Sep-61	time	5.8	10.1	14.1	18.1	22.4		26.9	31.5	36.0	40.6	45.8		51.7	/ 2
reaction time		interval		4.3	4.0	4.0	4.3		4.5	4.6	4.5	4.6	5.2	5.9		12.3 13.4 14.3
		velocity	7.76	8.14	8.75	8.75	8.14		7.78	7.61	7.78	7.61	6.73	6.78	7.74	8.54 7.84 7.34
H1 lead leg		strides														
Viarshynin, Leanid (BLR) (1977)																
Heat 5 - 2000 Olympic Games (Sydney, AUS)																
date	24-Sep-00	time	6.08	9.92	13.84	17.80	21.80		25.96	30.28	34.92	40.28	45.64		51.84	4 / 5
reaction time	0.151	interval		3.84	3.92	3.96	4.00		4.16	4.32	4.64	5.36	5.36	6.20		11.72 12.48 15.36
		velocity	7.40	9.11	8.93	8.84	8.75		8.41	8.10	7.54	6.53	6.53	6.45	7.72	8.96 8.41 6.84
H1 lead leg		strides	21	13	13	13	13		14	14	15	17	17	20	170	
Liu Shuang (CHN) (2000)																
U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)																
date	17-Aug-19	time	6.20	10.08	14.02	18.10	22.32		26.66	31.16	35.88	40.76	46.04		51.84	9 / 4
reaction time	0.173	interval		3.88	3.94	4.08	4.22		4.34	4.50	4.72	4.88	5.28	5.80	PB	11.90 13.06 14.88
		velocity	7.26	9.02	8.88	8.58	8.29		8.06	7.78	7.42	7.17	6.63	6.90	7.72	8.82 8.04 7.06
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	15	17	19.5	179.5	
Xu Zhihang (CHN) (1997)																
Heat 2 - 2021 National Grand Prix (Chengdu, CHN)																
date	01-Apr-21	time	6.18	10.14	14.18	18.28	22.42		26.80	31.28	36.02	41.00	46.08		51.84	2 / 1
reaction time	0.217	interval		3.96	4.04	4.10	4.14		4.38	4.48	4.74	4.98	5.08	5.76		12.10 13.00 14.80
		velocity	7.28	8.84	8.66	8.54	8.45		7.99	7.81	7.38	7.03	6.89	6.94	7.72	8.68 8.08 7.09
H1 lead leg	L	strides	21	14	14	14	14		15	15	16	16	16	19.5	174.5	
Fuchiqami, Syota (JPN) (2005)																
FINAL - 2022 Japanese National High School Championships (Naruto, JPN)																
date	05-Aug-22	time	6.16	10.09	14.11	18.31	22.69		27.16	31.70	36.49	41.36	46.25		51.86	2 / 7
reaction time	0.187	interval		3.93	4.02	4.20	4.38		4.47	4.54	4.79	4.87	4.89	5.61		12.15 13.39 14.55
		velocity	7.31	8.91	8.71	8.33	7.99		7.83	7.71	7.31	7.19	7.16	7.13	7.71	8.64 7.84 7.22
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	19.2	172.2	
Bertoncelli, Giacomo (ITA) (1999)																
Heat 1 - 2022 European Athletics Championships (Munich, GER)																
date	17-Aug-22	time	6.05	10.12	14.16	18.35	22.66	24.53	26.93	31.29	36.01	40.80	45.98		51.86	3 / 6
reaction time	0.193	interval		4.07	4.04	4.19	4.31		4.27	4.36	4.72	4.79	5.18	5.88		12.30 12.94 14.69
		velocity	7.44	8.60	8.66	8.35	8.12	8.15	8.20	8.03	7.42	7.31	6.76	6.80	7.71	8.54 8.11 7.15
H1 lead leg	L	strides	22	14			14		14	14	15	15	16	19	143	
Birchman, Jonathan (USA) (2001)																
Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)																
date	28-Jun-24	time	5.98	9.89	13.98	18.07	22.34	24.24	26.45	31.13	35.84	40.75	45.82		51.86	9 / 7
reaction time		interval		3.91	4.09	4.09	4.27		4.11	4.68	4.71	4.91	5.07	6.04		12.09 13.06 14.69
		velocity	7.53	8.95	8.56	8.56	8.20	8.25	8.52	7.48	7.43	7.13	6.90	6.62	7.71	8.68 8.04 7.15
H1 lead leg	L	strides	21	14	14	14	14		14	15	15	15	15	18	169	

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

Long Wei (CHN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix 4 (Luoyang, CHN)																CAA Hurdle Development (2019)		
date	29-May-19	time	6.22	10.21	14.36	18.58	22.92	27.42	32.04	36.70	41.47	46.34		51.87	2 / 3			
reaction time	0.208	interval		3.99	4.15	4.22	4.34	4.50	4.62	4.66	4.77	4.87	5.53	PB		12.36	13.46	14.30
		velocity	7.23	8.77	8.43	8.29	8.06	7.78	7.58	7.51	7.34	7.19	7.23	7.71		8.50	7.80	7.34
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	15	15	18.2	176.2				
Li Guangzhen (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 Chinese World Championship Trials (Shenyang, CHN)																CAA Hurdle Development (2019)		
date	03-Aug-19	time	6.40	10.63	14.88	19.12	23.40	27.75	32.13	36.64	41.60	46.52		51.88	6 / 1			
reaction time	0.186	interval		4.23	4.25	4.24	4.28	4.35	4.38	4.51	4.96	4.92	5.36	PB		12.72	13.01	14.39
		velocity	7.03	8.27	8.24	8.25	8.18	8.05	7.99	7.76	7.06	7.11	7.46	7.71		8.25	8.07	7.30
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	15	15	18	171				
Cai Jungi (CHN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2021 East China District Meeting (Zhaoqing, CHN)																CAA Hurdle Development (2021)		
date	25-Apr-21	time	6.38	10.52	14.84	19.20	23.62	28.06	32.54	36.98	41.50	46.08		51.88	6 / 1			
reaction time	0.204	interval		4.14	4.32	4.36	4.42	4.44	4.48	4.44	4.52	4.58	5.80			12.82	13.34	13.54
		velocity	7.05	8.45	8.10	8.03	7.92	7.88	7.81	7.88	7.74	7.64	6.90	7.71		8.19	7.87	7.75
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	19	176				
Li Jiake (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	6.29	10.38	14.60	18.87	23.31	27.63	32.10	36.71	41.54	46.42		51.88	5 / 2			
reaction time	0.205	interval		4.09	4.22	4.27	4.44	4.32	4.47	4.61	4.83	4.88	5.46			12.58	13.23	14.32
		velocity	7.15	8.56	8.29	8.20	7.88	8.10	7.83	7.59	7.25	7.17	7.33	7.71		8.35	7.94	7.33
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	16	16	19.7	179				
Willis, Matthew (USA) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)																USATF Women's Sprint Development (2003)		
date	22-Jun-03	time	6.09	10.06	14.31	18.52	22.79	27.34	32.10	36.87	41.59	46.46		51.89	2 / 3			
reaction time		interval		3.97	4.25	4.21	4.27	4.55	4.76	4.77	4.72	4.87	5.43			12.43	13.58	14.36
		velocity	7.39	8.82	8.24	8.31	8.20	7.69	7.35	7.34	7.42	7.19	7.37	7.71		8.45	7.73	7.31
H1 lead leg		strides																
Cui Caizhuang (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)																CAA Hurdle Development (2019)		
date	03-Aug-19	time	6.21	10.18	14.20	18.35	22.56	27.01	31.70	36.48	41.31	46.28		51.89	1 / 5			
reaction time	0.194	interval		3.97	4.02	4.15	4.21	4.45	4.69	4.78	4.83	4.97	5.61			12.14	13.35	14.58
		velocity	7.25	8.82	8.71	8.43	8.31	7.87	7.46	7.32	7.25	7.04	7.13	7.71		8.65	7.87	7.20
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	15	18.8	171.8				
Kajiki, Ryo (JPN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN)																Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season		
date	20-Sep-20	time	6.14	9.99	13.95	18.02	22.24	26.66	31.13	35.89	40.86	46.01		51.89	8 / 7			
reaction time	0.258	interval		3.85	3.96	4.07	4.22	4.42	4.47	4.76	4.97	5.15	5.88			11.88	13.11	14.88
		velocity	7.33	9.09	8.84	8.60	8.29	7.92	7.83	7.35	7.04	6.80	6.80	7.71		8.84	8.01	7.06
H1 lead leg		strides		13	13	13	13	13	14	14	15	15		123				
Angela, Ramsey (NED) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Bauhaus Galan (Stockholm, SWE) (TV Analysis)																Henson (2020) - Athlete First: 2020 year end hurdle report		
date	23-Aug-20	time	6.16		13.90	17.94	22.12	24.0	26.44		35.58	40.42	45.50		51.90	1 / 8		
reaction time	0.210	interval			7.74	4.04	4.18		4.32		9.14	4.84	5.08	6.40		11.78		
		velocity	7.31		9.04	8.66	8.37	8.33	8.10		7.66	7.23	6.89	6.25	7.71	8.91		
H1 lead leg	R	strides	21	14		14	14		15			15	16		109			
Burton, Jereme (USA) (1984)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)																USATF Women's Sprint Development (2003)		
date	22-Jun-03	time	6.16	10.04	14.01	18.00	22.21	26.56	31.08	35.80	40.79	45.91		51.92	5 / 4			
reaction time		interval		3.88	3.97	3.99	4.21	4.35	4.52	4.72	4.99	5.12	6.01	PB		11.84	13.08	14.83
		velocity	7.31	9.02	8.82	8.77	8.31	8.05	7.74	7.42	7.01	6.84	6.66	7.70		8.87	8.03	7.08
H1 lead leg		strides																
Tashiro, Masahito (JPN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)																Enomoto (2015) - 68th high school championships: JAF scientific committee - biomechanics data		
date	31-Jul-15	time	6.12	10.01	14.03	18.13	22.37	26.74	31.21	35.85	40.76	46.15		51.92	8 / 5			
reaction time		interval		3.89	4.02	4.10	4.24	4.37	4.47	4.64	4.91	5.39	5.77			12.01	13.08	14.94
		velocity	7.35	9.00	8.71	8.54	8.25	8.01	7.83	7.54	7.13	6.49	6.93	7.70		8.74	8.03	7.03
H1 lead leg		strides		14	15	15	15	15	15	15	15	17		136				
Cui Caizhuang (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2021 National Grand Prix (Chengdu, CHN)																CAA Hurdle Development (2021)		
date	01-Apr-21	time	6.22	10.22	14.32	18.54	22.82	27.26	31.90	36.66	41.52	46.42		51.93	4 / 1			
reaction time	0.194	interval		4.00	4.10	4.22	4.28	4.44	4.64	4.76	4.86	4.90	5.51			12.32	13.36	14.52
		velocity	7.23	8.75	8.54	8.29	8.18	7.88	7.54	7.35	7.20	7.14	7.26	7.70		8.52	7.86	7.23
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	15	18.5	171.5				

Shimura, Takeshi (JPN) (2005)																
FINAL	- 2023 Japanese National High School Championships (Sapporo, JPN)															
date	04-Aug-23	time	6.14	10.24	14.71	19.00	23.39									
reaction time	0.217	interval		4.10	4.47	4.29	4.39									
		velocity	7.33	8.54	7.83	8.16	7.97									
H1 lead leg		strides	21	15	15	15	15									
Obayashi, Masayuki (JPN) (1996)																
FINAL	- 2017 Osaka University Athletics Championships (Osaka, JPN)															
date	05-Apr-17	time	6.02	9.82	13.79	17.86	22.09									
reaction time		interval		3.80	3.97	4.07	4.23									
		velocity	7.48	9.21	8.82	8.60	8.27									
H1 lead leg		strides														
Tokuda, Hayao (JPN)																
FINAL	- 2023 Japanese National High School Championships (Sapporo, JPN)															
date	04-Aug-23	time	6.21	10.16	14.26	18.44	22.77									
reaction time	0.227	interval		3.95	4.10	4.18	4.33									
		velocity	7.25	8.86	8.54	8.37	8.08									
H1 lead leg		strides	20	14	14	14	14									
Lin Zhikai (CHN) (2001)																
U20 FINAL	- 2019 Chinese National Youth Games (Taiyuan, CHN)															
date	17-Aug-19	time	6.44	10.58	14.79	19.02	23.38									
reaction time	0.203	interval		4.14	4.21	4.23	4.36									
		velocity	6.99	8.45	8.31	8.27	8.03									
H1 lead leg	L	strides	22	15	15	15	15									
Suzuki, Taiga (JPN) (2002)																
FINAL	- 2021 Japanese U20 National Championships (Osaka, JPN)															
date	26-Jun-21	time	6.12	10.03	13.95	17.93	22.02									
reaction time	0.190	interval		3.91	3.92	3.98	4.09									
		velocity	7.35	8.95	8.93	8.79	8.56									
H1 lead leg	L	strides	21	14	14	14	15									
Tille, Fritz (FRG) (1951)																
FINAL	- 1975 West German National Championships (Gelsenkirchen, FRG)															
date	28-Jun-75	time	6.2	10.2	14.4	18.5	22.7									
reaction time		interval		4.03	4.13	4.12	4.19									
		velocity	7.26	8.68	8.47	8.50	8.35									
H1 lead leg		strides														
Lu Shengjing (CHN) (1998)																
Heat 2	- 2021 East China District Meeting (Zhaoqing, CHN)															
date	25-Apr-21	time	6.47	10.64	14.98	19.37	23.79									
reaction time	0.240	interval		4.17	4.34	4.39	4.42									
		velocity	6.96	8.39	8.06	7.97	7.92									
H1 lead leg	L	strides	22	15	15	15	15									
Wang Siqing (CHN) (1999)																
FINAL	- 2021 Philippe Cup Athletics Invitational (Wuhan, CHN)															
date	20-May-21	time	6.30	10.38	14.50	18.70	23.04									
reaction time	0.201	interval		4.08	4.12	4.20	4.34									
		velocity	7.14	8.58	8.50	8.33	8.06									
H1 lead leg	L	strides	22	15	15	15	15									
Yamauchi, Hiromu (JPN) (1999)																
FINAL	- 2017 Japanese National High School Championships (Yamagata, JPN)															
date	31-Jul-17	time	6.19	10.18	14.30	18.55	22.97									
reaction time	0.168	interval		3.99	4.12	4.25	4.42									
		velocity	7.27	8.77	8.50	8.24	7.92									
H1 lead leg		strides		14	14	14	14									
Hamada, Hiroshi (JPN) (2001)																
FINAL	- 2018 Japanese National High School Championships (Nagoya, JPN)															
date	04-Aug-18	time	6.41	10.56	14.81	19.10	23.46									
reaction time		interval		4.15	4.25	4.29	4.36									
		velocity	7.02	8.43	8.24	8.16	8.03									
H1 lead leg		strides		15	15	15	15									
Yirga, Nahom (SUI) (2001)																
Semi-Final 2	- 2023 European Athletics U23 Championships (Espoo, FIN)															
date	15-Jul-23	time	5.92	9.66	13.59	17.51	21.56									
reaction time	0.209	interval		3.74	3.93	3.92	4.05									
		velocity	7.60	9.36	8.91	8.93	8.64									
H1 lead leg		strides														

Elder, Clayton (USA) (2001)																
Heat 1 - 2024 USA Olympic Trials (Eugene, OR)																
date	27-Jun-24	time	6.03	9.86	13.72	17.60	21.71	23.61	25.99	30.51	35.37	40.38	45.65	51.98	9 / 5	
reaction time		interval		3.83	3.86	3.88	4.11		4.28	4.52	4.86	5.01	5.27	6.33		11.57 12.91 15.14
		velocity	7.46	9.14	9.07	9.02	8.52	8.47	8.18	7.74	7.20	6.99	6.64	6.32	7.70	9.08 8.13 6.94
H1 lead leg	R	strides	23	15	15	15	16		16	16	17	17	18	21	189	
Iwasaka, Shuto (JPN) (2001)																
FINAL - 2019 Japanese National High School Championships (Okinawa, JPN)																
date	06-Aug-19	time	6.26	10.46	14.73	19.13	23.52		28.08	32.48	36.97	41.64	46.55	51.99	6 / 2	
reaction time		interval		4.20	4.27	4.40	4.39		4.56	4.40	4.49	4.67	4.91	5.44		12.87 13.35 14.07
		velocity	7.19	8.33	8.20	7.95	7.97		7.68	7.95	7.80	7.49	7.13	7.35	7.69	8.16 7.87 7.46
H1 lead leg		strides		15	15	15	15		15	15	15	15	15	15	135	
Wang Hongwen (CHN) (2000)																
Heat 2 - 2019 Chinese National Championships (Shenyang, CHN)																
date	09-Jul-19	time	6.47	10.41	14.43	18.55	22.76		27.09	31.78	36.50	41.36	46.33	52.00	1 / 5 4	
reaction time	0.256	interval		3.94	4.02	4.12	4.21		4.33	4.69	4.72	4.86	4.97	5.67		12.08 13.23 14.55
		velocity	6.96	8.88	8.71	8.50	8.31		8.08	7.46	7.42	7.20	7.04	7.05	7.69	8.69 7.94 7.22
H1 lead leg	R	strides	21	14	14	14	14		14	15	15	15	15	18	169	
Liu Yangyang (CHN) (1995)																
FINAL - 2019 Chinese National Championships (Shenyang, CHN)																
date	10-Jul-19	time	6.45	10.56	14.80	19.22	23.70		28.28	32.83	37.46	42.06	46.70	52.00	8 / 5 7	
reaction time	0.313	interval		4.11	4.24	4.42	4.48		4.58	4.55	4.63	4.60	4.64	5.30		12.77 13.61 13.87
		velocity	6.98	8.52	8.25	7.92	7.81		7.64	7.69	7.56	7.61	7.54	7.55	7.69	8.22 7.71 7.57
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	17.8	174.8	
Gong Debin (CHN) (1997)																
Heat 3 - 2021 Chinese National Championships (Chongqing, CHN)																
date	26-Jun-21	time	6.11	10.08	14.10	18.42	22.79		27.33	32.02	36.84	41.74	46.58	52.00	4 / 4	
reaction time	0.271	interval		3.97	4.02	4.32	4.37		4.54	4.69	4.82	4.90	4.84	5.42		12.31 13.60 14.56
		velocity	7.36	8.82	8.71	8.10	8.01		7.71	7.46	7.26	7.14	7.23	7.38	7.69	8.53 7.72 7.21
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	18.5	170.5	
Moumoulidis, Konstadinos (GRE) (1997)																
FINAL - 1997 European Cup (Munich, GER)																
date	21-Jun-97	time	6.22	10.13	14.10	18.19	22.42		26.81	31.29	36.04	41.03	46.20	52.01	/ 6	
reaction time		interval		3.91	3.97	4.09	4.23		4.39	4.48	4.75	4.99	5.17	5.81		11.97 13.10 14.91
		velocity	7.23	8.95	8.82	8.56	8.27		7.97	7.81	7.37	7.01	6.77	6.88	7.69	8.77 8.02 7.04
H1 lead leg		strides														
Nagano, Yuichi (JPN) (1993)																
FINAL - 2010 Japanese National High School Championships (Okinawa, JPN)																
date	31-Jul-10	time	6.44	10.41	14.45	18.52	22.67		26.97	31.37	35.91	40.90	46.09	52.03	/ 2	
reaction time		interval		3.97	4.04	4.07	4.15		4.30	4.40	4.54	4.99	5.19	5.94		12.08 12.85 14.72
		velocity	6.99	8.82	8.66	8.60	8.43		8.14	7.95	7.71	7.01	6.74	6.73	7.69	8.69 8.17 7.13
H1 lead leg		strides		13	13	13	13		14	14	14	15	15		124	
Zhuang Linfei (CHN) (1996)																
Heat 2 - 2019 Chinese National Grand Prix Final (Daqing, CHN)																
date	22-Aug-19	time	6.33	10.28	14.34	18.55	22.94		27.51	32.08	36.85	41.69	46.55	52.04	8 / 2	
reaction time	0.233	interval		3.95	4.06	4.21	4.39		4.57	4.57	4.77	4.84	4.86	5.49		12.22 13.53 14.47
		velocity	7.11	8.86	8.62	8.31	7.97		7.66	7.66	7.34	7.23	7.20	7.29	7.69	8.59 7.76 7.26
H1 lead leg	L	strides	21	13	13	14	14		14	14	15	15	15	18	166	
Yang Baichuan (CHN) (1995)																
FINAL - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																
date	08-Apr-19	time	6.20	10.12	14.20	18.38	22.60		26.88	31.36	36.10	41.04	46.24	52.06	2 / 4	
reaction time	0.202	interval		3.92	4.08	4.18	4.22		4.28	4.48	4.74	4.94	5.20	5.82		12.18 12.98 14.88
		velocity	7.26	8.93	8.58	8.37	8.29		8.18	7.81	7.38	7.09	6.73	6.87	7.68	8.62 8.09 7.06
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	15	16	20.5	179.5	
Melero, Julio (ESP) (1972)																
FINAL - 1998 Spanish National Championships (San Sebastián, ESP)																
date	02-Aug-98	time	6.07	10.16	14.27	18.50	22.86		27.34	31.86	36.55	41.29	46.08	52.08	4 / 5	
reaction time		interval		4.09	4.11	4.23	4.36		4.48	4.52	4.69	4.74	4.79	6.00		12.43 13.36 14.22
		velocity	7.41	8.56	8.52	8.27	8.03		7.81	7.74	7.46	7.38	7.31	6.67	7.68	8.45 7.86 7.38
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	15	15	18	170	
Chen Chieh (TPE) (1992)																
FINAL - 2021 Ready Steady Tokyo (Tokyo, JPN)																
date	09-May-21	time	6.17	10.16	14.18	18.34	22.62		27.14	31.78	36.57	41.44	46.43	52.08	1 / 9	
reaction time	0.177	interval		3.99	4.02	4.16	4.28		4.52	4.64	4.79	4.87	4.99	5.65		12.17 13.44 14.65
		velocity	7.29	8.77	8.71	8.41	8.18		7.74	7.54	7.31	7.19	7.01	7.08	7.68	8.63 7.81 7.17
H1 lead leg		strides		13	13	13	13		14	14	15	15	15		125	

Kurokawa, Kazuki (JPN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Seiko Golden Grand Prix (Tokyo, JPN)																			
date	19-May-24	time	5.87	9.58	13.43	17.38	21.45		25.74	30.26	35.04	39.92	45.33		52.09	6 / 9			
reaction time	0.143	interval		3.71	3.85	3.95	4.07		4.29	4.52	4.78	4.88	5.41	6.76			11.51	12.88	15.07
		velocity	7.67	9.43	9.09	8.86	8.60		8.16	7.74	7.32	7.17	6.47	5.92	7.68		9.12	8.15	6.97
H1 lead leg	L	strides	21	13	13	13	13		14	15	15	16	16		149				
Sugimoto (2024) - race analysis of men's and women's 400m hurdles in the 2024 season																			
Feng Zhiqiang (CHN) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Shanghai Diamond League (Shanghai, CHN)																			
date	18-May-19	time	6.20	10.12	14.19	18.29	22.63	24.4	27.19	31.93	36.70	41.70	46.63		52.11	2 / 8			
reaction time	0.195	interval		3.92	4.07	4.10	4.34		4.56	4.74	4.77	5.00	4.93	5.48			12.09	13.64	14.70
		velocity	7.26	8.93	8.60	8.54	8.06	8.20	7.68	7.38	7.34	7.00	7.10	7.30	7.68		8.68	7.70	7.14
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	17	161				
CAA Hurdle Development (2019)																			
Touati, Mohamed Amin (TUN) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2021 Doha Diamond League (Doha, QAT) (TV Analysis)																			
date	28-May-21	time	5.93	9.73	13.60	17.67	21.77	23.7	26.13	30.60	35.17	39.77	45.67		52.11	6 / 4			
reaction time	0.155	interval		3.80	3.87	4.07	4.10		4.36	4.47	4.57	4.60	5.90	6.44			11.74	12.93	15.07
		velocity	7.59	9.21	9.04	8.60	8.54	8.44	8.03	7.83	7.66	7.61	5.93	6.21	7.68		8.94	8.12	6.97
H1 lead leg	L	strides	21	14	13	14	14		14	14	14	14	16	18	166				
Henson (2021) - Athlete First: 2021 year end hurdle report																			
Kono, Shoma (JPN) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Japanese National High School Championships (Nagoya, JPN)																			
date	04-Aug-18	time	6.39	10.58	14.98	19.37	23.81		28.28	32.83	37.42	42.09	46.88		52.12	3 / 5			
reaction time		interval		4.19	4.40	4.39	4.44		4.47	4.55	4.59	4.67	4.79	5.24			12.98	13.46	14.05
		velocity	7.04	8.35	7.95	7.97	7.88		7.83	7.69	7.63	7.49	7.31	7.63	7.67		8.09	7.80	7.47
H1 lead leg		strides		15	15	15	15		15	15	15	15	15		135				
Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection																			
Wang Siqing (CHN) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese National Championships (Shenyang, CHN)																			
date	09-Jul-19	time	6.37	10.41	14.65	18.94	23.31		27.79	32.32	36.99	41.76	46.58		52.12	4 / 5			
reaction time	0.197	interval		4.04	4.24	4.29	4.37		4.48	4.53	4.67	4.77	4.82	5.54	PB		12.57	13.38	14.26
		velocity	7.06	8.66	8.25	8.16	8.01		7.81	7.73	7.49	7.34	7.26	7.22	7.67		8.35	7.85	7.36
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	16	19.2	177.2				
Lin Zhikai (CHN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Chinese Olympic Trials (Shaoxing, CHN)																			
date	13-Jun-21	time	6.19	10.19	14.30	18.45	22.74		27.16		36.39	41.24	46.21		52.13	2 / 7			
reaction time	0.168	interval		4.00	4.11	4.15	4.29		4.42		9.23	4.85	4.97	5.92			12.26		
		velocity	7.27	8.75	8.52	8.43	8.16		7.92		7.58	7.22	7.04	6.76	7.67		8.56		
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	18.5	175.5				
Dlouhy, Manfred (FRG) (1952)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1975 West German National Championships (Gelsenkirchen, FRG)																			
date	28-Jun-75	time	6.3	10.3	14.4	18.7	23.0	25.0	27.1	31.6	36.7	41.4	46.4		52.14	2 / 6			
reaction time		interval		4.04	4.09	4.25	4.33		4.07	4.57	5.07	4.69	5.00	5.75			12.38	12.97	14.76
		velocity	7.17	8.66	8.56	8.24	8.08	8.00	8.60	7.66	6.90	7.46	7.00	6.96	7.67		8.48	8.10	7.11
H1 lead leg		strides																	
Pesa, Sinisa (YUG) (1973)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 8 - 2000 Olympic Games (Sydney, AUS)																			
date	24-Sep-00	time	6.06	9.82	13.70	17.62	21.74		25.98	30.38	35.18	40.26		52.14	7 / 5				
reaction time	0.165	interval		3.76	3.88	3.92	4.12		4.24	4.40	4.80	5.08					11.56	12.76	
		velocity	7.43	9.31	9.02	8.93	8.50		8.25	7.95	7.29	6.89		7.67			9.08	8.23	
H1 lead leg		strides	20	13	13	13	14		14	14	14	16	16		147				
Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games																			
Booth, Adam (GBR) (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)																			
date	18-Jul-21	time	5.93	9.81	13.82	18.09		24.39	26.92	31.49	36.29	41.34	46.37		52.14	1 / 4			
reaction time	0.178	interval		3.88	4.01	4.27			8.83	4.57	4.80	5.05	5.03	5.77			12.16	13.40	14.88
		velocity	7.59	9.02	8.73	8.20		8.20	7.93	7.66	7.29	6.93	6.96	6.93	7.67		8.63	7.84	7.06
H1 lead leg	R	strides	22	15			15					15	16	20	103				
European Athletics (2021) - european athletics U20 championships results book																			
Muto, Yuhi (JPN) (2004)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese National High School Championships (Naruto, JPN)																			
date	05-Aug-22	time	6.47	10.43	14.48	18.67	23.03		27.52	32.05	36.63	41.62	46.57		52.14	8 / 5			
reaction time	0.199	interval		3.96	4.05	4.19	4.36		4.49	4.53	4.58	4.99	4.95	5.57			12.20	13.38	14.52
		velocity	6.96	8.84	8.64	8.35	8.03		7.80	7.73	7.64	7.01	7.07	7.18	7.67		8.61	7.85	7.23
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	15	15	17	159				
Abe, Takatoshi (JPN) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2008 Japanese National High School Championships (Kumagaya, JPN)																			
date	31-Jul-08	time	6.42	10.57	14.76	19.00	23.25		27.56	32.01	36.57	41.37	46.41		52.16	1 / 3			
reaction time		interval		4.15	4.19	4.24	4.25		4.31	4.45	4.56	4.80	5.04	5.75			12.58	13.01	14.40
		velocity	7.01	8.43	8.35	8.25	8.24		8.12	7.87	7.68	7.29	6.94	6.96	7.67		8.35	8.07	7.29
H1 lead leg		strides		14	14	14	14		15	15	15	15	15	15	131				
Abe (2008) - 61st high school championships: JAF scientific committee - biomechanics data																			

Kawagoe, Hiroya (JPN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN)		<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																
date	23-Aug-20	time	5.92	9.76	13.65	17.63	21.74	26.01	30.38	34.87	39.56	44.93		52.17	3 / 8			
reaction time	0.142	interval		3.84	3.89	3.98	4.11	4.27	4.37	4.49	4.69	5.37	7.24			11.71	12.75	14.55
		velocity	7.60	9.11	9.00	8.79	8.52	8.20	8.01	7.80	7.46	6.52	5.52	7.67		8.97	8.24	7.22
H1 lead leg		strides		14	14	14	14	15	15	15	15	17		133				
Deguchi, Haruto (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Japanese U20 National Championships (Hiroshima, JPN)		<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																
date	25-Oct-20	time	6.41	10.49	14.70	19.00	23.51	28.06	32.60	37.22	41.89	46.68		52.17	4 / 1			
reaction time	0.195	interval		4.08	4.21	4.30	4.51	4.55	4.54	4.62	4.67	4.79	5.49			12.59	13.60	14.08
		velocity	7.02	8.58	8.31	8.14	7.76	7.69	7.71	7.58	7.49	7.31	7.29	7.67		8.34	7.72	7.46
H1 lead leg	L	strides	21	13	13	13	14	14	15	15	15	15	17.7	165.7				
Baluch, Matej (SVK) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2024 European Athletics Championships (Roma, ITA)		<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																
date	09-Jun-24	time	5.91	9.69	13.56	17.59	21.73	25.96	30.38	35.07	40.80	46.01		52.17	6 / 8			
reaction time	0.216	interval		3.78	3.87	4.03	4.14	4.23	4.42	4.69	5.73	5.21	6.16			11.68	12.79	15.63
		velocity	7.61	9.26	9.04	8.68	8.45	8.27	7.92	7.46	6.11	6.72	6.49	7.67		8.99	8.21	6.72
H1 lead leg		strides												0				
Weakley, Ian (JAM) (1974)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 6 - 2000 Olympic Games (Sydney, AUS)		<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																
date	24-Sep-00	time	6.02	9.86	13.90	17.94	22.06	26.34	30.74	35.34	40.22			52.18	2 / 8			
reaction time	0.179	interval		3.84	4.04	4.04	4.12	4.28	4.40	4.60	4.88					11.92	12.80	
		velocity	7.48	9.11	8.66	8.66	8.50	8.18	7.95	7.61	7.17			7.67		8.81	8.20	
H1 lead leg		strides	22	14	15	14	15	15	15	15	16			141				
Haapalainen, Jere (FIN) (2004)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2024 European Athletics Championships (Roma, ITA)		<i>European Athletics (2024) - 2024 european athletics championships - results book</i>																
date	09-Jun-24	time	5.98	9.86	13.84	17.95	22.19	26.52	31.01	35.70	40.91	46.16		52.18	4 / 8			
reaction time	0.217	interval		3.88	3.98	4.11	4.24	4.33	4.49	4.69	5.21	5.25	6.02			11.97	13.06	15.15
		velocity	7.53	9.02	8.79	8.52	8.25	8.08	7.80	7.46	6.72	6.67	6.64	7.67		8.77	8.04	6.93
H1 lead leg		strides												0				
Suzuki, Taiga (JPN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Seiko Golden Grand Prix (Tokyo, JPN)		<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																
date	23-Aug-20	time	6.01	9.86	13.78	17.85	22.02	26.44	31.05	35.79	40.74	45.90		52.19	1 / 9			
reaction time	0.152	interval		3.85	3.92	4.07	4.17	4.42	4.61	4.74	4.95	5.16	6.29			11.84	13.20	14.85
		velocity	7.49	9.09	8.93	8.60	8.39	7.92	7.59	7.38	7.07	6.78	6.36	7.66		8.87	7.95	7.07
H1 lead leg		strides		14	14	14	14	15	15	15	15	15		131				
Abdrahman, Mahamat Abakar (QAT)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
West Asian GP - 2025 Jetour Doha Meeting (Doha, QAT)		<i>Omega Timing (2025) - diamond league race analysis</i>																
date	16-May-25	time	6.00	10.06	14.10	18.33	22.73	27.13	31.71	36.54	41.52	46.52		52.19	5 / 2			
reaction time	0.187	interval		4.06	4.04	4.23	4.40	4.40	4.58	4.83	4.98	5.00	5.67			12.33	13.38	14.81
		velocity	7.50	8.62	8.66	8.27	7.95	7.95	7.64	7.25	7.03	7.00	7.05	7.66		8.52	7.85	7.09
H1 lead leg		strides												0				
Li Guangzhen (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 Chinese National Grand Prix Final (Daqing, CHN)		<i>CAA Hurdle Development (2019)</i>																
date	22-Aug-19	time	6.66	10.90	15.12	19.50	23.95	28.45	32.96	37.67	42.36	47.05		52.20	9 / 1			
reaction time	0.258	interval		4.24	4.22	4.38	4.45	4.50	4.51	4.71	4.69	4.69	5.15			12.84	13.46	14.09
		velocity	6.76	8.25	8.29	7.99	7.87	7.78	7.76	7.43	7.46	7.46	7.77	7.66		8.18	7.80	7.45
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	18	169				
Suzuki, Taiga (JPN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Japanese High School National Championships (Hiroshima, JPN)		<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																
date	25-Oct-20	time	6.11	10.04	14.18	18.30	22.47	26.83	31.36	36.14	41.24	46.45		52.20	4 / 2			
reaction time	0.173	interval		3.93	4.14	4.12	4.17	4.36	4.53	4.78	5.10	5.21	5.75			12.19	13.06	15.09
		velocity	7.36	8.91	8.45	8.50	8.39	8.03	7.73	7.32	6.86	6.72	6.96	7.66		8.61	8.04	6.96
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	17	17	19.2	175.2				
Shang Shou (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 Chinese National Championships (Shenyang, CHN)		<i>CAA Hurdle Development (2019)</i>																
date	09-Jul-19	time	6.54	10.71	14.92	19.04	23.11	27.54	32.06	36.75	41.49	46.46		52.22	8 / 7			
reaction time	0.225	interval		4.17	4.21	4.12	4.07	4.43	4.52	4.69	4.74	4.97	5.76			12.50	13.02	14.40
		velocity	6.88	8.39	8.31	8.50	8.60	7.90	7.74	7.46	7.38	7.04	6.94	7.66		8.40	8.06	7.29
H1 lead leg	L	strides	22	15	15	15	14	15	14	15	15	15	18	173				
Wang Gouzhong (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 East China District Meeting (Zhaoqing, CHN)		<i>CAA Hurdle Development (2021)</i>																
date	25-Apr-21	time	5.96	9.98	14.11	18.35	22.71	27.14	31.83	36.64	41.53	46.53		52.22	2 / 4			
reaction time	0.177	interval		4.02	4.13	4.24	4.36	4.43	4.69	4.81	4.89	5.00	5.69			12.39	13.48	14.70
		velocity	7.55	8.71	8.47	8.25	8.03	7.90	7.46	7.28	7.16	7.00	7.03	7.66		8.47	7.79	7.14
H1 lead leg	L	strides	21	15	15	15	15	15	15	15	15	15	18	174				

Feng Zhiqiang (CHN) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2021 Chinese National Championships (Chongqing, CHN)																			
date	26-Jun-21	time	6.29	10.22	14.23	18.38	22.72		27.21	32.05	36.80	41.62	46.48		52.24	3 / 3			
reaction time	0.268	interval		3.93	4.01	4.15	4.34		4.49	4.84	4.75	4.82	4.86	5.76			12.09	13.67	14.43
		velocity	7.15	8.91	8.73	8.43	8.06		7.80	7.23	7.37	7.26	7.20	6.94	7.66		8.68	7.68	7.28
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	15	15	18	162				
Garcia, Jorge (ESP) (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)																			
date	18-Jul-21	time	6.00	9.78	13.71	17.66		23.89	26.36	31.03	35.88	40.85	46.16		52.24	8 / 5			
reaction time	0.219	interval		3.78	3.93	3.95		8.37	8.70	4.67	4.85	4.97	5.31	6.08			11.66	13.37	15.13
		velocity	7.50	9.26	8.91	8.86		8.05	7.49	7.22	7.04	6.59	6.58	7.66			9.01	7.85	6.94
H1 lead leg	R	strides	21	14	14		14					16	17	20	116				
Cui Caizhuang (CHN) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)																			
date	23-Aug-19	time	6.22	10.22	14.31	18.55	22.90		27.39	32.02	36.81	41.66	46.59		52.25	9 / 7			
reaction time	0.216	interval		4.00	4.09	4.24	4.35		4.49	4.63	4.79	4.85	4.93	5.66			12.33	13.47	14.57
		velocity	7.23	8.75	8.56	8.25	8.05		7.80	7.56	7.31	7.22	7.10	7.07	7.66		8.52	7.80	7.21
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	15	18.5	171.5				
Oyama, Takumi (JPN) (1991)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2009 Japanese National High School Championships (Nara, JPN)																			
date	31-Jul-09	time	6.39	10.51	14.83	19.23	23.64		28.24	32.88	37.52	42.26	47.01		52.26	1 / 2			
reaction time		interval		4.12	4.32	4.40	4.41		4.60	4.64	4.64	4.74	4.75	5.25			12.84	13.65	14.13
		velocity	7.04	8.50	8.10	7.95	7.94		7.61	7.54	7.54	7.38	7.37	7.62	7.65		8.18	7.69	7.43
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131				
Wang Yijie (CHN) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese National Grand Prix Final (Daqing, CHN)																			
date	22-Aug-19	time	6.24	10.28	14.41	18.64	23.07		27.61	32.18	36.82	41.64	46.59		52.26	4 / 3			
reaction time	0.222	interval		4.04	4.13	4.23	4.43		4.54	4.57	4.64	4.82	4.95	5.67			12.40	13.54	14.41
		velocity	7.21	8.66	8.47	8.27	7.90		7.71	7.66	7.54	7.26	7.07	7.05	7.65		8.47	7.75	7.29
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	15	15	18.5	171.5				
Kurokawa, Kazuki (JPN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Japanese National High School Championships (Okinawa, JPN)																			
date	06-Aug-19	time	6.18	10.23	14.33	18.78	23.43		28.29	32.97	37.69	42.43	47.17		52.27	5 / 3			
reaction time		interval		4.05	4.10	4.45	4.65		4.86	4.68	4.72	4.74	4.74	5.10			12.60	14.19	14.20
		velocity	7.28	8.64	8.54	7.87	7.53		7.20	7.48	7.42	7.38	7.38	7.84	7.65		8.33	7.40	7.39
H1 lead leg		strides		13	13	14	14		14	14	14	14	15		125				
Zheng Pan (CHN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 National Grand Prix (Chengdu, CHN)																			
date	02-Apr-21	time	6.15	10.08	14.06	18.11	22.33		26.69	31.27	36.05	41.17	46.40		52.27	7 / 2			
reaction time	0.187	interval		3.93	3.98	4.05	4.22		4.36	4.58	4.78	5.12	5.23	5.87			11.96	13.16	15.13
		velocity	7.32	8.91	8.79	8.64	8.29		8.03	7.64	7.32	6.84	6.69	6.81	7.65		8.78	7.98	6.94
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	19	178				
Fu Jiaho (CHN) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese National Championships (Shenyang, CHN)																			
date	09-Jul-19	time	6.37	10.43	14.64	18.88	23.22		27.69	32.32	37.05	41.79	46.65		52.29	5 / 7-6			
reaction time	0.232	interval		4.06	4.21	4.24	4.34		4.47	4.63	4.73	4.74	4.86	5.64			12.51	13.44	14.33
		velocity	7.06	8.62	8.31	8.25	8.06		7.83	7.56	7.40	7.38	7.20	7.09	7.65		8.39	7.81	7.33
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	15	16	20	174				
Sobura-Durma, Jakub (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)																			
date	18-Jul-21	time	5.95	9.91	14.11	18.34		24.85	27.37	32.02	36.89	41.81	46.81		52.29	6 / 6			
reaction time	0.224	interval		3.96	4.20	4.23		8.05	9.03	4.65	4.87	4.92	5.00	5.48			12.39	13.68	14.79
		velocity	7.56	8.84	8.33	8.27			7.75	7.53	7.19	7.11	7.00	7.30	7.65		8.47	7.68	7.10
H1 lead leg	L	strides	21	14			15				14	15	15	15	17.2	126.2			
Liu Yangyang (CHN) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																			
date	08-Apr-19	time	6.52	10.51	15.15	19.59	24.06		28.71	33.41	38.02	42.62	47.26		52.30	8 / 5			
reaction time	0.207	interval		3.99	4.64	4.44	4.47		4.65	4.70	4.61	4.60	4.64	5.04			13.07	13.82	13.85
		velocity	6.90	8.77	7.54	7.88	7.83		7.53	7.45	7.59	7.61	7.54	7.94	7.65		8.03	7.60	7.58
H1 lead leg	L	strides	22	15	16	16	16		15	15	15	15	15	18	178				
Cui Caizhuang (CHN) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 Chinese National Grand Prix Final (Daqing, CHN)																			
date	22-Aug-19	time	6.38	10.48	14.64	18.93	23.25		27.82	32.47	37.24	42.08	46.91		52.30	8 / 2			
reaction time	0.223	interval		4.10	4.16	4.29	4.32		4.57	4.65	4.77	4.84	4.83	5.39			12.55	13.54	14.44
		velocity	7.05	8.54	8.41	8.16	8.10		7.66	7.53	7.34	7.23	7.25	7.42	7.65		8.37	7.75	7.27
H1 lead leg	R	strides	24	14	14	14	14		15	15	15	15	15	18.3	173.3				

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

Cao Xiong (CHN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)																	CAA Hurdle Development (2019)		
date	17-Aug-19	time	6.28	10.46	14.54	18.68	22.96		27.52	32.14	36.87	41.79	46.88		52.31	8 / 6			
reaction time	0.203	interval		4.18	4.08	4.14	4.28		4.56	4.62	4.73	4.92	5.09	5.43	PB		12.40	13.46	14.74
		velocity	7.17	8.37	8.58	8.45	8.18		7.68	7.58	7.40	7.11	6.88	7.37	7.65		8.47	7.80	7.12
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	16	19	177				
Wang Daojun (CHN) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese National Grand Prix Final (Daqing, CHN)																	CAA Hurdle Development (2019)		
date	22-Aug-19	time	6.24	10.38	14.52	18.71	23.08		27.52	32.07	36.69	41.54	46.66		52.31	9 / 4			
reaction time	0.219	interval		4.14	4.14	4.19	4.37		4.44	4.55	4.62	4.85	5.12	5.66			12.47	13.36	14.59
		velocity	7.21	8.45	8.45	8.35	8.01		7.88	7.69	7.58	7.22	6.84	7.07	7.65		8.42	7.86	7.20
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	18.5	170.5				
Wang Siqing (CHN) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2021 East China District Meeting (Zhaoqing, CHN)																	CAA Hurdle Development (2021)		
date	25-Apr-21	time	6.30	10.30	14.34	18.52	22.80		27.14	31.64	36.38	41.26	46.36		52.32	8 / 1			
reaction time	0.230	interval		4.00	4.04	4.18	4.28		4.34	4.50	4.74	4.88	5.10	5.96			12.22	13.12	14.72
		velocity	7.14	8.75	8.66	8.37	8.18		8.06	7.78	7.38	7.17	6.86	6.71	7.65		8.59	8.00	7.13
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	16	20.5	180.5				
Kawakami, Daichi (JPN) (2006)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Japanese National High School Championships (Fukuoka, JPN)																	Takashima (2024) - national high school sports festival - biomechanics data		
date	30-Jul-24	time	6.34	10.41	14.56	18.87	23.26		27.66	32.13	36.85	41.71	46.65		52.32	3 / 5			
reaction time	0.240	interval		4.07	4.15	4.31	4.39		4.40	4.47	4.72	4.86	4.94	5.67			12.53	13.26	14.52
		velocity	7.10	8.60	8.43	8.12	7.97		7.95	7.83	7.42	7.20	7.09	7.05	7.65		8.38	7.92	7.23
H1 lead leg		strides	20	14	14	14	14		15	15	15	15	15	18	169				
Fu Jiaho (CHN) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)																	CAA Hurdle Development (2019)		
date	08-Apr-19	time	6.44	10.51	14.73	18.88	23.19		27.64	32.26	36.93	41.79	46.86		52.33	6 / 6			
reaction time	0.218	interval		4.07	4.22	4.15	4.31		4.45	4.62	4.67	4.86	5.07	5.47			12.44	13.38	14.6
		velocity	6.99	8.60	8.29	8.43	8.12		7.87	7.58	7.49	7.20	6.90	7.31	7.64		8.44	7.85	7.19
H1 lead leg	L	strides	22	16	16	16	16		16	17	17	17	17	19.5	189.5				
Long Wei (CHN) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2021 Chinese National Championships (Chongqing, CHN)																	CAA Hurdle Development (2021)		
date	26-Jun-21	time	6.13	10.08	14.10	18.20	22.47		26.92	31.51	36.18	41.06	46.24		52.33	8 / 5			
reaction time	0.227	interval		3.95	4.02	4.10	4.27		4.45	4.59	4.67	4.88	5.18	6.09			12.07	13.31	14.73
		velocity	7.34	8.86	8.71	8.54	8.20		7.87	7.63	7.49	7.17	6.76	6.57	7.64		8.70	7.89	7.13
H1 lead leg	L	strides	21	15	15	15	15		15	15	15	15	15	19	175				
Matsumoto, Takahiro (JPN) (1994)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 Japanese National High School Championships (Kitakami, JPN)																	Abe (2011) - 64th high school championships: JAF scientific committee - biomechanics data		
date	05-Aug-11	time	6.22	10.40	14.69	19.02	23.37		27.77	32.19	36.82	41.71	46.74		52.34	6 / 2			
reaction time		interval		4.18	4.29	4.33	4.35		4.40	4.42	4.63	4.89	5.03	5.60			12.80	13.17	14.55
		velocity	7.23	8.37	8.16	8.08	8.05		7.95	7.92	7.56	7.16	6.96	7.14	7.64		8.20	7.97	7.22
H1 lead leg		strides																	
Bai Jiarui (CHN) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2021 East China District Meeting (Zhaoqing, CHN)																	CAA Hurdle Development (2021)		
date	25-Apr-21	time	6.41	10.58	14.83	19.13	23.49		27.93	32.51	37.17	42.04	46.96		52.34	5 / 3			
reaction time	0.233	interval		4.17	4.25	4.30	4.36		4.44	4.58	4.66	4.87	4.92	5.38			12.72	13.38	14.45
		velocity	7.02	8.39	8.24	8.14	8.03		7.88	7.64	7.51	7.19	7.11	7.43	7.64		8.25	7.85	7.27
H1 lead leg	L	strides	22	14	14	14	14		14	14	15	15	15	17	168				
Lu Shengjing (CHN) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 East China District Meeting (Zhaoqing, CHN)																	CAA Hurdle Development (2021)		
date	25-Apr-21	time	6.36	10.48	14.77	19.14	23.59		28.06	32.78	37.59	42.39	47.13		52.34	4 / 5			
reaction time	0.217	interval		4.12	4.29	4.37	4.45		4.47	4.72	4.81	4.80	4.74	5.21			12.78	13.64	14.35
		velocity	7.08	8.50	8.16	8.01	7.87		7.83	7.42	7.28	7.29	7.38	7.68	7.64		8.22	7.70	7.32
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	15	15	18	177				
Zheng Pan (CHN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2021 Chinese National Championships (Chongqing, CHN)																	CAA Hurdle Development (2021)		
date	26-Jun-21	time	6.38	10.34	14.33	18.38	22.61		27.11	31.73	36.48	41.49	46.59		52.36	7 / 4			
reaction time	0.203	interval		3.96	3.99	4.05	4.23		4.50	4.62	4.75	5.01	5.10	5.77			12.00	13.35	14.86
		velocity	7.05	8.84	8.77	8.64	8.27		7.78	7.58	7.37	6.99	6.86	6.93	7.64		8.75	7.87	7.07
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	16	16	19	174				
Tonoyama, Ryohei (JPN) (2003)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese High School National Championships (Fukui, JPN)																	Shibayama (2021) - national high school and U20 national championships		
date	30-Jul-21	time	6.07	10.09	14.38	18.75	23.22		27.86	32.55	37.29	42.03	46.86		52.36	3 / 3			
reaction time	0.190	interval		4.02	4.29	4.37	4.47		4.64	4.69	4.74	4.74	4.83	5.50			12.68	13.80	14.31
		velocity	7.41	8.71	8.16	8.01	7.83		7.54	7.46	7.38	7.38	7.25	7.27	7.64		8.28	7.61	7.34
H1 lead leg		strides		15	15	15	15		15	15	15	15	15		135				

Cik, Stjepan Jan (CRO) (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	5.99	9.97	14.14	18.39		24.63	27.28	31.96	36.68	41.63	46.63		52.36	5 / 7			
reaction time	0.194	interval		3.98	4.17	4.25			8.89	4.68	4.72	4.95	5.00	5.73			12.40	13.57	14.67
		velocity	7.51	8.79	8.39	8.24		8.12	7.87	7.48	7.42	7.07	7.00	6.98	7.64		8.47	7.74	7.16
H1 lead leg	R	strides	22	15			15			16	16	16	16	18.5	134.5				
Wang Hongwen (CHN) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese National Grand Prix Final (Daqing, CHN)																	CAA Hurdle Development (2019)		
date	22-Aug-19	time	6.39	10.44	14.58	18.85	23.27		27.79	32.40	37.12	41.96	46.90		52.37	5 / 5			
reaction time	0.246	interval		4.05	4.14	4.27	4.42		4.52	4.61	4.72	4.84	4.94	5.47			12.46	13.55	14.50
		velocity	7.04	8.64	8.45	8.20	7.92		7.74	7.59	7.42	7.23	7.09	7.31	7.64		8.43	7.75	7.24
H1 lead leg	R	strides	21	14	14	14	14		14	15	15	15	15	17.5	168.5				
Masui, Koki (JPN) (2004)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Japanese U20 National Championships (Osaka, JPN)																	Kishima (2022) - national high school championships biomechanics data collection		
date	03-Jun-23	time	6.14	10.06	14.10	18.20	22.51		26.88	31.43	36.32	41.44	46.75		52.37	3 / 4			
reaction time	0.182	interval		3.92	4.04	4.10	4.31		4.37	4.55	4.89	5.12	5.31	5.62	PB		12.06	13.23	15.32
		velocity	7.33	8.93	8.66	8.54	8.12		8.01	7.69	7.16	6.84	6.59	7.12	7.64		8.71	7.94	6.85
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	16	16	19.7	173.7				
Juricic, Darko (CRO) (1969)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2000 Olympic Games (Sydney, AUS)																	Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games		
date	24-Sep-00	time	6.04	9.92	13.76	17.72	21.80		25.96	30.64	35.60	40.88	46.16		52.39	1 / 6			
reaction time	0.167	interval		3.88	3.84	3.96	4.08		4.16	4.68	4.96	5.28	5.28	6.23			11.68	12.92	15.52
		velocity	7.45	9.02	9.11	8.84	8.58		8.41	7.48	7.06	6.63	6.63	6.42	7.64		8.99	8.13	6.77
H1 lead leg		strides	22	14	14	14	14		14	16	17	18	18	21.9	182.9				
Wang Hongwen (CHN) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2021 East China District Meeting (Zhaoqing, CHN)																	CAA Hurdle Development (2021)		
date	25-Apr-21	time	6.22	10.19	14.23	18.50	22.87		27.36	31.95	36.69	41.53	46.55		52.39	4 / 2			
reaction time	0.242	interval		3.97	4.04	4.27	4.37		4.49	4.59	4.74	4.84	5.02	5.84			12.28	13.45	14.60
		velocity	7.23	8.82	8.66	8.20	8.01		7.80	7.63	7.38	7.23	6.97	6.85	7.64		8.55	7.81	7.19
H1 lead leg	L	strides	21	14	14	14	14		14	14	15	15	15	18	168				
Reemtsma, Will (USA) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2024 USA Olympic Trials (Eugene, OR)																	USATF and Karmarush (2024) - USA Olympic trials results and race analysis		
date	27-Jun-24	time	6.15	10.08	14.22	18.48	22.81	24.71	27.16	31.77	36.70	41.60	46.57		52.39	8 / 6			
reaction time		interval		3.93	4.14	4.26	4.33		4.35	4.61	4.93	4.90	4.97	5.82			12.33	13.29	14.80
		velocity	7.32	8.91	8.45	8.22	8.08	8.09	8.05	7.59	7.10	7.14	7.04	6.87	7.64		8.52	7.90	7.09
H1 lead leg	L	strides	21	14	14	14	14		15	15	16	15		138					
Juan, Jaime (ESP) (1977)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1998 Spanish National Championships (San Sebastián, ESP)																	Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas		
date	02-Aug-98	time	6.22	10.26	14.35	18.57	22.96		27.51	32.00	36.51	41.27	46.19		52.40	8 / 6			
reaction time		interval		4.04	4.09	4.22	4.39		4.55	4.49	4.51	4.76	4.92	6.21			12.35	13.43	14.19
		velocity	7.23	8.66	8.56	8.29	7.97		7.69	7.80	7.76	7.35	7.11	6.44	7.63		8.50	7.82	7.40
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	18.5	170.5				
Tanabe, Jo (JPN) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Japanese National High School Championships (Yamagata, JPN)																	Kota (2017) - 70th high school championships: JAF scientific committee - biomechanics data collection		
date	31-Jul-17	time	6.41	10.43	14.53	18.75	23.14		27.64	32.25	37.05	41.89	46.88		52.41	8 / 3			
reaction time	0.187	interval		4.02	4.10	4.22	4.39		4.50	4.61	4.80	4.84	4.99	5.53			12.34	13.50	14.63
		velocity	7.02	8.71	8.54	8.29	7.97		7.78	7.59	7.29	7.23	7.01	7.23	7.63		8.51	7.78	7.18
H1 lead leg		strides		15	14	15	14		15	15	15	15	15		133				
Moritaka, Sojiro (JPN) (2003)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 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	6.07	10.11	14.21	18.40	22.67		27.14	31.85	36.60	41.64	46.71		52.41	7 / 3			
reaction time	0.164	interval		4.04	4.10	4.19	4.27		4.47	4.71	4.75	5.04	5.07	5.70			12.33	13.45	14.86
		velocity	7.41	8.66	8.54	8.35	8.20		7.83	7.43	7.37	6.94	6.90	7.02	7.63		8.52	7.81	7.07
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	16	16	19.7	173.7				
Wang Hongwen (CHN) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 East China District Meeting (Zhaoqing, CHN)																	CAA Hurdle Development (2021)		
date	25-Apr-21	time	6.29	10.37	14.50	18.76	23.18		27.70	32.46	37.25	42.15	47.10		52.41	9 / 6			
reaction time	0.202	interval		4.08	4.13	4.26	4.42		4.52	4.76	4.79	4.90	4.95	5.31			12.47	13.70	14.64
		velocity	7.15	8.58	8.47	8.22	7.92		7.74	7.35	7.31	7.14	7.07	7.53	7.63		8.42	7.66	7.17
H1 lead leg	L	strides	21	14	14	14	14		14	15	15	15	15	17.5	168.5				
Hemeida, Bassem (QAT) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Bislett Games (Oslo, NOR) (TV Analysis)																	Henson (2024) - Athlete First: 2024 year end hurdle report		
date	30-May-24	time	6.00	9.77	13.71	17.62			26.16		35.53	40.54		52.41	2 / 8				
reaction time	0.171	interval		3.77	3.94	3.91			8.54		9.37	5.01					11.62		
		velocity	7.50	9.28	8.88	8.95			8.20		7.47	6.99		7.63			9.04		
H1 lead leg	R	strides	21	13	13	14						15		76					

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

Geiger, Karl (FRG) (1953)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 1975 West German National Championships (Gelsenkirchen, FRG)																	Helbig (1975) - 400-m-hürdenlauf			
date	28-Jun-75	time	6.3	10.3	14.4	18.6	23.4	25.4	27.8	32.4	37.1	41.8	46.7		52.42	4 / 7				
reaction time		interval		4.02	4.11	4.18	4.86		4.40	4.60	4.63	4.68	4.97	5.70				12.31	13.86	14.28
		velocity	7.18	8.71	8.52	8.37	7.20	7.86	7.95	7.61	7.56	7.48	7.04	7.02	7.63			8.53	7.58	7.35
H1 lead leg		strides																		
Kato, Seiya (JPN) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2009 Japanese National High School Championships (Nara, JPN)																	Matsuo (2009) - 62nd high school championships: JAF scientific committee - biomechanics data			
date	31-Jul-09	time	6.32	10.46	14.73	19.05	23.45		28.05	32.74	37.47	42.24	47.00		52.42	1 / 3				
reaction time		interval		4.14	4.27	4.32	4.40		4.60	4.69	4.73	4.77	4.76	5.42				12.73	13.69	14.26
		velocity	7.12	8.45	8.20	8.10	7.95		7.61	7.46	7.40	7.34	7.35	7.38	7.63			8.25	7.67	7.36
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131					
Xie Zhiyu (CHN) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN)																	CAA Hurdle Development (2019)			
date	03-Aug-19	time	6.44	10.63	14.77	19.04	23.42		27.91	32.72	37.45	42.23	47.05		52.42	4 / 1				
reaction time	0.228	interval		4.19	4.14	4.27	4.38		4.49	4.81	4.73	4.78	4.82	5.37				12.60	13.68	14.33
		velocity	6.99	8.35	8.45	8.20	7.99		7.80	7.28	7.40	7.32	7.26	7.45	7.63			8.33	7.68	7.33
H1 lead leg	L	strides	21	13	13	13	13		13	14	14	14	14	17	159					
Cai Jungi (CHN) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 1 - 2019 Chinese National Grand Prix Final (Daqing, CHN)																	CAA Hurdle Development (2019)			
date	22-Aug-19	time	6.39	10.53	14.80	19.17	23.54		27.99	32.57	37.17	41.91	46.76		52.42	6 / 3				
reaction time	0.199	interval		4.14	4.27	4.37	4.37		4.45	4.58	4.60	4.74	4.85	5.66				12.78	13.40	14.19
		velocity	7.04	8.45	8.20	8.01	8.01		7.87	7.64	7.61	7.38	7.22	7.07	7.63			8.22	7.84	7.40
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19	176					
Liu Yangyang (CHN) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 1 - 2019 Chinese National Grand Prix Final (Daqing, CHN)																	CAA Hurdle Development (2019)			
date	22-Aug-19	time	6.45	10.59	14.85	19.24	23.67		28.22	32.87	37.64	42.44	47.25		52.44	5 / 4				
reaction time	0.200	interval		4.14	4.26	4.39	4.43		4.55	4.65	4.77	4.80	4.81	5.19				12.79	13.63	14.38
		velocity	6.98	8.45	8.22	7.97	7.90		7.69	7.53	7.34	7.29	7.28	7.71	7.63			8.21	7.70	7.30
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	18.5	175.5					
Yang Baichuan (CHN) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 1 - 2019 Chinese National Grand Prix Final (Daqing, CHN)																	CAA Hurdle Development (2019)			
date	22-Aug-19	time	6.37	10.48	14.75	19.15	23.59		28.09	32.67	37.32	42.13	46.98		52.44	7 / 5				
reaction time	0.166	interval		4.11	4.27	4.40	4.44		4.50	4.58	4.65	4.81	4.85	5.46				12.78	13.52	14.31
		velocity	7.06	8.52	8.20	7.95	7.88		7.78	7.64	7.53	7.28	7.22	7.33	7.63			8.22	7.77	7.34
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	15	15	20	178					
Young, Curt (PAN) (1974)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 8 - 2000 Olympic Games (Sydney, AUS)																	Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games			
date	24-Sep-00	time	6.02	9.74	13.54	17.54	21.74		25.98	30.58	35.50	40.78	46.18		52.46	2 / 6				
reaction time	0.164	interval		3.72	3.80	4.00	4.20		4.24	4.60	4.92	5.28	5.40	6.28				11.52	13.04	15.60
		velocity	7.48	9.41	9.21	8.75	8.33		8.25	7.61	7.11	6.63	6.48	6.37	7.62			9.11	8.05	6.73
H1 lead leg		strides	21	13	13	13	13		14	15	15	16	16		149					
Kurokawa, Kazuki (JPN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2020 Japanese National Championships (Niigata, JPN)																	Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season			
date	02-Oct-20	time	6.09	9.94	13.93	18.00	22.26		26.71	31.26	36.02	41.04	46.15		52.46	2 / 8				
reaction time	0.184	interval		3.85	3.99	4.07	4.26		4.45	4.55	4.76	5.02	5.11	6.31				11.91	13.26	14.89
		velocity	7.39	9.09	8.77	8.60	8.22		7.87	7.69	7.35	6.97	6.85	6.34	7.62			8.82	7.92	7.05
H1 lead leg	L	strides	21	13	13	13	13		14	14	15	15	15		146					
Chiba, Yuto (JPN) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2010 Japanese National High School Championships (Okinawa, JPN)																	Matsuo (2010) - 63rd high school championships: JAF scientific committee - biomechanics data			
date	31-Jul-10	time	6.37	10.37	14.46	18.61	22.86		27.25	31.82	36.61	41.70	46.87		52.47	1 / 3				
reaction time		interval		4.00	4.09	4.15	4.25		4.39	4.57	4.79	5.09	5.17	5.60				12.24	13.21	15.05
		velocity	7.06	8.75	8.56	8.43	8.24		7.97	7.66	7.31	6.88	6.77	7.14	7.62			8.58	7.95	6.98
H1 lead leg		strides		15	15	15	15		15	15	15	16	16		137					
Sato, Yota (JPN) (1992)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2011 Japanese National High School Championships (Kitakami, JPN)																	Abe (2011) - 64th high school championships: JAF scientific committee - biomechanics data			
date	05-Aug-11	time	6.22	10.24	14.40	18.62	22.85		27.24	31.79	36.64	41.84	47.06		52.48	8 / 3				
reaction time		interval		4.02	4.16	4.22	4.23		4.39	4.55	4.85	5.20	5.22	5.42				12.40	13.17	15.27
		velocity	7.23	8.71	8.41	8.29	8.27		7.97	7.69	7.22	6.73	6.70	7.38	7.62			8.47	7.97	6.88
H1 lead leg		strides																		
Koech, Haron (KEN) (1990)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2019 Seiko Golden Grand Prix (Osaka, JPN)																	Hirokawa (2019) - research on athlete performance and technique- 2019 data book			
date	19-May-19	time	6.46	10.44	14.51	18.65	22.89		27.34	31.92	36.72	41.65	46.63		52.48	5 / 7				
reaction time	0.174	interval		3.98	4.07	4.14	4.24		4.45	4.58	4.80	4.93	4.98	5.85				12.19	13.27	14.71
		velocity	6.97	8.79	8.60	8.45	8.25		7.87	7.64	7.29	7.10	7.03	6.84	7.62			8.61	7.91	7.14
H1 lead leg	R	strides	23	13	15	13	13		15	15	15	15	15	18.7	170.7					

López, Guillermo (ESP) (1977)																
FINAL	- 1998 Spanish National Championships (San Sebastián, ESP)										<i>Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas</i>					
date	02-Aug-98	time	6.19	10.32	14.39	18.54	22.87		27.28	31.88	36.59	41.52	46.57		52.50	1 / 7
reaction time		interval		4.13	4.07	4.15	4.33		4.41	4.60	4.71	4.93	5.05	5.93		12.35 13.34 14.69
		velocity	7.27	8.47	8.60	8.43	8.08		7.94	7.61	7.43	7.10	6.93	6.75	7.62	8.50 7.87 7.15
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	16	16	20	181	
Wang Gouzhong (CHN) (1995)																
FINAL	- 2021 Chinese National Championships (Chongqing, CHN)										<i>CAA Hurdle Development (2021)</i>					
date	26-Jun-21	time	6.25	10.35	14.56	18.87	23.30		27.78	32.35	37.04	41.84	46.87		52.51	8 / 5
reaction time	0.217	interval		4.10	4.21	4.31	4.43		4.48	4.57	4.69	4.80	5.03	5.64		12.62 13.48 14.52
		velocity	7.20	8.54	8.31	8.12	7.90		7.81	7.66	7.46	7.29	6.96	7.09	7.62	8.32 7.79 7.23
H1 lead leg	L	strides	21	15	15	15	15		15	15	15	15	15	17.5	173.5	
Yamaoka, Ryutaro (JPN) (2001)																
FINAL	- 2020 Japanese U20 National Championships (Hiroshima, JPN)										<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>					
date	25-Oct-20	time	6.36	10.54	14.80	19.15	23.59		28.03	32.63	37.34	42.13	47.05		52.52	6 / 2
reaction time	0.156	interval		4.18	4.26	4.35	4.44		4.44	4.60	4.71	4.79	4.92	5.47		12.79 13.48 14.42
		velocity	7.08	8.37	8.22	8.05	7.88		7.88	7.61	7.43	7.31	7.11	7.31	7.62	8.21 7.79 7.28
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	19	178	
Mägi, Rasmus (EST) (1992)																
FINAL	- 2024 Olympic Games (Paris, FRA)										<i>Paris 2024 Olympic Games - Results Book (2024)</i>					
date	09-Aug-24	time	5.95	9.66	13.43	17.20	21.08		25.09	29.24	33.54	38.02	42.53		52.53	4 / 7
reaction time	0.175	interval		3.71	3.77	3.77	3.88		4.01	4.15	4.30	4.48	4.51	10.00		11.25 12.04 13.29
		velocity	7.56	9.43	9.28	9.28	9.02		8.73	8.43	8.14	7.81	7.76	4.00	7.61	9.33 8.72 7.90
H1 lead leg	R	strides	20	13		13	13		13	13	13	14	14		126	
Song Haotian (CHN) (1999)																
FINAL	- 2021 National Grand Prix (Chengdu, CHN)										<i>CAA Hurdle Development (2021)</i>					
date	02-Apr-21	time	6.31	10.38	14.38	18.58	22.91		27.46	32.22	37.00	42.10	47.17		52.54	8 / 3
reaction time	0.250	interval		4.07	4.00	4.20	4.33		4.55	4.76	4.78	5.10	5.07	5.37	PB	12.27 13.64 14.95
		velocity	7.13	8.60	8.75	8.33	8.08		7.69	7.35	7.32	6.86	6.90	7.45	7.61	8.56 7.70 7.02
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	16	16	19	174	
Luo Xinyu (CHN) (2002)																
FINAL	- 2021 National Grand Prix (Chengdu, CHN)										<i>CAA Hurdle Development (2021)</i>					
date	02-Apr-21	time	6.21	10.31	14.56	18.83	23.16		27.72	32.44	37.22	42.24	47.17		52.54	6 / 4
reaction time	0.198	interval		4.10	4.25	4.27	4.33		4.56	4.72	4.78	5.02	4.93	5.37	PB	12.62 13.61 14.73
		velocity	7.25	8.54	8.24	8.20	8.08		7.68	7.42	7.32	6.97	7.10	7.45	7.61	8.32 7.71 7.13
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	18.5	170.5	
Lin Zhikai (CHN) (2001)																
Heat 3	- 2021 East China District Meeting (Zhaoqing, CHN)										<i>CAA Hurdle Development (2021)</i>					
date	25-Apr-21	time	6.30	10.34	14.46	18.66	23.00		27.42	31.98	36.62	41.42	46.42		52.54	7 / 2
reaction time	0.203	interval		4.04	4.12	4.20	4.34		4.42	4.56	4.64	4.80	5.00	6.12		12.36 13.32 14.44
		velocity	7.14	8.66	8.50	8.33	8.06		7.92	7.68	7.54	7.29	7.00	6.54	7.61	8.50 7.88 7.27
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19	176	
Tokutake, Rikiya (JPN) (2005)																
FINAL	- 2023 Japanese National High School Championships (Sapporo, JPN)										<i>Takashima (2023) - national high school sports festival - biomechanics data</i>					
date	04-Aug-23	time	6.27	10.34	14.63	19.00	23.49		28.04	32.60	37.39	42.31	47.25		52.54	8 / 6
reaction time	0.251	interval		4.07	4.29	4.37	4.49		4.55	4.56	4.79	4.92	4.94	5.29		12.73 13.60 14.65
		velocity	7.18	8.60	8.16	8.01	7.80		7.69	7.68	7.31	7.11	7.09	7.56	7.61	8.25 7.72 7.17
H1 lead leg		strides	21	15	15	15	15		15	15	15	15	15	19	175	
Nakanishi, Teruki (JPN) (2006)																
FINAL	- 2024 Japanese National High School Championships (Fukuoka, JPN)										<i>Takashima (2024) - national high school sports festival - biomechanics data</i>					
date	30-Jul-24	time	6.34	10.48	14.66	19.10	23.46		27.88	32.45	37.10	41.89	46.83		52.54	6 / 6
reaction time	0.192	interval		4.14	4.18	4.44	4.36		4.42	4.57	4.65	4.79	4.94	5.71		12.76 13.35 14.38
		velocity	7.10	8.45	8.37	7.88	8.03		7.92	7.66	7.53	7.31	7.09	7.01	7.61	8.23 7.87 7.30
H1 lead leg		strides	21	15	15	15	15		15	15	15	15	15	19	175	
Cui Caizhuang (CHN) (1995)																
FINAL	- 2019 Chinese National Grand Prix 4 (Luoyang, CHN)										<i>CAA Hurdle Development (2019)</i>					
date	29-May-19	time	6.22	10.24	14.36	18.55	22.89		27.44	32.13	36.83	41.77	46.84		52.55	5 / 4
reaction time	0.195	interval		4.02	4.12	4.19	4.34		4.55	4.69	4.70	4.94	5.07	5.71		12.33 13.58 14.71
		velocity	7.23	8.71	8.50	8.35	8.06		7.69	7.46	7.45	7.09	6.90	7.01	7.61	8.52 7.73 7.14
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	15	15	18.5	171.5	
Tonoyama, Ryohei (JPN) (2003)																
FINAL	- 2021 Japanese U20 National Championships (Osaka, JPN)										<i>Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season</i>					
date	26-Jun-21	time	6.26	10.23	14.25	18.45	22.77		27.28	31.90	36.65	41.47	46.61		52.55	2 / 7
reaction time	0.202	interval		3.97	4.02	4.20	4.32		4.51	4.62	4.75	4.82	5.14	5.94		12.19 13.45 14.71
		velocity	7.19	8.82	8.71	8.33	8.10		7.76	7.58	7.37	7.26	6.81	6.73	7.61	8.61 7.81 7.14
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	17		159	

Onodera, Shota (JPN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Japanese National High School Championships (Yamagata, JPN)		<i>Kota (2017) - 70th high school championships: JAF scientific committee - biomechanics data collection</i>																
date	31-Jul-17	time	6.42	10.51	14.66	19.04	23.59	28.13	32.68	37.34	42.28	47.30		52.56	7 / 4			
reaction time	0.183	interval		4.09	4.15	4.38	4.55	4.54	4.55	4.66	4.94	5.02	5.26			12.62	13.64	14.62
		velocity	7.01	8.56	8.43	7.99	7.69	7.71	7.69	7.51	7.09	6.97	7.60	7.61		8.32	7.70	7.18
H1 lead leg		strides		14	14	14	16	15	15	15	17	17		137				
Goto, Sota (JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Japanese National High School Championships (Nagoya, JPN)		<i>Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection</i>																
date	04-Aug-18	time	6.22	10.24	14.46	18.77	23.21	27.71	32.30	36.94	41.89	46.88		52.56	6 / 6			
reaction time		interval		4.02	4.22	4.31	4.44	4.50	4.59	4.64	4.95	4.99	5.68			12.55	13.53	14.58
		velocity	7.23	8.71	8.29	8.12	7.88	7.78	7.63	7.54	7.07	7.01	7.04	7.61		8.37	7.76	7.20
H1 lead leg		strides		15	15	15	15	15	15	15	16	16		137				
Yoneda, Taiyo (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2020 Japanese U20 National Championships (Hiroshima, JPN)		<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>																
date	25-Oct-20	time	6.22	10.28	14.46	18.72	23.09	27.61	32.32	37.14	42.03	47.00		52.56	4 / 1			
reaction time	0.163	interval		4.06	4.18	4.26	4.37	4.52	4.71	4.82	4.89	4.97	5.56			12.50	13.60	14.68
		velocity	7.23	8.62	8.37	8.22	8.01	7.74	7.43	7.26	7.16	7.04	7.19	7.61		8.40	7.72	7.15
H1 lead leg	R	strides	21	14	14	14	14	15	15	15	15	15	19	171				
Yanagita, Kiyoto (JPN) (2004)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Japanese U20 National Championships (Osaka, JPN)		<i>Kishima (2022) - national high school championships biomechanics data collection</i>																
date	03-Jun-23	time	6.14	10.01	14.01	18.10	22.32	26.63	31.18	35.97	40.97	46.33		52.56	8 / 5			
reaction time	0.180	interval		3.87	4.00	4.09	4.22	4.31	4.55	4.79	5.00	5.36	6.23			11.96	13.08	15.15
		velocity	7.33	9.04	8.75	8.56	8.29	8.12	7.69	7.31	7.00	6.53	6.42	7.61		8.78	8.03	6.93
H1 lead leg	L	strides	21	13	14	14	14	14	15	15	15	15	16	171				
Arisaka, Tomotaka (JPN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Japanese National High School Championships (Yamagata, JPN)		<i>Kota (2017) - 70th high school championships: JAF scientific committee - biomechanics data</i>																
date	31-Jul-17	time	6.26	10.36	14.56	18.94	23.47	28.13	32.75	37.49	42.29	47.13		52.58	4 / 5			
reaction time	0.200	interval		4.10	4.20	4.38	4.53	4.66	4.62	4.74	4.80	4.84	5.45			12.68	13.81	14.38
		velocity	7.19	8.54	8.33	7.99	7.73	7.51	7.58	7.38	7.29	7.23	7.34	7.61		8.28	7.60	7.30
H1 lead leg		strides		14	14	14	14	15	15	15	15	15		131				
Liu Yangyang (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)		<i>CAA Hurdle Development (2019)</i>																
date	12-Apr-19	time	6.50	10.68	15.10	19.58	24.10	28.70	33.36	38.06	42.76	47.46		52.58	4 / 1			
reaction time	0.204	interval		4.18	4.42	4.48	4.52	4.60	4.66	4.70	4.70	4.70	5.12			13.08	13.78	14.10
		velocity	6.92	8.37	7.92	7.81	7.74	7.61	7.51	7.45	7.45	7.45	7.81	7.61		8.03	7.62	7.45
H1 lead leg	L	strides	21	15	15	15	15	15	15	15	15	15	19.2	175.2				
Wang Daojun (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix Final (Daqing, CHN)		<i>CAA Hurdle Development (2019)</i>																
date	23-Aug-19	time	6.08	10.12	14.18	18.40	22.76	27.40	32.18	37.04	41.98	46.98		52.58	8 / 8			
reaction time	0.178	interval		4.04	4.06	4.22	4.36	4.64	4.78	4.86	4.94	5.00	5.60			12.32	13.78	14.80
		velocity	7.40	8.66	8.62	8.29	8.03	7.54	7.32	7.20	7.09	7.00	7.14	7.61		8.52	7.62	7.09
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	18.5	170.5				
Ercolani Volta, Andrea (SMR) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2022 European Athletics Championships (Munich, GER)		<i>European Athletics (2022) - european athletics championships race analysis</i>																
date	17-Aug-22	time	6.38	10.50	14.66	18.82	23.16	27.58	32.18	36.92	41.77	46.75		52.59	5 / 7			
reaction time	0.216	interval		4.12	4.16	4.16	4.34	4.42	4.60	4.74	4.85	4.98	5.84			12.44	13.36	14.57
		velocity	7.05	8.50	8.41	8.41	8.06	7.92	7.61	7.38	7.22	7.03	6.85	7.61		8.44	7.86	7.21
H1 lead leg	L	strides	22	15		15		15	15	15	15	15		127				
Michishita, Koya (JPN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Japanese National High School Championships (Okayama, JPN)		<i>Kota (2016) - 69th high school championships: JAF scientific committee - biomechanics data collection</i>																
date	31-Jul-16	time	6.31	10.56	14.80	19.22	23.69	28.28	32.97	37.65	42.43	47.26		52.60	5 / 3			
reaction time	0.168	interval		4.25	4.24	4.42	4.47	4.59	4.69	4.68	4.78	4.83	5.34			12.91	13.75	14.29
		velocity	7.13	8.24	8.25	7.92	7.83	7.63	7.46	7.48	7.32	7.25	7.49	7.60		8.13	7.64	7.35
H1 lead leg		strides		14	14	14	14	15	15	15	15	15		131				
Lee Doo-Yeon (KOR) (1975)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2000 Olympic Games (Sydney, AUS)		<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>																
date	24-Sep-00	time	6.12	10.04	14.04	18.16	22.32	26.60	31.40	36.20				52.61	5 / 8			
reaction time	0.192	interval		3.92	4.00	4.12	4.16	4.28	4.80	4.80						12.04	13.24	
		velocity	7.35	8.93	8.75	8.50	8.41	8.18	7.29	7.29				7.60		8.72	7.93	
H1 lead leg		strides	21	13	13	13	13	13	15	15				116				
Li Guancheng (CHN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2021 National Grand Prix (Chengdu, CHN)		<i>CAA Hurdle Development (2021)</i>																
date	01-Apr-21	time	6.12	10.32	14.64	19.04	23.48	27.92	32.40	36.98	41.82	46.88		52.61	5 / 2			
reaction time	0.212	interval		4.20	4.32	4.40	4.44	4.44	4.48	4.58	4.84	5.06	5.73	PB		12.92	13.36	14.48
		velocity	7.35	8.33	8.10	7.95	7.88	7.88	7.81	7.64	7.23	6.92	6.98	7.60		8.13	7.86	7.25
H1 lead leg	L	strides	21	14	14	14	14	14	14	14	15	15	18	167				

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

McMaster, Kyron (IVB) (1997)																
FINAL	- 2018 IAAF Continental Cup (Ostrava, CZE) (TV Analysis)															
date	08-Sep-18	time	5.80	9.52	13.28	17.20	21.28		25.44	29.76	34.56	40.00			<i>Henson (2021) - Athlete First: 2018 year end hurdle report</i>	
reaction time	0.166	interval		3.72	3.76	3.92	4.08		4.16	4.32	4.80	5.44			52.62	5 / 8
		velocity	7.76	9.41	9.31	8.93	8.58		8.41	8.10	7.29	6.43			7.60	11.40 12.56
H1 lead leg	R	strides	20	13	12	13	13		13	13	14	15	15		9.21 8.36	
Luo Xinyu (CHN) (2002)																
Heat 2	- 2021 National Grand Prix (Chengdu, CHN)															
date	01-Apr-21	time	6.28	10.36	14.60	18.90	23.30		27.84	32.44	37.26	42.22	47.14		52.62	4 / 2
reaction time	0.235	interval		4.08	4.24	4.30	4.40		4.54	4.60	4.82	4.96	4.92	5.48	PB	12.62 13.54 14.70
		velocity	7.17	8.58	8.25	8.14	7.95		7.71	7.61	7.26	7.06	7.11	7.30	7.60	8.32 7.75 7.14
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	18.5	170.5	
Wang Gouzhong (CHN) (1995)																
Heat 1	- 2021 East China District Meeting (Zhaoqing, CHN)															
date	25-Apr-21	time	5.99	9.96	14.20	18.62	23.16		27.76	32.45	37.17	42.01	47.00		52.63	3 / 3
reaction time	0.185	interval		3.97	4.24	4.42	4.54		4.60	4.69	4.72	4.84	4.99	5.63		12.63 13.83 14.55
		velocity	7.51	8.82	8.25	7.92	7.71		7.61	7.46	7.42	7.23	7.01	7.10	7.60	8.31 7.59 7.22
H1 lead leg	L	strides	21	15	15	15	15		15	15	15	15	15	18	174	
Al-Nubi, Mubarak Sultan (QAT) (197)																
FINAL	- 2003 IAAF World Championships (Paris, FRA)															
date	29-Aug-03	time	6.0	9.7	13.7	17.7	21.7		25.9	30.4	35.2	40.1	44.7		52.64	1 / 7
reaction time	0.164	interval		3.7	4.0	4.0	4.0		4.2	4.5	4.8	4.9	4.6	7.94		11.70 12.70 14.30
		velocity	7.50	9.46	8.75	8.75	8.75		8.33	7.78	7.29	7.14	7.61	5.04	7.60	8.97 8.27 7.34
H1 lead leg	R	strides	21	13	13	13	13		13	13	15	15	15		144	
Moratomy, Kotaro (JPN) (1998)																
FINAL	- 2016 Japanese National High School Championships (Okayama, JPN)															
date	31-Jul-16	time	6.17	10.23	14.40	18.70	23.09		27.58	32.33	37.09	41.92	46.93		52.68	4 / 4
reaction time	0.178	interval		4.06	4.17	4.30	4.39		4.49	4.75	4.76	4.83	5.01	5.75		12.53 13.63 14.60
		velocity	7.29	8.62	8.39	8.14	7.97		7.80	7.37	7.35	7.25	6.99	6.96	7.59	8.38 7.70 7.19
H1 lead leg		strides		14	14	14	14		14	15	15	15	15		130	
Al-Najem, Zahirudin (SYR) (1977)																
Heat 5	- 2000 Olympic Games (Sydney, AUS)															
date	24-Sep-00	time	6.00	9.84	13.72	17.68	21.76		26.00	30.68	35.60	41.16			52.70	6 / 7
reaction time	0.160	interval		3.84	3.88	3.96	4.08		4.24	4.68	4.92	5.56				11.68 17.92
		velocity	7.50	9.11	9.02	8.84	8.58		8.25	7.48	7.11	6.29		7.59		8.99 5.86
H1 lead leg		strides	21	13	13	13	13		13	14	16	16		132		
Zhuang Linfei (CHN) (1996)																
FINAL	- 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)															
date	08-Apr-19	time	6.32	10.30	14.36	18.48	22.74		27.18	31.82	36.70	41.70	46.84		52.70	4 / 7
reaction time	0.240	interval		3.98	4.06	4.12	4.26		4.44	4.64	4.88	5.00	5.14	5.86		12.16 13.34 15.02
		velocity	7.12	8.79	8.62	8.50	8.22		7.88	7.54	7.17	7.00	6.81	6.83	7.59	8.63 7.87 6.99
H1 lead leg	L	strides	21	16	16	16	16		15	15	15	15	15	19	179	
Hamada, Hiroshi (JPN) (2001)																
FINAL	- 2019 Japanese National High School Championships (Okinawa, JPN)															
date	06-Aug-19	time	6.26	10.28	14.41	18.69	23.02		27.46	31.92	36.53	41.54	46.85		52.71	3 / 4
reaction time		interval		4.02	4.13	4.28	4.33		4.44	4.46	4.61	5.01	5.31	5.86		12.43 13.23 14.93
		velocity	7.19	8.71	8.47	8.18	8.08		7.88	7.85	7.59	6.99	6.59	6.83	7.59	8.45 7.94 7.03
H1 lead leg		strides		15	15	15	15		15	15	15	16	17		138	
Wang Daojun (CHN) (2000)																
U20 Heat 1	- 2019 Chinese National Youth Games (Taiyuan, CHN)															
date	17-Aug-19	time	6.20	10.34	14.40	18.58	22.98		27.50	32.14	36.96	41.85	46.80		52.72	6 / 1
reaction time	0.181	interval		4.14	4.06	4.18	4.40		4.52	4.64	4.82	4.89	4.95	5.92		12.38 13.56 14.66
		velocity	7.26	8.45	8.62	8.37	7.95		7.74	7.54	7.26	7.16	7.07	6.76	7.59	8.48 7.74 7.16
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	18	170	
Long Wei (CHN) (1997)																
FINAL	- 2019 Chinese National Grand Prix 1 (Zhaoqing, CHN)															
date	08-Apr-19	time	6.21	10.29	14.46	18.68	22.97		27.44	32.08	36.90	41.82	46.86		52.73	9 / 8
reaction time	0.271	interval		4.08	4.17	4.22	4.29		4.47	4.64	4.82	4.92	5.04	5.87		12.47 13.40 14.78
		velocity	7.25	8.58	8.39	8.29	8.16		7.83	7.54	7.26	7.11	6.94	6.81	7.59	8.42 7.84 7.10
H1 lead leg	L	strides	21	15	15	15	15		15	15	15	15	15	19	175	
Cui Caizhuang (CHN) (1995)																
Heat 3	- 2021 Chinese National Championships (Chongqing, CHN)															
date	26-Jun-21	time	6.38	10.49	14.65	19.00	23.39		27.91	32.51	37.29	42.16	47.11		52.73	5 / 5
reaction time	0.171	interval		4.11	4.16	4.35	4.39		4.52	4.60	4.78	4.87	4.95	5.62		12.62 13.51 14.60
		velocity	7.05	8.52	8.41	8.05	7.97		7.74	7.61	7.32	7.19	7.07	7.12	7.59	8.32 7.77 7.19
H1 lead leg	R	strides	22	14	14	14	14		14	15	15	15	15	18	170	

Song Haotian (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 4 - 2021 Chinese National Championships (Chongqing, CHN)																CAA Hurdle Development (2021)		
date	26-Jun-21	time	6.31	10.37	14.43	18.67	23.12	27.73	32.34	37.18	42.05	47.12		52.72	7 / 4			
reaction time	0.209	interval		4.06	4.06	4.24	4.45	4.61	4.61	4.84	4.87	5.07	5.60			12.36	13.67	14.78
		velocity	7.13	8.62	8.62	8.25	7.87	7.59	7.59	7.23	7.19	6.90	7.14	7.59		8.50	7.68	7.10
H1 lead leg	L	strides	22	14	14	14	15	15	15	15	15	16	19	174				
Salmerón, Fernando (ESP) (1978)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1998 Spanish National Championships (San Sebastián, ESP)																Ruiz (1998) - campeonato des españa absoluto: análisis de la carreras con villas		
date	02-Aug-98	time	6.18	10.27	14.57	18.74	23.20	27.72	32.28	36.79	41.74	46.72		52.75	2 / 8			
reaction time		interval		4.09	4.30	4.17	4.46	4.52	4.56	4.51	4.95	4.98	6.03			12.56	13.54	14.44
		velocity	7.28	8.56	8.14	8.39	7.85	7.74	7.68	7.76	7.07	7.03	6.63	7.58		8.36	7.75	7.27
H1 lead leg	L	strides	22	14	15	14	15	15	15	15	17	16	20	178				
Lehtonen, Toumas (FIN) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2022 European Athletics Championships (Munich, GER)																European Athletics (2022) - european athletics championships race analysis		
date	17-Aug-22	time	5.93	9.83	13.92	18.07	22.40	24.29	26.81	31.37	36.28	41.22	46.56	52.75	4 / 7			
reaction time	0.198	interval		3.90	4.09	4.15	4.33	4.41	4.56	4.91	4.94	5.34	6.19			12.14	13.30	15.19
		velocity	7.59	8.97	8.56	8.43	8.08	8.23	7.94	7.68	7.13	7.09	6.55	6.46	7.58	8.65	7.89	6.91
H1 lead leg	L	strides	22	14		14		15	15	15	15	16	19.5	145.5				
Nylander, Viktor (SWE) (1998)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 European U20 Championships (Grosseto, ITA) (TV Analysis)																Henson (2020) - Athlete First: 2017 year end hurdle report		
date	23-Jul-17	time	5.88	9.76	13.68	17.80	22.04	26.52	31.24	36.08	41.08	46.24		52.76	2 / 8			
reaction time	0.187	interval		3.88	3.92	4.12	4.24	4.48	4.72	4.84	5.00	5.16	6.52			11.92	13.44	15.00
		velocity	7.65	9.02	8.93	8.50	8.25	7.81	7.42	7.23	7.00	6.78	6.13	7.58		8.81	7.81	7.00
H1 lead leg	R	strides		13	14	14	14	14	15	15	15	15	19	148				
Zhuang Linfei (CHN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix 4 (Luoyang, CHN)																CAA Hurdle Development (2019)		
date	29-May-19	time	6.42	10.46		18.86	23.34	27.95	32.64	37.43	42.35	47.28		52.76	8 / 5			
reaction time	0.298	interval		4.04		8.40	4.48	4.61	4.69	4.79	4.92	4.93	5.48			12.44	13.78	14.64
		velocity	7.01	8.66		8.33	7.81	7.59	7.46	7.31	7.11	7.10	7.30	7.58		8.44	7.62	7.17
H1 lead leg	L	strides	21	14		14		15	15	15	15	15	18	142				
Oda, Atuya (JPN) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese U20 National Championships (Osaka, JPN)																Sugimoto (2021) - race analysis of men's and women's 400m hurdles in the 2021 season		
date	26-Jun-21	time	6.31	10.26	14.23	18.28	22.57	27.08	31.72	36.55	41.57	46.91		52.76	8 / 8			
reaction time	0.166	interval		3.95	3.97	4.05	4.29	4.51	4.64	4.83	5.02	5.34	5.85			11.97	13.44	15.19
		velocity	7.13	8.86	8.82	8.64	8.16	7.76	7.54	7.25	6.97	6.55	6.84	7.58		8.77	7.81	6.91
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	15	17	159					
Woodell, Jameson (USA) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)																USATF and Karmarush (2024) - USA Olympic trials results and race analysis		
date	28-Jun-24	time	6.09	9.98	14.03	18.22	22.62	24.60	27.20	31.93	36.85	41.98	46.98	52.77	2 / 8			
reaction time		interval		3.89	4.05	4.19	4.40	4.58	4.73	4.92	5.13	5.00	5.79			12.13	13.71	15.05
		velocity	7.39	9.00	8.64	8.35	7.95	8.13	7.64	7.40	7.11	6.82	7.00	6.91	7.58	8.66	7.66	6.98
H1 lead leg	L	strides	22	14	14	14	14	15	15	15		15		138				
Zheng Pan (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2021 National Grand Prix (Chengdu, CHN)																CAA Hurdle Development (2021)		
date	01-Apr-21	time	6.46	10.58	14.80	19.00	23.28	27.70	32.22	36.92	41.98	47.14		52.78	3 / 3			
reaction time	0.203	interval		4.12	4.22	4.20	4.28	4.42	4.52	4.70	5.06	5.16	5.64	PB		12.54	13.22	14.92
		velocity	6.97	8.50	8.29	8.33	8.18	7.92	7.74	7.45	6.92	6.78	7.09	7.58		8.37	7.94	7.04
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	16	16	19	178				
Hackett, Darek (USA) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2024 USA Olympic Trials (Eugene, OR)																USATF and Karmarush (2024) - USA Olympic trials results and race analysis		
date	27-Jun-24	time	5.85	9.71	13.48	17.49	21.54	23.43	25.81	30.36	35.24	40.32	45.78	52.78	7 / 6			
reaction time		interval		3.86	3.77	4.01	4.05	4.27	4.55	4.88	5.08	5.46	7.00			11.64	12.87	15.42
		velocity	7.69	9.07	9.28	8.73	8.64	8.54	8.20	7.69	7.17	6.89	6.41	5.71	7.58	9.02	8.16	6.81
H1 lead leg	L	strides	24	15	14	14	14	14	15	15	15	16	16	20.5	177.5			
Wang Gouzhong (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)																CAA Hurdle Development (2019)		
date	12-Apr-19	time	6.24	10.38	14.71	19.19	23.77	28.31	33.00	37.70	42.43	47.26		52.79	8 / 2			
reaction time	0.208	interval		4.14	4.33	4.48	4.58	4.54	4.69	4.70	4.73	4.83	5.53			12.95	13.81	14.26
		velocity	7.21	8.45	8.08	7.81	7.64	7.71	7.46	7.45	7.40	7.25	7.23	7.58		8.11	7.60	7.36
H1 lead leg	L	strides	21	15	15	15	15	15	15	15	15	15	19.5	175.5				
Nakano, Sota (JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Japanese National High School Championships (Sapporo, JPN)																Takashima (2023) - national high school sports festival - biomechanics data		
date	04-Aug-23	time	6.32	10.39	14.55	18.74	23.06	27.61	32.30	37.19	42.21	47.33		52.80	3 / 7			
reaction time	0.249	interval		4.07	4.16	4.19	4.32	4.55	4.69	4.89	5.02	5.12	5.47			12.42	13.56	15.03
		velocity	7.12	8.60	8.41	8.35	8.10	7.69	7.46	7.16	6.97	6.84	7.31	7.58		8.45	7.74	6.99
H1 lead leg		strides	23	15	15	15	15	15	15	17	17	17	20	184				

Fu Jiaho (CHN) (1999)																		
FINAL - 2019 Chinese World Championship Trials (Shenyang, CHN)																		
date	03-Aug-19	time	6.30	10.36	14.56	18.79	23.16		27.70	32.38	37.10	41.90	46.91		52.81	5 / 6		
reaction time	0.193	interval		4.06	4.20	4.23	4.37		4.54	4.68	4.72	4.80	5.01	5.90			12.49	13.59
		velocity	7.14	8.62	8.33	8.27	8.01		7.71	7.48	7.42	7.29	6.99	6.78	7.57		8.41	7.73
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	15	16	20	174		7.23	
Crisci, Fantin (FRA) (2002)																		
Semi-Final 2 - 2021 European Athletics U20 Championships (Tallin, EST)																		
date	17-Jul-21	time	6.33	10.69	15.03	19.34	23.71	25.60	28.02	32.45	37.05	41.63	46.72		52.82	5 / 6		
reaction time	0.216	interval		4.36	4.34	4.31	4.37		4.31	4.43	4.60	4.58	5.09	6.10			13.01	13.11
		velocity	7.11	8.03	8.06	8.12	8.01	7.81	8.12	7.90	7.61	7.64	6.88	6.56	7.57		8.07	8.01
H1 lead leg		strides												0			7.36	
Long Wei (CHN) (1997)																		
FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)																		
date	12-Apr-19	time	6.19	10.19	14.45	18.71	23.14		27.68	32.30	37.09	42.04	47.06		52.83	9 / 3		
reaction time	0.250	interval		4.00	4.26	4.26	4.43		4.54	4.62	4.79	4.95	5.02	5.77			12.52	13.59
		velocity	7.27	8.75	8.22	8.22	7.90		7.71	7.58	7.31	7.07	6.97	6.93	7.57		8.39	7.73
H1 lead leg	L	strides	21	15	15	15	15		15	15	15	15	15	19	175		7.11	
Fu Jiaho (CHN) (1999)																		
Heat 1 - 2019 Chinese World Championship Trials (Shenyang, CHN)																		
date	03-Aug-19	time	6.35	10.54	14.85	19.14	23.46		28.09	32.82	37.52	42.32	47.33		52.83	3 / 2		
reaction time	0.183	interval		4.19	4.31	4.29	4.32		4.63	4.73	4.70	4.80	5.01	5.50			12.79	13.68
		velocity	7.09	8.35	8.12	8.16	8.10		7.56	7.40	7.45	7.29	6.99	7.27	7.57		8.21	7.68
H1 lead leg	L	strides	22	14	14	14	15		15	16	15	16	16	18.5	175.5		7.24	
Wang Siqing (CHN) (1999)																		
FINAL - 2021 Chinese National Championships (Chongqing, CHN)																		
date	26-Jun-21	time	6.40	10.54	14.78	19.07	23.51		28.03	32.56	37.22	42.09	47.11		52.84	2 / 6		
reaction time	0.214	interval		4.14	4.24	4.29	4.44		4.52	4.53	4.66	4.87	5.02	5.73			12.67	13.49
		velocity	7.03	8.45	8.25	8.16	7.88		7.74	7.73	7.51	7.19	6.97	6.98	7.57		8.29	7.78
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	16	19	178		7.22	
Song Haotian (CHN) (1999)																		
Heat 1 - 2021 National Grand Prix (Chengdu, CHN)																		
date	01-Apr-21	time	6.40	10.60	14.88	19.20	23.70		28.30	33.00	37.76	42.62	47.48		52.85	7 / 3		
reaction time	0.192	interval		4.20	4.28	4.32	4.50		4.60	4.70	4.76	4.86	4.86	5.37	PB		12.80	13.80
		velocity	7.03	8.33	8.18	8.10	7.78		7.61	7.45	7.35	7.20	7.20	7.45	7.57		8.20	7.61
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	18.5	175.5		7.25	
Wang Hongwen (CHN) (2000)																		
U20 Heat 3 - 2019 Chinese National Youth Games (Taiyuan, CHN)																		
date	17-Aug-19	time	6.40	10.32	14.42	18.62	22.95		27.39	31.99	36.67	41.49	46.50		52.86	6 / 1		
reaction time		interval		3.92	4.10	4.20	4.33		4.44	4.60	4.68	4.82	5.01	6.36			12.22	13.37
		velocity	7.03	8.93	8.54	8.33	8.08		7.88	7.61	7.48	7.26	6.99	6.29	7.57		8.59	7.85
H1 lead leg	R	strides	21	14	14	14	14		14	15	15	15	15	18.3	169.3		7.24	
Sun Yao (CHN) (2002)																		
U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN) (84cm)																		
date	17-Aug-19	time	6.40	10.47	14.64	18.86	23.28		27.82	32.50	37.26	42.16	47.12		52.86	4 / 1		
reaction time	0.223	interval		4.07	4.17	4.22	4.42		4.54	4.68	4.76	4.90	4.96	5.74			12.46	13.64
		velocity	7.03	8.60	8.39	8.29	7.92		7.71	7.48	7.35	7.14	7.06	6.97	7.57		8.43	7.70
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	16	16	20	180		7.18	
Maruyama, Tomoyo (JPN) (2005)																		
FINAL - 2022 Japanese National High School Championships (Naruto, JPN)																		
date	05-Aug-22	time	6.17	10.22	14.27	18.52	22.95		27.48	32.02	36.77	41.65	46.73		52.86	7 / 6		
reaction time	0.187	interval		4.05	4.05	4.25	4.43		4.53	4.54	4.75	4.88	5.08	6.13			12.35	13.50
		velocity	7.29	8.64	8.64	8.24	7.90		7.73	7.71	7.37	7.17	6.89	6.53	7.57		8.50	7.78
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	17	17		161		7.14	
Watanabe, Shun (JPN) (2006)																		
FINAL - 2024 Japanese National High School Championships (Fukuoka, JPN)																		
date	30-Jul-24	time	6.36	10.39	14.50	18.75	23.09		27.46	32.13	37.05	42.09	47.18		52.87	2 / 7		
reaction time	0.277	interval		4.03	4.11	4.25	4.34		4.37	4.67	4.92	5.04	5.09	5.69			12.39	13.38
		velocity	7.08	8.68	8.52	8.24	8.06		8.01	7.49	7.11	6.94	6.88	7.03	7.57		8.47	7.85
H1 lead leg		strides	23	15	15	15	15		15	15	17	17	17	20	184		6.98	
Hanaoka, Kazuma (JPN) (2000)																		
FINAL - 2017 Japanese National High School Championships (Yamagata, JPN)																		
date	31-Jul-17	time	6.31	10.39	14.53	18.74	23.09		27.59	32.20	36.97	41.99	47.18		52.88	5 / 6		
reaction time	0.192	interval		4.08	4.14	4.21	4.35		4.50	4.61	4.77	5.02	5.19	5.70			12.43	13.46
		velocity	7.13	8.58	8.45	8.31	8.05		7.78	7.59	7.34	6.97	6.74	7.02	7.56		8.45	7.80
H1 lead leg		strides		15	15	15	15		15	15	15	17	17		139		7.01	

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

Zhu Yizheng (CHN) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 Heat 1 - 2019 Chinese National Youth Games (Taiyuan, CHN)																	CAA Hurdle Development (2019)		
date	17-Aug-19	time	6.47	10.50	14.56	18.74	23.04		27.54	32.10	36.90	41.96	47.10		52.90	5 / 2			
reaction time	0.209	interval		4.03	4.06	4.18	4.30		4.50	4.56	4.80	5.06	5.14	5.80	PB		12.27	13.36	15.00
		velocity	6.96	8.68	8.62	8.37	8.14		7.78	7.68	7.29	6.92	6.81	6.90	7.56		8.56	7.86	7.00
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	16	16	19	174				
Liu Yangyang (CHN) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2021 Chinese National Championships (Chongqing, CHN)																	CAA Hurdle Development (2021)		
date	26-Jun-21	time	6.42	10.59	14.85	19.22	23.81		28.40	33.17	37.82	42.63	47.50		52.90	3 / 6			
reaction time	0.222	interval		4.17	4.26	4.37	4.59		4.59	4.77	4.65	4.81	4.87	5.40			12.80	13.95	14.33
		velocity	7.01	8.39	8.22	8.01	7.63		7.63	7.34	7.53	7.28	7.19	7.41	7.56		8.20	7.53	7.33
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19	176				
Nataura, Yusuke (JPN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Japanese National High School Championships (Okayama, JPN)																	Kota (2016) - 69th high school championships: JAF scientific committee - biomechanics data collection		
date	31-Jul-16	time	6.27	10.41	14.73	19.17	23.62		28.06	32.53	37.12	41.83	46.88		52.93	8 / 5			
reaction time	0.151	interval		4.14	4.32	4.44	4.45		4.44	4.47	4.59	4.71	5.05	6.05			12.90	13.36	14.35
		velocity	7.18	8.45	8.10	7.88	7.87		7.88	7.83	7.63	7.43	6.93	6.61	7.56		8.14	7.86	7.32
H1 lead leg		strides		15	15	15	15		15	15	15	15	16		136				
Kinoshita, Seita (JPN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Japanese National High School Championships (Sapporo, JPN)																	Takashima (2023) - national high school sports festival - biomechanics data		
date	04-Aug-23	time	6.32	10.41	14.61	18.95	23.41		27.98	32.67	37.50	42.48	47.50		52.93	2 / 8			
reaction time	0.277	interval		4.09	4.20	4.34	4.46		4.57	4.69	4.83	4.98	5.02	5.43			12.63	13.72	14.83
		velocity	7.12	8.56	8.33	8.06	7.85		7.66	7.46	7.25	7.03	6.97	7.37	7.56		8.31	7.65	7.08
H1 lead leg		strides	21	15	15	15	15		15	15	15	15	15	19	175				
Nakayama, Keita (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 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	6.42	10.59	14.81	19.09	23.51		28.18	33.07	38.02	42.96	47.90		52.95	6 / 4			
reaction time	0.195	interval		4.17	4.22	4.28	4.42		4.67	4.89	4.95	4.94	4.94	5.05			12.67	13.98	14.83
		velocity	7.01	8.39	8.29	8.18	7.92		7.49	7.16	7.07	7.09	7.09	7.92	7.55		8.29	7.51	7.08
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	19	176				
Toyoda, Ken (JPN) (2002)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Japanese High School National Championships (Hiroshima, JPN)																	Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season		
date	25-Oct-20	time	6.12	10.06	14.13	18.23	22.46		26.94	31.68	36.64	41.71	46.91		52.96	3 / 5			
reaction time	0.175	interval		3.94	4.07	4.10	4.23		4.48	4.74	4.96	5.07	5.20	6.05			12.11	13.45	15.23
		velocity	7.35	8.88	8.60	8.54	8.27		7.81	7.38	7.06	6.90	6.73	6.61	7.55		8.67	7.81	6.89
H1 lead leg	R	strides	20	13	13	13	13		14	14	15	15	15	18.7	163.7				
Idriss, Abdelrazig (QAT) (2008)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Invitational FINAL - 2025 Jetour Doha Meeting (Doha, QAT)																	Omega Timing (2025) - diamond league race analysis		
date	16-May-25	time	6.20	10.33	14.66	19.09	23.50		28.03	32.54	37.23	42.07	47.15		52.96	5 / 3			
reaction time	0.173	interval		4.13	4.33	4.43	4.41		4.53	4.51	4.69	4.84	5.08	5.81	PB		12.89	13.45	14.61
		velocity	7.26	8.47	8.08	7.90	7.94		7.73	7.76	7.46	7.23	6.89	6.88	7.55		8.15	7.81	7.19
H1 lead leg		strides													0				
Williams, Derrick (USA) (1982)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2007 IAAF World Championships (Osaka, JPN)																	Behm (2007) - Osaka 2007: Le quatrache		
date	28-Aug-07	time	5.7	9.4	13.2	17.3	21.4		25.8	30.3	34.9	39.6			52.97	8 / 7			
reaction time	0.159	interval		3.7	3.8	4.1	4.1		4.4	4.5	4.6	4.7					11.60	13.00	
		velocity	7.89	9.46	9.21	8.54	8.54		7.95	7.78	7.61	7.45			7.55		9.05	8.08	
H1 lead leg	R	strides	20	13	14	14	14		14	15	15	15			134				
Hosono, Hayato (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	6.42	10.69	15.08	19.54	24.09		28.78	33.52	38.36	43.11	47.80		52.97	3 / 3			
reaction time	0.202	interval		4.27	4.39	4.46	4.55		4.69	4.74	4.84	4.75	4.69	5.17			13.12	13.98	14.28
		velocity	7.01	8.20	7.97	7.85	7.69		7.46	7.38	7.23	7.37	7.46	7.74	7.55		8.00	7.51	7.35
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	15	15	18.2	175.2				
Gong Debin (CHN) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2021 East China District Meeting (Zhaoqing, CHN)																	CAA Hurdle Development (2021)		
date	25-Apr-21	time	6.24	10.29	14.64	18.94	23.54		28.14	32.85	37.67	42.54	47.36		52.97	5 / 3			
reaction time	0.300	interval		4.05	4.35	4.30	4.60		4.60	4.71	4.82	4.87	4.82	5.61			12.70	13.91	14.51
		velocity	7.21	8.64	8.05	8.14	7.61		7.61	7.43	7.26	7.19	7.26	7.13	7.55		8.27	7.55	7.24
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	18	170				
Hinti, Saad (MAR) (2002)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - FINAL - 2022 Prefontaine Classic (Eugene, OR) (TV Analysis)																	Henson (2022) - Athlete First: 2022 year end hurdle report		
date	05-Jun-22	time	5.83	9.63	13.57	17.67	22.00	23.85	26.43	31.00	35.63				52.98	3 / 6			
reaction time	0.191	interval		3.80	3.94	4.10	4.33		4.43	4.57	4.63						11.84	13.33	
		velocity	7.72	9.21	8.88	8.54	8.08	8.39	7.90	7.66	7.56				7.55		8.87	7.88	
H1 lead leg	R	strides	21	14	14	15	15		15	15	15				124				

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

Noda, Keisuke (JPN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2016 Japanese National Youth Championships (Mizuho, JPN)																		
date	23-Oct-16	time	6.49	10.65	14.85	19.10	23.43	27.86	32.49	37.47	42.48	47.45		52.99	8 / 1			
reaction time		interval		4.16	4.20	4.25	4.33	4.43	4.63	4.98	5.01	4.97	5.54			12.61	13.39	14.96
		velocity	6.93	8.41	8.33	8.24	8.08	7.90	7.56	7.03	6.99	7.04	7.22	7.55		8.33	7.84	7.02
H1 lead leg		strides																
Mahamat, Faycal (QAT) (2007)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Invitational FINAL - 2025 Jetour Doha Meeting (Doha, QAT)																		
date	16-May-25	time	6.24	10.35	14.70	19.26	23.92	28.53	33.21	37.87	42.63	47.53		52.99	4 / 4			
reaction time	0.217	interval		4.11	4.35	4.56	4.66	4.61	4.68	4.66	4.76	4.90	5.46	PB		13.02	13.95	14.32
		velocity	7.21	8.52	8.05	7.68	7.51	7.59	7.48	7.51	7.35	7.14	7.33	7.55		8.06	7.53	7.33
H1 lead leg		strides												0				
Bánóczy, Árpád (HUN) (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)																		
date	15-Jul-23	time	6.01	9.78	13.81	17.82	21.97	26.35		36.22	41.15	46.53		53.01	7 / 8			
reaction time	0.240	interval		3.77	4.03	4.01	4.15	4.38		9.87	4.93	5.38	6.48			11.81		
		velocity	7.49	9.28	8.68	8.73	8.43	7.99		7.09	7.10	6.51	6.17	7.55		8.89		
H1 lead leg		strides												0				
Inoue, Kakeru (JPN) (1996)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 All Japan Corporate Championships (Kumagaya, JPN)																		
date	20-Sep-20	time	6.17	10.06	14.00	18.07	22.41	26.88	31.61	36.54	41.66	46.93		53.05	2 / 8			
reaction time	0.220	interval		3.89	3.94	4.07	4.34	4.47	4.73	4.93	5.12	5.27	6.12			11.90	13.54	15.32
		velocity	7.29	9.00	8.88	8.60	8.06	7.83	7.40	7.10	6.84	6.64	6.54	7.54		8.82	7.75	6.85
H1 lead leg		strides		13	13	13	14	14	15	15	15	15	15	127				
Xu Guoyu (CHN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)																		
date	12-Apr-19	time	6.38	10.59	14.80	19.19	23.71	28.38	33.10	37.90	42.71	47.51		53.06	7 / 4			
reaction time	0.215	interval		4.21	4.21	4.39	4.52	4.67	4.72	4.80	4.81	4.80	5.55			12.81	13.91	14.41
		velocity	7.05	8.31	8.31	7.97	7.74	7.49	7.42	7.29	7.28	7.29	7.21	7.54		8.20	7.55	7.29
H1 lead leg	R	strides	21	15	15	15	15	15	15	15	15	16	21	178				
Saifeldin, Muhand Khamis (QAT) (19)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2021 Doha Diamond League (Doha, QAT) (TV Analysis)																		
date	28-May-21	time	6.10	10.13	14.27	18.60	23.07	27.73	32.47	37.33	42.17	47.27		53.06	4 / 5			
reaction time	0.127	interval		4.03	4.14	4.33	4.47	4.66	4.74	4.86	4.84	5.10	5.79			12.50	13.87	14.80
		velocity	7.38	8.68	8.45	8.08	7.83	7.51	7.38	7.20	7.23	6.86	6.91	7.54		8.40	7.57	7.09
H1 lead leg	L	strides	22	14	14	14	14	14	14	14	14	15	15	135				
Cavanaugh, Caleb (USA) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2024 USA Olympic Trials (Eugene, OR)																		
date	28-Jun-24	time	5.87	9.67	13.62	17.68	21.75	23.85	26.14	30.87	35.78	41.12	46.38	53.06	2 / 9			
reaction time		interval		3.80	3.95	4.06	4.07	4.39	4.73	4.91	5.34	5.26	6.68			11.81	13.19	15.51
		velocity	7.67	9.21	8.86	8.62	8.60	8.39	7.97	7.40	7.13	6.55	6.65	5.99	7.54	8.89	7.96	6.77
H1 lead leg	R	strides	22	13	14	14	14	15	15	15	16	16	19	173				
Gong Debin (CHN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Chinese Olympic Trials (Shaoxing, CHN)																		
date	13-Jun-21	time	5.95	9.96	13.95	18.28	22.65	27.41	32.23	37.09	41.98	47.01		53.07	1 / 8			
reaction time	0.257	interval		4.01	3.99	4.33	4.37	4.76	4.82	4.86	4.89	5.03	6.06			12.33	13.95	14.78
		velocity	7.56	8.73	8.77	8.08	8.01	7.35	7.26	7.20	7.16	6.96	6.60	7.54		8.52	7.53	7.10
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	19	171				
Morioka, Yuuki (JPN) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese High School National Championships (Fukui, JPN)																		
date	30-Jul-21	time	6.37	10.64	15.18	19.65	24.27	28.95	33.65	38.41	43.16	47.95		53.10	7 / 4			
reaction time	0.154	interval		4.27	4.54	4.47	4.62	4.68	4.70	4.76	4.75	4.79	5.15			13.28	14.00	14.30
		velocity	7.06	8.20	7.71	7.83	7.58	7.48	7.45	7.35	7.37	7.31	7.77	7.53		7.91	7.50	7.34
H1 lead leg		strides		14	15	14	15	15	15	15	15	15	15	133				
Yu Xianghua (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) (84cm)																		
date	03-Sep-22	time	6.47	10.56	14.80	19.12	23.56	28.10	32.62	37.23	42.03	47.05		53.10	3 / 1			
reaction time	0.215	interval		4.09	4.24	4.32	4.44	28.10	4.52	4.61	4.80	5.02	6.05			12.65	13.50	14.43
		velocity	6.96	8.56	8.25	8.10	7.88	1.25	7.74	7.59	7.29	6.97	6.61	7.53		8.30	7.78	7.28
H1 lead leg	R	strides	21	13	15	15	15	15	15	15	15	15	19	173				
Liu Shuang (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 Heat 3 - 2019 Chinese National Youth Games (Taiyuan, CHN)																		
date	17-Aug-19	time	6.41	10.41	14.46	18.64	22.96	27.41	32.05	36.78	41.73	47.06		53.11	5 / 2			
reaction time	0.203	interval		4.00	4.05	4.18	4.32	4.45	4.64	4.73	4.95	5.33	6.05	PB		12.23	13.41	15.01
		velocity	7.02	8.75	8.64	8.37	8.10	7.87	7.54	7.40	7.07	6.57	6.61	7.53		8.59	7.83	7.00
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	15	17	19.5	179.5				

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

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

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

Honma, Ryota (JPN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Japanese National High School Championships (Okayama, JPN)																			
date	31-Jul-16	time	6.47	10.63	14.90	19.24	23.62		28.23	32.86	37.89	42.98	47.98		53.23	3 / 7			
reaction time	0.167	interval		4.16	4.27	4.34	4.38		4.61	4.63	5.03	5.09	5.00	5.25			12.77	13.62	15.12
		velocity	6.96	8.41	8.20	8.06	7.99		7.59	7.56	6.96	6.88	7.00	7.62	7.51		8.22	7.71	6.94
H1 lead leg		strides		15	15	15	15		15	15	17	17	17		141				
Salmerón, Fernando (ESP) (1978)			H1	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 - 1998 Spanish National Championships (San Sebastián, ESP)																			
date	01-Aug-98	time	6.20	10.25	14.38	18.62	22.92		27.37	31.92	36.94	42.01	47.14		53.24	3 / ??			
reaction time		interval		4.05	4.13	4.24	4.30		4.45	4.55	5.02	5.07	5.13	6.10			12.42	13.30	15.22
		velocity	7.26	8.64	8.47	8.25	8.14		7.87	7.69	6.97	6.90	6.82	6.56	7.51		8.45	7.89	6.90
H1 lead leg	L	strides	22	14	14	14	14		15	15	16	16	16	20	176				
Takahashi, Rui (JPN) (1997)			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)																			
date	31-Jul-15	time	6.32	10.44	14.75	19.04	23.34		27.64	32.12	36.60	41.21	46.33		53.24	5 / 7			
reaction time		interval		4.12	4.31	4.29	4.30		4.30	4.48	4.48	4.61	5.12	6.91			12.72	13.08	14.21
		velocity	7.12	8.50	8.12	8.16	8.14		8.14	7.81	7.81	7.59	6.84	5.79	7.51		8.25	8.03	7.39
H1 lead leg		strides		15	15	15	15		15	17	15	17	16		140				
Yamada, Hiromasa (JPN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Japanese National High School Championships (Yamagata, JPN)																			
date	31-Jul-17	time	6.37	10.43	14.65	19.00	23.66		28.45	33.25	38.10	43.09	47.98		53.24	3 / 7			
reaction time	0.243	interval		4.06	4.22	4.35	4.66		4.79	4.80	4.85	4.99	4.89	5.26			12.63	14.25	14.73
		velocity	7.06	8.62	8.29	8.05	7.51		7.31	7.29	7.22	7.01	7.16	7.60	7.51		8.31	7.37	7.13
H1 lead leg		strides		14	14	14	15		15	15	15	16	16		134				
Wilson, Assinie (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
Long Hurdles - 2025 Grand Slam Track Kingston (Kingston, JAM) (TV Analysis)																			
date	04-Apr-25	time	5.96	9.76	13.52	17.44	21.56		25.78	30.16	34.52				53.24	1 / 7			
reaction time	0.170	interval		3.80	3.76	3.92	4.12		4.22	4.38	4.36						11.48	12.72	
		velocity	7.55	9.21	9.31	8.93	8.50		8.29	7.99	8.03			7.51			9.15	8.25	
H1 lead leg	R	strides	22	14	14	13	14		14	15	15			121					
Miyazaki, Takumi (JPN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Japanese National High School Championships (Okinawa, JPN)																			
date	06-Aug-19	time	6.37	10.61	14.96	19.38	23.92		28.60	33.15	37.91	42.80	47.69		53.26	2 / 5			
reaction time		interval		4.24	4.35	4.42	4.54		4.68	4.55	4.76	4.89	4.89	5.57			13.01	13.77	14.54
		velocity	7.06	8.25	8.05	7.92	7.71		7.48	7.69	7.35	7.16	7.16	7.18	7.51		8.07	7.63	7.22
H1 lead leg		strides		15	15	15	15		15	15	15	15	15		135				
Adam, Haroun (QAT)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Invitational FINAL - 2025 Jetour Doha Meeting (Doha, QAT)																			
date	16-May-25	time	6.24	10.33	14.63	19.16	23.77		28.40	33.02	37.79	42.63	47.58		53.26	2 / 5			
reaction time	0.143	interval		4.09	4.30	4.53	4.61		4.63	4.62	4.77	4.84	4.95	5.68	PB		12.92	13.86	14.56
		velocity	7.21	8.56	8.14	7.73	7.59		7.56	7.58	7.34	7.23	7.07	7.04	7.51		8.13	7.58	7.21
H1 lead leg		strides												0					
Ido, Takahiro (JPN) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2017 Japanese National High School Championships (Yamagata, JPN)																			
date	31-Jul-17	time	6.21	10.36	14.61	19.00	23.56		28.28	32.87	37.75	42.69	47.80		53.27	2 / 8			
reaction time	0.143	interval		4.15	4.25	4.39	4.56		4.72	4.59	4.88	4.94	5.11	5.47			12.79	13.87	14.93
		velocity	7.25	8.43	8.24	7.97	7.68		7.42	7.63	7.17	7.09	6.85	7.31	7.51		8.21	7.57	7.03
H1 lead leg		strides		15	15	15	15		15	15	15	15	15		135				
Langford, Noah (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)																			
date	27-Jun-24	time	6.01	9.74	13.63	17.49	21.49	23.33	25.73	30.21	34.97	39.90	45.10		53.27	3 / 6			
reaction time		interval		3.73	3.89	3.86	4.00		4.24	4.48	4.76	4.93	5.20	8.17			11.48	12.72	14.89
		velocity	7.49	9.38	9.00	9.07	8.75	8.57	8.25	7.81	7.35	7.10	6.73	4.90	7.51		9.15	8.25	7.05
H1 lead leg	R	strides	21	13	13	13	13		13	15	15	15	15		146				
Nakajima, Yoki (JPN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Japanese High School National Championships (Hiroshima, JPN)																			
date	25-Oct-20	time	6.26	10.48	14.83	19.24	23.71		28.28	32.98	37.85	42.93	47.91		53.29	8 / 6			
reaction time	0.163	interval		4.22	4.35	4.41	4.47		4.57	4.70	4.87	5.08	4.98	5.38			12.98	13.74	14.93
		velocity	7.19	8.29	8.05	7.94	7.83		7.66	7.45	7.19	6.89	7.03	7.43	7.51		8.09	7.64	7.03
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	17	17		161				
Aragaki, Hayato (JPN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Japanese High School National Championships (Hiroshima, JPN)																			
date	25-Oct-20	time	6.36	10.48	14.75	19.15	23.64		28.23	33.05	38.07	43.26	48.18		53.30	2 / 7			
reaction time	0.211	interval		4.12	4.27	4.40	4.49		4.59	4.82	5.02	5.19	4.92	5.12			12.79	13.90	15.13
		velocity	7.08	8.50	8.20	7.95	7.80		7.63	7.26	6.97	6.74	7.11	7.81	7.50		8.21	7.55	6.94
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	17	17	19.2	180.2				

Shimura, Takeshi (JPN) (2005)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese National High School Championships (Naruto, JPN)			Kishima (2022) - national high school championships biomechanics data collection																
date	05-Aug-22	time	6.17	10.12	14.40	18.80	23.33		28.10	32.93	37.88	42.85	47.88		53.35	2 / 7			
reaction time	0.138	interval		3.95	4.28	4.40	4.53		4.77	4.83	4.95	4.97	5.03	5.47			12.63	14.13	14.95
		velocity	7.29	8.86	8.18	7.95	7.73		7.34	7.25	7.07	7.04	6.96	7.31	7.50		8.31	7.43	7.02
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	15	15		157				
Odate, Yuya (JPN) (2000)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Japanese National High School Championships (Nagoya, JPN)			Kota (2018) - 71st high school championships: JAF scientific committee - biomechanics data collection																
date	04-Aug-18	time	6.46	10.56	14.81	19.12	23.57		28.16	32.87	37.69	42.78	47.88		53.37	2 / 7			
reaction time		interval		4.10	4.25	4.31	4.45		4.59	4.71	4.82	5.09	5.10	5.49			12.66	13.75	15.01
		velocity	6.97	8.54	8.24	8.12	7.87		7.63	7.43	7.26	6.88	6.86	7.29	7.49		8.29	7.64	7.00
H1 lead leg		strides		15	15	15	15		15	15	15	16	16		137				
Sáez, Ignacio (ESP) (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	5.95	9.93	14.17	18.43		24.83	27.31	32.08	37.02	42.11	47.37		53.37	7 / 8			
reaction time	0.205	interval		3.98	4.24	4.26			8.88	4.77	4.94	5.09	5.26	6.00			12.48	13.65	15.29
		velocity	7.56	8.79	8.25	8.22		8.05	7.88	7.34	7.09	6.88	6.65	6.67	7.49		8.41	7.69	6.87
H1 lead leg	L	strides	21	14						15	15	16	16	19	116				
Wang Siqing (CHN) (1999)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Chinese National Championships (Shaoxing, CHN)			CAA Hurdle Development (2020)																
date	17-Sep-20	time	6.25		14.67	19.04	23.50		28.12	32.79	37.75	42.50	47.50		53.38	1 / 7			
reaction time		interval			8.42	4.37	4.46		4.62	4.67	4.96	4.75	5.00	5.88			12.79	13.75	14.71
		velocity	7.20		8.31	8.01	7.85		7.58	7.49	7.06	7.37	7.00	6.80	7.49		8.21	7.64	7.14
H1 lead leg	L	strides	22			15	15		15	16	16	16	16	19	150				
Campbell, Basil (USA) (1985)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)			USATF Women's Sprint Development (2003)																
date	22-Jun-03	time	6.12	10.23	14.41	18.48	22.86		27.51	32.06	36.72	41.65	46.88		53.41	6 / 6			
reaction time		interval		4.11	4.18	4.07	4.38		4.65	4.55	4.66	4.93	5.23	6.53			12.36	13.58	14.82
		velocity	7.35	8.52	8.37	8.60	7.99		7.53	7.69	7.51	7.10	6.69	6.13	7.49		8.50	7.73	7.09
H1 lead leg		strides																	
Miyoshi, Ren (JPN) (1998)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Japanese National High School Championships (Okayama, JPN)			Kota (2016) - 69th high school championships: JAF scientific committee - biomechanics data collection																
date	31-Jul-16	time	6.33	10.36	14.48	18.72	23.11		27.63	32.33	37.30	42.39	47.60		53.42	6 / 8			
reaction time	0.200	interval		4.03	4.12	4.24	4.39		4.52	4.70	4.97	5.09	5.21	5.82			12.39	13.61	15.27
		velocity	7.11	8.68	8.50	8.25	7.97		7.74	7.45	7.04	6.88	6.72	6.87	7.49		8.47	7.71	6.88
H1 lead leg		strides		15	15	15	15		15	15	17	17	17		141				
Tanaka, Tenjiro (JPN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2020 Japanese U20 National Championships (Hiroshima, JPN)			Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season																
date	25-Oct-20	time	6.47	10.66	14.83	19.19	23.61		28.06	32.68	37.50	42.51	47.60		53.43	6 / 2			
reaction time	0.199	interval		4.19	4.17	4.36	4.42		4.45	4.62	4.82	5.01	5.09	5.83			12.72	13.49	14.92
		velocity	6.96	8.35	8.39	8.03	7.92		7.87	7.58	7.26	6.99	6.88	6.86	7.49		8.25	7.78	7.04
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	15	19.5	171.5				
Siwemuke, Marcus (USA) (1984)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Junior Championships (Palo Alto, CA)			USATF Women's Sprint Development (2003)																
date	22-Jun-03	time	6.17	10.12	14.21	18.42	22.87		27.41	32.20	37.15	42.22	47.48		53.44	9 / 7			
reaction time		interval		3.95	4.09	4.21	4.45		4.54	4.79	4.95	5.07	5.26	5.96			12.25	13.78	15.28
		velocity	7.29	8.86	8.56	8.31	7.87		7.71	7.31	7.07	6.90	6.65	6.71	7.49		8.57	7.62	6.87
H1 lead leg		strides																	
Yang Baichuan (CHN) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)			CAA Hurdle Development (2019)																
date	12-Apr-19	time	6.27	10.41	14.71	19.05	23.44		27.93	32.47	37.14	42.08	47.46		53.44	5 / 5			
reaction time	0.181	interval		4.14	4.30	4.34	4.39		4.49	4.54	4.67	4.94	5.38	5.98			12.78	13.42	14.99
		velocity	7.18	8.45	8.14	8.06	7.97		7.80	7.71	7.49	7.09	6.51	6.69	7.49		8.22	7.82	7.00
H1 lead leg	L	strides	21	15	15	15	15		15	15	15	15	17	20	178				
Naito, Genichiro (JPN) (2002)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 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	6.44	10.59	14.83	19.20	23.62		28.21	32.90	37.65	42.53	47.73		53.45	5 / 4			
reaction time	0.186	interval		4.15	4.24	4.37	4.42		4.59	4.69	4.75	4.88	5.20	5.72			12.76	13.70	14.83
		velocity	6.99	8.43	8.25	8.01	7.92		7.63	7.46	7.37	7.17	6.73	6.99	7.48		8.23	7.66	7.08
H1 lead leg	R	strides	21	14	14	14	14		15	15	15	15	16		153				
Yamamoto, Yuya (JPN) (2006)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Japanese National High School Championsips (Fukuoka, JPN)			Takashima (2024) - national high school sports festival - biomechanics data																
date	30-Jul-24	time	6.44	10.48	14.65	18.97	23.27		27.59	31.93	36.30	40.77	45.51		53.48	9 / 8			
reaction time	0.237	interval		4.04	4.17	4.32	4.30		4.32	4.34	4.37	4.47	4.74	7.97			12.53	12.96	13.58
		velocity	6.99	8.66	8.39	8.10	8.14		8.10	8.06	8.01	7.83	7.38	5.02	7.48		8.38	8.10	7.73
H1 lead leg		strides	21	15	15	15	15		15	15	15	15	15	19	175				

Osida, Syuuna (JPN) (2005)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Japanese U20 National Championships (Osaka, JPN)																		
date	03-Jun-23	time	6.39	10.54	14.76	18.97	23.41	27.93	32.68	37.59	42.68	47.90		53.49	9 / 6			
reaction time	0.149	interval		4.15	4.22	4.21	4.44	4.52	4.75	4.91	5.09	5.22	5.59	PB		12.58	13.71	15.22
		velocity	7.04	8.43	8.29	8.31	7.88	7.74	7.37	7.13	6.88	6.70	7.16	7.48		8.35	7.66	6.90
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	17	18	20	184				
Leng Ziheng (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 Heat 3 - 2019 Chinese National Youth Games (Taiyuan, CHN)																		
date	17-Aug-19	time	6.35	10.55	14.83	19.20	23.68	28.33	33.10	37.88	43.02	48.03		53.51	3 / 3			
reaction time	0.202	interval		4.20	4.28	4.37	4.48	4.65	4.77	4.78	5.14	5.01	5.48	PB		12.85	13.90	14.93
		velocity	7.09	8.33	8.18	8.01	7.81	7.53	7.34	7.32	6.81	6.99	7.30	7.48		8.17	7.55	7.03
H1 lead leg	L	strides	21	15	15	15	15	15	15	15	16	16	19.5	177.5				
Mituyanagi, Haruki (JPN) (2005)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Japanese U20 National Championships (Osaka, JPN)																		
date	03-Jun-23	time	6.21	10.16	14.16	18.27	22.56	27.03	31.73	36.77	42.14	47.58		53.52	2 / 7			
reaction time	0.234	interval		3.95	4.00	4.11	4.29	4.47	4.70	5.04	5.37	5.44	5.94			12.06	13.46	15.85
		velocity	7.25	8.86	8.75	8.52	8.16	7.83	7.45	6.94	6.52	6.43	6.73	7.47		8.71	7.80	6.62
H1 lead leg	L	strides	21	14	14	14	14	15	15	17	17	17	20	178				
Zhu Yizheng (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN)																		
date	17-Aug-19	time	6.41	10.46	14.54	18.74	23.11	27.70	32.44	37.34	42.46	47.66		53.54	4 / 7			
reaction time	0.223	interval		4.05	4.08	4.20	4.37	4.59	4.74	4.90	5.12	5.20	5.88			12.33	13.70	15.22
		velocity	7.02	8.64	8.58	8.33	8.01	7.63	7.38	7.14	6.84	6.73	6.80	7.47		8.52	7.66	6.90
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	16	16	19	174				
Machida, Reo (JPN) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Japanese High School National Championships (Fukui, JPN)																		
date	30-Jul-21	time	6.57	10.79	15.32	19.82	24.41	28.98	33.62	38.41	43.34	48.25		53.54	8 / 7			
reaction time	0.202	interval		4.22	4.53	4.50	4.59	4.57	4.64	4.79	4.93	4.91	5.29			13.25	13.80	14.63
		velocity	6.85	8.29	7.73	7.78	7.63	7.66	7.54	7.31	7.10	7.13	7.56	7.47		7.92	7.61	7.18
H1 lead leg		strides		15	15	15	15	15	15	15	17	17		139				
Long Wei (CHN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 Chinese National Grand Prix Final (Daqing, CHN)																		
date	22-Aug-19	time	6.36	10.58	14.81	19.12	23.59	28.19	32.88	37.65	42.61	47.68		53.57	3 / 6			
reaction time	0.219	interval		4.22	4.23	4.31	4.47	4.60	4.69	4.77	4.96	5.07	5.89			12.76	13.76	14.80
		velocity	7.08	8.29	8.27	8.12	7.83	7.61	7.46	7.34	7.06	6.90	6.79	7.47		8.23	7.63	7.09
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	15	19	176				
Carbe, Jonathan (SWE) (1990)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 Peks Memorial (Hässelholm, SWE)																		
date	12-Jun-11	time	6.44	10.58	14.84	19.26	23.70	28.42	33.16	37.94	42.94	47.94		53.59	1 / 1			
reaction time		interval		4.14	4.26	4.42	4.44	4.72	4.74	4.78	5.00	5.00	5.65			12.82	13.90	14.78
		velocity	6.99	8.45	8.22	7.92	7.88	7.42	7.38	7.32	7.00	7.00	7.08	7.46		8.19	7.55	7.10
H1 lead leg	L	strides		14	14	14	14	15	15	15	15	15	19	150				
Toyoda, Ken (JPN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 5 - 2024 Olympic Games (Paris, FRA)																		
date	05-Aug-24	time	6.04	9.92	13.96	18.02	22.17	26.58	31.11	35.85	40.79	46.05		53.62	4 / 6			
reaction time	0.136	interval		3.88	4.04	4.06	4.15	4.41	4.53	4.74	4.94	5.26	7.57			11.98	13.09	14.94
		velocity	7.45	9.02	8.66	8.62	8.43	7.94	7.73	7.38	7.09	6.65	5.28	7.46		8.76	8.02	7.03
H1 lead leg	R	strides	20	13	13	13	13	13	15	15	15	15		145				
Tanaka, Rui (JPN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Shimane High School Championships (Izumo, JPN)																		
date	26-May-18	time	6.47	10.65	14.90	19.23	23.72	28.30	33.00	37.92	42.95	48.02		53.66	4 / 1			
reaction time		interval		4.18	4.25	4.33	4.49	4.58	4.70	4.92	5.03	5.07	5.64			12.76	13.77	15.02
		velocity	6.96	8.37	8.24	8.08	7.80	7.64	7.45	7.11	6.96	6.90	7.09	7.45		8.23	7.63	6.99
H1 lead leg		strides	22	15	15	15	15	15	15	17	17	17	19	182				
Zhan Yukun (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) (84cm)																		
date	03-Sep-22	time	6.34	10.36	14.65	18.96	23.34	28.00	32.67	37.38	42.31	47.63		53.68	4 / 2			
reaction time	0.289	interval		4.02	4.29	4.31	4.38	28.00	4.67	4.71	4.93	5.32	6.05			12.62	13.71	14.96
		velocity	7.10	8.71	8.16	8.12	7.99	1.25	7.49	7.43	7.10	6.58	6.61	7.45		8.32	7.66	7.02
H1 lead leg	R	strides	21	14	14	15	15	15	15	15	15	16	19.5	174.5				
Nuñez, Yeral (DOM) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Repechage 3 - 2024 Olympic Games (Paris, FRA)																		
date	06-Aug-24	time	5.83	9.49	13.28	17.34	21.36	25.60	29.89	34.44	39.17	44.21		53.68	7 / 5			
reaction time	0.204	interval		3.66	3.79	4.06	4.02	4.24	4.29	4.55	4.73	5.04	9.47			11.51	12.55	14.32
		velocity	7.72	9.56	9.23	8.62	8.71	8.25	8.16	7.69	7.40	6.94	4.22	7.45		9.12	8.37	7.33
H1 lead leg	L	strides	20	13	14	14	14	14	14	15	15	15		148				

Lan Jie (CHN) (2000)																
U20 Heat 3 - 2019 Chinese National Youth Games (Taiyuan, CHN)																
date	17-Aug-19	time	6.32	10.45	14.72	18.95	23.26	27.69	32.30	37.28	42.45	47.78		53.70	7 / 4	
reaction time	0.203	interval	4.13	4.27	4.23	4.31	4.43	4.61	4.98	5.17	5.33	5.92				
		velocity	7.12	8.47	8.20	8.27	8.12	7.90	7.59	7.03	6.77	6.57	6.76	7.45	8.31	12.63
H1 lead leg	L	strides	22	15	15	15	15	15	15	16	16	17	20.5	181.5	7.87	15.48
Christensson, Jim (SWE) (1989)																
FINAL - 2011 Peks Memorial (Hässelholm, SWE)																
date	12-Jun-11	time	6.60	10.90	15.36	19.80	24.28	28.84	33.44	38.16	43.16	48.16		53.73	1 / 2	
reaction time		interval		4.30	4.46	4.44	4.48	4.56	4.60	4.72	5.00	5.00	5.57			
		velocity	6.82	8.14	7.85	7.88	7.81	7.68	7.61	7.42	7.00	7.00	7.18	7.44	7.95	13.20
H1 lead leg	L	strides		15	15	15	15	15	15	15	16	16	19	156	7.70	14.72
Zhuang Linfei (CHN) (1996)																
Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN)																
date	03-Aug-19	time	6.57	10.76	15.16	19.67	24.36	29.29	34.18	38.94	43.72	48.45		53.76	5 / 3	
reaction time	0.260	interval		4.19	4.40	4.51	4.69	4.93	4.89	4.76	4.78	4.73	5.31			
		velocity	6.85	8.35	7.95	7.76	7.46	7.10	7.16	7.35	7.32	7.40	7.53	7.44	8.02	13.10
H1 lead leg	L	strides	21	13	13	14	14	15	15	15	15	15	17.5	167.5	7.24	14.27
Schneider, Drake (USA) (1999)																
Semi-Final 2 - 2024 USA Olympic Trials (Eugene, OR)																
date	28-Jun-24	time	5.93	9.67	13.62	17.70	21.90	23.85	26.24	30.75	35.71	41.37	47.11	53.77	3 / 9	
reaction time		interval		3.74	3.95	4.08	4.20	4.34	4.51	4.96	5.66	5.74	6.66			
		velocity	7.59	9.36	8.86	8.58	8.33	8.39	8.06	7.76	7.06	6.18	6.10	6.01	7.44	11.77
H1 lead leg	R	strides	20	13	13	13	13	13	13	14	16	17	16	148	8.05	16.36
Kageyama, Ayata (JPN) (2000)																
FINAL - 2018 Japanese National High School Championships (Nagoya, JPN)																
date	04-Aug-18	time	6.49	10.73	15.28	19.92	24.61	29.31	34.00	38.61	43.36	48.25		53.79	7 / 8	
reaction time		interval		4.24	4.55	4.64	4.69	4.70	4.69	4.61	4.75	4.89	5.54			
		velocity	6.93	8.25	7.69	7.54	7.46	7.45	7.46	7.59	7.37	7.16	7.22	7.44	7.82	13.43
H1 lead leg		strides		15	15	15	15	15	15	15	15	15	15	135	7.46	14.25
Harada, Hibiki (JPN) (2003)																
FINAL - 2021 Japanese High School National Championships (Fukui, JPN)																
date	30-Jul-21	time	6.19	10.08	14.32	18.84	23.36	28.01	32.83	37.74	42.91	48.06		53.82	1 / 8	
reaction time	0.162	interval		3.89	4.24	4.52	4.52	4.65	4.82	4.91	5.17	5.15	5.76			
		velocity	7.27	9.00	8.25	7.74	7.74	7.53	7.26	7.13	6.77	6.80	6.94	7.43	8.30	12.65
H1 lead leg		strides		14	14	15	15	15	15	15	16	16	16	135	7.51	15.23
Wu Jinhong (CHN) (2005)																
FINAL - 2021 National Grand Prix (Chengdu, CHN)																
date	02-Apr-21	time	6.30	10.40	14.66	18.98	23.44	28.19	32.99	37.97	43.09	48.27		53.86	2 / 5	
reaction time	0.205	interval		4.10	4.26	4.32	4.46	4.75	4.80	4.98	5.12	5.18	5.59			
		velocity	7.14	8.54	8.22	8.10	7.85	7.37	7.29	7.03	6.84	6.76	7.16	7.43	8.28	12.68
H1 lead leg	R	strides	22	15	15	15	15	16	16	17	17	17	20	185	7.49	15.28
Liang Chao (CHN) (2000)																
Heat 1 - 2021 East China District Meeting (Zhaoqing, CHN)																
date	25-Apr-21	time	6.22	10.34	14.54	18.92	23.38	28.06	32.85	37.74	42.81	48.01		53.86	8 / 5	
reaction time	0.168	interval		4.12	4.20	4.38	4.46	4.68	4.79	4.89	5.07	5.20	5.85			
		velocity	7.23	8.50	8.33	7.99	7.85	7.48	7.31	7.16	6.90	6.73	6.84	7.43	8.27	12.70
H1 lead leg	L	strides	21	14	14	14	14	15	15	15	15	15	19	171	7.54	15.16
He Jiahao (CHN)																
U20 FINAL - 2022 Shandong Provincial Games (Rizhao, CHN)																
date	03-Sep-22	time	6.44	10.53	14.88	19.22	23.67	28.20	33.02	38.08	43.26	48.30		53.87	8 / 3	
reaction time	0.224	interval		4.09	4.35	4.34	4.45	4.53	4.82	5.06	5.18	5.04	5.57			
		velocity	6.99	8.56	8.05	8.06	7.87	7.73	7.26	6.92	6.76	6.94	7.18	7.43	8.22	12.78
H1 lead leg	R	strides	21	13	13	13	13	13	15	15	15	15	17.2	163	7.61	15.28
Zhou Chao (CHN) (2000)																
U20 Heat 1 - 2019 Chinese National Youth Games (Taiyuan, CHN)																
date	17-Aug-19	time	6.42	10.56	14.86	19.16	23.64	28.18	32.78	37.84	42.96	48.14		53.90	3 / 4	
reaction time	0.208	interval		4.14	4.30	4.30	4.48	4.54	4.60	5.06	5.12	5.18	5.76			
		velocity	7.01	8.45	8.14	8.14	7.81	7.71	7.61	6.92	6.84	6.76	6.94	7.42	8.24	12.74
H1 lead leg	L	strides	22	15	15	15	15	15	15	16	16	16	19	179	7.71	15.36
Kong Jie (CHN) (2003)																
Heat 1 - 2021 National Grand Prix (Chengdu, CHN)																
date	01-Apr-21	time	6.28	10.46	14.80	19.08	23.54	28.10	32.82	37.68	42.70	47.96		53.91	6 / 4	
reaction time	0.233	interval		4.18	4.34	4.28	4.46	4.56	4.72	4.86	5.02	5.26	5.95			
		velocity	7.17	8.37	8.06	8.18	7.85	7.68	7.42	7.20	6.97	6.65	6.72	7.42	8.20	12.80
H1 lead leg	L	strides	21	15	15	15	15	15	15	15	15	15	18	174	7.64	15.14

Wang Hongwen (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN)																<i>CAA Hurdle Development (2019)</i>		
date	03-Aug-19	time	6.71	11.06	15.48	19.96	24.50	29.11	33.98	38.87	43.70	48.54		53.92	6 / 4			
reaction time	0.268	interval		4.35	4.42	4.48	4.54	4.61	4.87	4.89	4.83	4.84	5.38			13.25	14.02	14.56
		velocity	6.71	8.05	7.92	7.81	7.71	7.59	7.19	7.16	7.25	7.23	7.43	7.42		7.92	7.49	7.21
H1 lead leg	R	strides	21	14	14	14	14	14	15	15	15	15	18	169				
Bai Jiarui (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 East China District Meeting (Zhaoqing, CHN)																<i>CAA Hurdle Development (2021)</i>		
date	25-Apr-21	time	6.51	10.76	15.09	19.56	24.10	28.75	33.50	38.40	43.38	48.40		53.92	8 / 7			
reaction time	0.279	interval		4.25	4.33	4.47	4.54	4.65	4.75	4.90	4.98	5.02	5.52			13.05	13.94	14.90
		velocity	6.91	8.24	8.08	7.83	7.71	7.53	7.37	7.14	7.03	6.97	7.25	7.42		8.05	7.53	7.05
H1 lead leg	L	strides	22	14	14	14	14	14	14	15	15	15	17	168				
Liu Yunlang (CHN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN) (84cm)																<i>CAA Hurdle Development (2019)</i>		
date	17-Aug-19	time	6.34	10.48	14.72	19.06	23.56	28.24	32.96	37.66	42.60	47.90		53.96	7 / 4			
reaction time	0.190	interval		4.14	4.24	4.34	4.50	4.68	4.72	4.70	4.94	5.30	6.06			12.72	13.90	14.94
		velocity	7.10	8.45	8.25	8.06	7.78	7.48	7.42	7.45	7.09	6.60	6.60	7.41		8.25	7.55	7.03
H1 lead leg	L	strides	22	15	15	15	15	15	15	15	15	17	19.5	178.5				
Cao Xiong (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Chinese National Championships (Shaoxing, CHN)																<i>CAA Hurdle Development (2020)</i>		
date	17-Sep-20	time	6.05	10.17	14.37	18.66	23.12	27.79	32.62	37.62		48.08		53.96	8 / 8			
reaction time		interval		4.12	4.20	4.29	4.46	4.67	4.83	5.00		10.46	5.88			12.61	13.96	15.46
		velocity	7.44	8.50	8.33	8.16	7.85	7.49	7.25	7.00		6.69	6.80	7.41		8.33	7.52	6.79
H1 lead leg	L	strides		15	15	15	15	15	15	16			18.5	125				
Xie Zhiyu (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 Heat 2 - 2019 Chinese National Youth Games (Taiyuan, CHN)																<i>CAA Hurdle Development (2019)</i>		
date	17-Aug-19	time	6.30	10.32	14.33	18.48	22.70	27.05	31.86	37.19	42.46	47.66		53.98	5 / 1			
reaction time	0.209	interval		4.02	4.01	4.15	4.22	4.35	4.81	5.33	5.27	5.20	6.32			12.18	13.38	15.80
		velocity	7.14	8.71	8.73	8.43	8.29	8.05	7.28	6.57	6.64	6.73	6.33	7.41		8.62	7.85	6.65
H1 lead leg	L	strides	21	13	13	13	13	13	14	15	15	15	17.8	162.8				
Holmes, TJ (USA) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 1 - 2020 USA Olympic Trials (Eugene, OR) (TV Analysis)																<i>Henson (2021) - Athlete First: 2021 year end hurdle report</i>		
date	25-Jun-21	time	6.07	9.93	13.73	17.53	21.53	25.83	30.57	35.33	40.43	45.93		53.98	5 / 8			
reaction time	0.189	interval		3.86	3.80	3.80	4.00	4.30	4.74	4.76	5.10	5.50	8.05			11.46	13.04	15.36
		velocity	7.41	9.07	9.21	9.21	8.75	8.14	7.38	7.35	6.86	6.36	4.97	7.41		9.16	8.05	6.84
H1 lead leg	L	strides	19	12	12	13	13	13	14	14	14	15	139					
Tonoyama, Ryohei (JPN) (2003)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Japanese High School National Championships (Hiroshima, JPN)																<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>		
date	25-Oct-20	time	6.17	10.31	14.46	18.70	23.01	27.54	32.45	37.72	42.93	48.15		53.99	1 / 8			
reaction time	0.155	interval		4.14	4.15	4.24	4.31	4.53	4.91	5.27	5.21	5.22	5.84			12.53	13.75	15.70
		velocity	7.29	8.45	8.43	8.25	8.12	7.73	7.13	6.64	6.72	6.70	6.85	7.41		8.38	7.64	6.69
H1 lead leg	L	strides	23	15	15	15	15	15	17	17	17	17	166					
Imanishi, Ryota (JPN) (2004)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2022 Japanese National High School Championships (Naruto, JPN)																<i>Kishima (2022) - national high school championships biomechanics data collection</i>		
date	05-Aug-22	time	6.27	10.18	14.08	18.27	22.67	27.15	31.73	36.55	41.65	47.10		54.00	9 / 8			
reaction time	0.181	interval		3.91	3.90	4.19	4.40	4.48	4.58	4.82	5.10	5.45	6.90			12.00	13.46	15.37
		velocity	7.18	8.95	8.97	8.35	7.95	7.81	7.64	7.26	6.86	6.42	5.80	7.41		8.75	7.80	6.83
H1 lead leg	L	strides	22	14	14	15	15	15	15	15	15	16	156					
Hamden, Iain (ZIM) (1976)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 8 - 2000 Olympic Games (Sydney, AUS)																<i>Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games</i>		
date	24-Sep-00	time	6.26	10.10	13.98	17.98	22.18	26.62	31.22	36.26	41.74			54.01	3 / 7			
reaction time	0.287	interval		3.84	3.88	4.00	4.20	4.44	4.60	5.04	5.48					11.72	13.24	
		velocity	7.19	9.11	9.02	8.75	8.33	7.88	7.61	6.94	6.39			7.41		8.96	7.93	
H1 lead leg		strides	21	13	13	13	13	14	14	15	16			132				
Cui Caizhuang (CHN) (1995)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN)																<i>CAA Hurdle Development (2019)</i>		
date	03-Aug-19	time	6.52	10.78	15.12	19.56	24.08	28.84	33.68	38.55	43.46	48.46		54.03	8 / 5			
reaction time	0.228	interval		4.26	4.34	4.44	4.52	4.76	4.84	4.87	4.91	5.00	5.57			13.04	14.12	14.78
		velocity	6.90	8.22	8.06	7.88	7.74	7.35	7.23	7.19	7.13	7.00	7.18	7.40		8.05	7.44	7.10
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	15	15	20	177				
Niu Jinshan (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)																<i>Shandong Athletics Sport Science (2022)</i>		
date	03-Sep-22	time	6.31	10.55	14.72	18.92	23.26	27.75	32.45	37.33	42.75	48.24		54.04	4 / 4			
reaction time	0.272	interval		4.24	4.17	4.20	4.34	4.49	4.70	4.88	5.42	5.49	5.80			12.61	13.53	15.79
		velocity	7.13	8.25	8.39	8.33	8.06	7.80	7.45	7.17	6.46	6.38	6.90	7.40		8.33	7.76	6.65
H1 lead leg	L	strides	21	15	15	15	15	15	15	15	17	17	19.7	180				

Lunn, Atle (NOR) (1969)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1997 European Cup (Munich, GER)																	Jung (2003) - http://www.fgs.uni-halle.de		
date	21-Jun-97	time	6.30	10.24	14.29	18.56	22.98		27.62	32.47	36.40	42.56	47.94		54.09	7 / 7			
reaction time		interval		3.94	4.05	4.27	4.42		4.64	4.85	3.93	6.16	5.38	6.15			12.26	13.91	15.47
		velocity	7.14	8.88	8.64	8.20	7.92		7.54	7.22	8.91	5.68	6.51	6.50	7.40		8.56	7.55	6.79
H1 lead leg		strides																	
Li Guancheng (CHN) (2002)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 National Grand Prix (Chengdu, CHN)																	CAA Hurdle Development (2021)		
date	02-Apr-21	time	6.21	10.40	14.68	19.03	23.46		27.99	32.59	37.32	42.35	47.83		54.09	4 / 6			
reaction time	0.204	interval		4.19	4.28	4.35	4.43		4.53	4.60	4.73	5.03	5.48	6.26			12.82	13.56	15.24
		velocity	7.25	8.35	8.18	8.05	7.90		7.73	7.61	7.40	6.96	6.39	6.39	7.40		8.19	7.74	6.89
H1 lead leg	L	strides	21	14	14	13	13		14	14	14	14	15	18	164				
Gong Debin (CHN) (1997)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2019 Chinese National Grand Prix Final (Daqing, CHN)																	CAA Hurdle Development (2019)		
date	22-Aug-19	time	6.36	10.53	14.71	19.07	23.62		28.24	33.12	38.15	43.18	48.20		54.11	7 / 6			
reaction time	0.325	interval		4.17	4.18	4.36	4.55		4.62	4.88	5.03	5.03	5.02	5.91			12.71	14.05	15.08
		velocity	7.08	8.39	8.37	8.03	7.69		7.58	7.17	6.96	6.96	6.97	6.77	7.39		8.26	7.47	6.96
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	15	16	19	172				
Han Mingkun (CHN) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2021 East China District Meeting (Zhaoqing, CHN)																	CAA Hurdle Development (2021)		
date	25-Apr-21	time	6.46	10.54	14.78	19.26	23.91		28.66	33.42	38.19	43.04	48.16		54.11	7 / 6			
reaction time	0.205	interval		4.08	4.24	4.48	4.65		4.75	4.76	4.77	4.85	5.12	5.95			12.80	14.16	14.74
		velocity	6.97	8.58	8.25	7.81	7.53		7.37	7.35	7.34	7.22	6.84	6.72	7.39		8.20	7.42	7.12
H1 lead leg	L	strides	21	14	14	15	15		15	15	15	15	16	19	174				
Zeng Lingxian (CHN) (2002)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN) (84cm)																	CAA Hurdle Development (2019)		
date	17-Aug-19	time	6.42	10.58	14.90	19.24	23.72		28.34	33.08	37.92	43.00	48.30		54.14	9 / 5			
reaction time	0.203	interval		4.16	4.32	4.34	4.48		4.62	4.74	4.84	5.08	5.30	5.84			12.82	13.84	15.22
		velocity	7.01	8.41	8.10	8.06	7.81		7.58	7.38	7.23	6.89	6.60	6.85	7.39		8.19	7.59	6.90
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	17	21	180				
Zhang Xiaotao (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	6.51	10.68	15.02	19.42	24.05		28.80	33.65	38.61	43.65	48.64		54.14	3 / 5			
reaction time	0.217	interval		4.17	4.34	4.40	4.63		4.75	4.85	4.96	5.04	4.99	5.50			12.91	14.23	14.99
		velocity	6.91	8.39	8.06	7.95	7.56		7.37	7.22	7.06	6.94	7.01	7.27	7.39		8.13	7.38	7.00
H1 lead leg	R	strides	22	15	15	15	15		15	15	15	16	16	19	178				
Abakar, Idriss (QAT) (2008)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Invitational FINAL - 2025 Jetour Doha Meeting (Doha, QAT)																	Omega Timing (2025) - diamond league race analysis		
date	16-May-25	time	6.24	10.41	14.77	19.25	23.79		28.48	33.19	38.16	43.37	48.39		54.16	6 / 6			
reaction time	0.162	interval		4.17	4.36	4.48	4.54		4.69	4.71	4.97	5.21	5.02	5.77			13.01	13.94	15.20
		velocity	7.21	8.39	8.03	7.81	7.71		7.46	7.43	7.04	6.72	6.97	6.93	7.39		8.07	7.53	6.91
H1 lead leg		strides													0				
Zhuang Linfei (CHN) (1996)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)																	CAA Hurdle Development (2019)		
date	12-Apr-19	time	6.48	10.54	14.82	19.22	23.76		28.38	33.26	38.18	43.28	48.48		54.17	2 / 6			
reaction time	0.225	interval		4.06	4.28	4.40	4.54		4.62	4.88	4.92	5.10	5.20	5.69			12.74	14.04	15.22
		velocity	6.94	8.62	8.18	7.95	7.71		7.58	7.17	7.11	6.86	6.73	7.03	7.38		8.24	7.48	6.90
H1 lead leg	L	strides	21	16	16	16	16		16	16	15	15	16	19	182				
Nathaniel, Ezekiel (NGR) (2003)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2022 World Athletics Championships (Eugene, OR) (TV Analysis)																	Henson (2022) - Athlete First: 2022 year end hurdle report		
date	17-Jul-22	time	5.97	10.33	14.36	18.40	22.60	24.53		31.80	36.77				54.18	7 / 8			
reaction time	0.176	interval		4.36	4.03	4.04	4.20			9.20	4.97						12.43	13.40	
		velocity	7.54	8.03	8.68	8.66	8.33	8.15		7.61	7.04				7.38		8.45	7.84	
H1 lead leg	R	strides	21	15	14	13	13			14	14				104				
Bai Jiarui (CHN) (1995)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2021 Chinese National Championships (Chongqing, CHN)																	CAA Hurdle Development (2021)		
date	26-Jun-21	time	6.63	10.87	15.15	19.53	24.00		28.74	33.65	38.52				54.19	8 / 5			
reaction time	0.299	interval		4.24	4.28	4.38	4.47		4.74	4.91	4.87						12.90	14.12	
		velocity	6.79	8.25	8.18	7.99	7.83		7.38	7.13	7.19				7.38		8.14	7.44	
H1 lead leg	L	strides	22	14	14	14	14		14	14	15				121				
Sun Ke (CHN) (2001)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 Heat 1 - 2019 Chinese National Youth Games (Taiyuan, CHN)																	CAA Hurdle Development (2019)		
date	17-Aug-19	time	6.14	10.18	14.28	18.44	22.80		27.26	31.90	36.82	42.16	47.68		54.20	4 / 5			
reaction time	0.176	interval		4.04	4.10	4.16	4.36		4.46	4.64	4.92	5.34	5.52	6.52			12.30	13.46	15.78
		velocity	7.33	8.66	8.54	8.41	8.03		7.85	7.54	7.11	6.55	6.34	6.13	7.38		8.54	7.80	6.65
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	20	177				

Zou Haichao (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 Heat 2 - 2019 Chinese National Youth Games (Taiyuan, CHN)																CAA Hurdle Development (2019)		
date	17-Aug-19	time	6.28	10.42	14.73	19.13	23.62	28.23	32.89	37.72	42.91	48.34		54.46	6 / 3			
reaction time	0.181	interval		4.14	4.31	4.40	4.49	4.61	4.66	4.83	5.19	5.43	6.12			12.85	13.76	15.45
		velocity	7.17	8.45	8.12	7.95	7.80	7.59	7.51	7.25	6.74	6.45	6.54	7.34		8.17	7.63	6.80
H1 lead leg	R	strides	22	15	15	15	15	15	15	15	17	17	19.3	180.3				
Rhodes, Calvin (USA)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2003 USATF National Junior Championships (Indianapolis, IN)																USATF Women's Sprint Development (2003)		
date	22-Jun-03	time	6.16	10.41	14.68	19.10	23.67	28.43	33.30	38.17	43.18	48.43		54.53	1 / 9			
reaction time		interval		4.25	4.27	4.42	4.57	4.76	4.87	4.87	5.01	5.25	6.10			12.94	14.20	15.13
		velocity	7.31	8.24	8.20	7.92	7.66	7.35	7.19	7.19	6.99	6.67	6.56	7.34		8.11	7.39	6.94
H1 lead leg		strides																
Reinke, Ulrich (FRG)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1975 West German National Championships (Gelsenkirchen, FRG)																Helbig (1975) - 400-m-hürdenlauf		
date	28-Jun-75	time	6.2	10.2	14.5	18.7	23.1	27.6	32.3	37.2	42.1	47.6		54.54	8 / 8			
reaction time		interval		4.02	4.22	4.20	4.43	4.47	4.70	4.98	4.81	5.57	6.92			12.44	13.60	15.36
		velocity	7.23	8.71	8.29	8.33	7.90	7.83	7.45	7.03	7.28	6.28	5.78	7.33		8.44	7.72	6.84
H1 lead leg		strides																
Akawa, Koki (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 Shimane High School Championships (Izumo, JPN)																Shimizu (2018) - shimane high school championships 2018 - biomechanics data analysis		
date	27-May-17	time	6.27	10.37	14.60	18.90	23.33	27.97	33.00	37.93	43.03	48.40		54.54	7 / 1			
reaction time		interval		4.10	4.23	4.30	4.43	4.64	5.03	4.93	5.10	5.37	6.14			12.63	14.10	15.40
		velocity	7.18	8.54	8.27	8.14	7.90	7.54	6.96	7.10	6.86	6.52	6.51	7.33		8.31	7.45	6.82
H1 lead leg		strides	22	15	15	15	15	15	16	16	17	17	21	184				
Minato, Ozora (JPN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2015 Japanese National High School Championships (Wakayama, JPN)																Enomoto (2015) - 68th high school championships: JAF scientific committee - biomechanics data		
date	31-Jul-15	time	6.47	10.53	14.70	18.85	23.16	27.66	32.45	37.60	43.04	48.43		54.55	2 / 8			
reaction time		interval		4.06	4.17	4.15	4.31	4.50	4.79	5.15	5.44	5.39	6.12			12.38	13.60	15.98
		velocity	6.96	8.62	8.39	8.43	8.12	7.78	7.31	6.80	6.43	6.49	6.54	7.33		8.48	7.72	6.57
H1 lead leg		strides		15	15	15	15	17	17	16	17	17		144				
Ichiyo, Miromu (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2020 Japanese U20 National Championships (Hiroshima, JPN)																Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season		
date	25-Oct-20	time	6.36	10.48	14.78	19.02	23.52	28.09	32.93	37.90	42.99	48.38		54.55	5 / 3			
reaction time	0.175	interval		4.12	4.30	4.24	4.50	4.57	4.84	4.97	5.09	5.39	6.17			12.66	13.91	15.45
		velocity	7.08	8.50	8.14	8.25	7.78	7.66	7.23	7.04	6.88	6.49	6.48	7.33		8.29	7.55	6.80
H1 lead leg	R	strides	22	14	14	14	14	15	15	15	15	16		154				
Bäckman, Mattias (SWE) (1991)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 Fridrott (Stockholm, SWE)																Blomkvist (2011) - www.elitlandslag.se/SprintHack/LängSprintHack.aspx		
date	07-Jun-11	time	6.72	11.00	15.44	19.78	24.34	29.02	33.90	38.66	43.90	49.04		54.66	1 / 1			
reaction time		interval		4.28	4.44	4.34	4.56	4.68	4.88	4.76	5.24	5.14	5.62			13.06	14.12	15.14
		velocity	6.70	8.18	7.88	8.06	7.68	7.48	7.17	7.35	6.68	6.81	7.12	7.32		8.04	7.44	6.94
H1 lead leg	L	strides		15	15	15	15	15	15	15	15	15	19	154				
Fu Jiaho (CHN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix 4 (Luoyang, CHN)																CAA Hurdle Development (2019)		
date	29-May-19	time	6.67	11.05	15.45	19.80	24.34	29.01	33.76	38.52	43.47	48.88		54.71	1 / 6			
reaction time	0.208	interval		4.38	4.40	4.35	4.54	4.67	4.75	4.76	4.95	5.41	5.83			13.13	13.96	15.12
		velocity	6.75	7.99	7.95	8.05	7.71	7.49	7.37	7.35	7.07	6.47	6.86	7.31		8.00	7.52	6.94
H1 lead leg	L	strides	22	14	14	14	14	15	15	15	15	17	19.5	174.5				
Ducos, Clement (FRA) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
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	5.88	9.56	13.20	17.12	21.32	26.00	31.28					54.73	6 / 2			
reaction time	0.200	interval		3.68	3.64	3.92	4.20	4.68	5.28					DQ		11.24	14.16	
		velocity	7.65	9.51	9.62	8.93	8.33	7.48	6.63							9.34	7.42	
H1 lead leg	L	strides	20	13	13	13	13	14	15					101				
Nilsson, Anton (SWE) (1992)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 Fridrott (Stockholm, SWE)																Blomkvist (2011) - www.elitlandslag.se/SprintHack/LängSprintHack.aspx		
date	07-Jun-11	time	6.40	10.60	14.84	19.14	23.56	28.16	32.86	37.78	43.20	48.62		54.86	1 / 2			
reaction time		interval		4.20	4.24	4.30	4.42	4.60	4.70	4.92	5.42	5.42	6.24			12.74	13.72	15.76
		velocity	7.03	8.33	8.25	8.14	7.92	7.61	7.45	7.11	6.46	6.46	6.41	7.29		8.24	7.65	6.66
H1 lead leg	L	strides		14	14	14	14	14	15	15	16	16	19	151				
Nagiko, Kazushi (JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2016 Japanese National Youth Championships (Mizuho, JPN)																(2016.11.17) - https://twitter.com/touchdown_time/media?lang=en&lang=en&lang=en&lang=en		
date	23-Oct-16	time	6.53	10.87	15.16	19.47	23.86	28.36	32.99	37.95	43.20	48.69		54.86	8 / 1			
reaction time		interval		4.34	4.29	4.31	4.39	4.50	4.63	4.96	5.25	5.49	6.17			12.94	13.52	15.70
		velocity	6.89	8.06	8.16	8.12	7.97	7.78	7.56	7.06	6.67	6.38	6.48	7.29		8.11	7.77	6.69
H1 lead leg		strides																

Kong Jie (CHN) (2003)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 National Grand Prix (Chengdu, CHN)																			CAA Hurdle Development (2021)
date	02-Apr-21	time	6.33	10.43	14.71	19.08	23.48		28.09	32.92	37.90	43.07	48.43		54.89	1 / 7			
reaction time	0.264	interval		4.10	4.28	4.37	4.40		4.61	4.83	4.98	5.17	5.36	6.46			12.75	13.84	15.51
		velocity	7.11	8.54	8.18	8.01	7.95		7.59	7.25	7.03	6.77	6.53	6.19	7.29		8.24	7.59	6.77
H1 lead leg	L	strides	21	17	15	15	15		15	15	15	15	15	19	177				

Santoro, Emanuele (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
Semi-Final 2 - 2021 European Athletics U20 Championships (Tallin, EST)																			European Athletics (2021) - european athletics U20 championships results book
date	17-Jul-21	time	6.55	10.77	15.09	19.45	23.97	26.02	28.53	33.12	37.87	42.80	48.33		54.90	2 / 7			
reaction time	0.198	interval		4.22	4.32	4.36	4.52		4.56	4.59	4.75	4.93	5.53	6.57			12.90	13.67	15.21
		velocity	6.87	8.29	8.10	8.03	7.74	7.69	7.68	7.63	7.37	7.10	6.33	6.09	7.29		8.14	7.68	6.90
H1 lead leg		strides												0					

Yu Zhiyou (CHN) (2003)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN) (84cm)																			CAA Hurdle Development (2019)
date	17-Aug-19	time	6.44	10.56	14.76	19.08	23.54		28.32	33.28	38.40	43.68	49.04		54.92	2 / 6			
reaction time	0.201	interval		4.12	4.20	4.32	4.46		4.78	4.96	5.12	5.28	5.36	5.88			12.64	14.20	15.76
		velocity	6.99	8.50	8.33	8.10	7.85		7.32	7.06	6.84	6.63	6.53	6.80	7.28		8.31	7.39	6.66
H1 lead leg	L	strides	23	15	15	15	15		16	16	17	17	17	21	187				

Zhang Jian (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	6.31	10.60	14.97	19.41	24.00		28.68	33.47	38.38	43.55	48.85		54.92	7 / 6			
reaction time	0.174	interval		4.29	4.37	4.44	4.59		4.68	4.79	4.91	5.17	5.30	6.07			13.10	14.06	15.38
		velocity	7.13	8.16	8.01	7.88	7.63		7.48	7.31	7.13	6.77	6.60	6.59	7.28		8.02	7.47	6.83
H1 lead leg	L	strides	21	15	15	15	15		15	15	15	15	15	19	175				

Wu Yuze (CHN) (2002)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN) (84cm)																			CAA Hurdle Development (2019)
date	17-Aug-19	time	6.46	10.58	14.74	19.02	23.50		28.12	32.82	37.74	43.02	48.82		54.99	8 / 7			
reaction time	0.206	interval		4.12	4.16	4.28	4.48		4.62	4.70	4.92	5.28	5.80	6.17			12.56	13.80	16.00
		velocity	6.97	8.50	8.41	8.18	7.81		7.58	7.45	7.11	6.63	6.03	6.48	7.27		8.36	7.61	6.56
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	16	18	20.5	181.5				

Sun Wanhao (CHN) (2001)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 Heat 1 - 2019 Chinese National Youth Games (Taiyuan, CHN)																			CAA Hurdle Development (2019)
date	17-Aug-19	time	6.54	10.76	15.08	19.42	23.85		28.50	33.38	38.40	43.62	49.12		55.04	8 / 6			
reaction time	0.216	interval		4.22	4.32	4.34	4.43		4.65	4.88	5.02	5.22	5.50	5.92	PB		12.88	13.96	15.74
		velocity	6.88	8.29	8.10	8.06	7.90		7.53	7.17	6.97	6.70	6.36	6.76	7.27		8.15	7.52	6.67
H1 lead leg	L	strides	22	15	15	15	15		15	16	16	16	17	20	182				

Ito, Masahiro (JPN) (1999)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2016 Japanese National Youth Championships (Mizuho, JPN)																			(2016.11.17) - https://twitter.com/touchdown_time/media?lang=en&lang=en&lang=en&lang=en
date	23-Oct-16	time					23.65					38.41			55.05	7 / 2			
reaction time		interval										14.76							
		velocity				7.82					7.11			7.27					
H1 lead leg		strides																	

Guillaume, Jacques (USA) (2002)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2024 USA Olympic Trials (Eugene, OR)																			USATF and Karmarush (2024) - USA Olympic trials results and race analysis
date	27-Jun-24	time	6.12	9.83	13.69	17.60	21.52	23.42	25.84	30.40	35.50	40.69	45.76		55.09	4 / 7			
reaction time		interval		3.71	3.86	3.91	3.92		4.32	4.56	5.10	5.19	5.07	9.33	DQ		11.48	12.80	15.36
		velocity	7.35	9.43	9.07	8.95	8.93	8.54	8.10	7.68	6.86	6.74	6.90	4.29	7.26		9.15	8.20	6.84
H1 lead leg	L	strides	21	13	13	13	13		14	15	16	16		134					

Takeda, Kai (JPN)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2016 Japanese National Youth Championships (Mizuho, JPN)																			(2016.11.17) - https://twitter.com/touchdown_time/media?lang=en&lang=en&lang=en&lang=en
date	23-Oct-16	time					24.21					38.17			55.10	7 / 2			
reaction time		interval										13.96							
		velocity				7.64					7.52			7.26					
H1 lead leg		strides																	

Ehmsprenger, Klaus (GER) (1973)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1997 European Cup (Munich, GER)																			Jung (2003) - http://www.fgs.uni-halle.de
date	21-Jun-97	time	6.56	10.77	15.15	19.62	24.23		28.92	33.77	38.71	43.99	49.46		55.13	/ 8			
reaction time		interval		4.21	4.38	4.47	4.61		4.69	4.85	4.94	5.28	5.47	5.67			13.06	14.15	15.69
		velocity	6.86	8.31	7.99	7.83	7.59		7.46	7.22	7.09	6.63	6.40	7.05	7.26		8.04	7.42	6.69
H1 lead leg		strides																	

Takahasi, Ryosuke (JPN) (2003)

			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Japanese National High School Championships (Okinawa, JPN)																			Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data
date	06-Aug-19	time	6.25	10.43	14.70	19.06	23.65		28.43	33.22	38.12	43.20	48.56		55.14	7 / 7			
reaction time		interval		4.18	4.27	4.36	4.59		4.78	4.79	4.90	5.08	5.36	6.58			12.81	14.16	15.34
		velocity	7.20	8.37	8.20	8.03	7.63		7.32	7.31	7.14	6.89	6.53	6.08	7.25		8.20	7.42	6.84
H1 lead leg		strides		14	14	14	14		15	15	15	15	15		131				

Zhuang Zhixiong (CHN) (1998)																
Heat 2	- 2021 East China District Meeting (Zhaqing, CHN)															
date	25-Apr-21	time	6.39	10.51	14.76	19.15	23.64		28.33	33.22	38.25	43.56	49.03		55.17	CAA Hurdle Development (2021)
reaction time	0.199	interval		4.12	4.25	4.39	4.49		4.69	4.89	5.03	5.31	5.47	6.14		12.76 14.07 15.81
		velocity	7.04	8.50	8.24	7.97	7.80		7.46	7.16	6.96	6.59	6.40	6.51	7.25	8.23 7.46 6.64
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	17	17	19.5	181.5	
Yamashina, Shinnosuke (JPN) (2001)																
FINAL	- 2019 Japanese National High School Championships (Okinawa, JPN)															
date	06-Aug-19	time	6.33	10.56	14.78	19.11	23.70		28.56	33.50	38.49	43.69	49.11		55.20	Kota (2019) - 72nd high school championships: JAF scientific committee - biomechanics data
reaction time		interval		4.23	4.22	4.33	4.59		4.86	4.94	4.99	5.20	5.42	6.09		12.78 14.39 15.61
		velocity	7.11	8.27	8.29	8.08	7.63		7.20	7.09	7.01	6.73	6.46	6.57	7.25	8.22 7.30 6.73
H1 lead leg		strides		14	14	14	14		15	15	15	15	16		132	
Bai Jiahao (CHN)																
U18 FINAL	- 2022 Shandong Provincial Games (Rizhao, CHN) (84cm)															
date	03-Sep-22	time	6.49	10.78	15.14	19.57	24.23		29.08	33.92	38.93	43.88	49.02		55.21	Shandong Athletics Sport Science (2022)
reaction time	0.214	interval		4.29	4.36	4.43	4.66		29.08	4.84	5.01	4.95	5.14	6.19		13.08 14.35 15.10
		velocity	6.93	8.16	8.03	7.90	7.51		1.20	7.23	6.99	7.07	6.81	6.46	7.25	8.03 7.32 6.95
H1 lead leg	L	strides	22	15	15	15	15		15	15	16	16	16	18.7	178.7	
Li Chong (CHN)																
U18 FINAL	- 2022 Shandong Provincial Games (Rizhao, CHN) (84cm)															
date	03-Sep-22	time	6.58	10.90	15.35	19.86	24.48		29.28	34.16	39.28	44.28	49.30		55.21	Shandong Athletics Sport Science (2022)
reaction time	0.198	interval		4.32	4.45	4.51	4.62		29.28	4.88	5.12	5.00	5.02	5.91		13.28 14.30 15.14
		velocity	6.84	8.10	7.87	7.76	7.58		1.20	7.17	6.84	7.00	6.97	6.77	7.25	7.91 7.34 6.94
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	18.2	175	
Ruiz, Roberto (ESP) (2002)																
Semi-Final 2	- 2021 European Athletics U20 Championships (Tallin, EST)															
date	17-Jul-21	time	6.21	10.36	14.64	18.98	23.52	25.54	28.12	32.92	37.77	42.88	48.82		55.23	European Athletics (2021) - european athletics U20 championships results book
reaction time	0.219	interval		4.15	4.28	4.34	4.54		4.60	4.80	4.85	5.11	5.94	6.41		12.77 13.94 15.90
		velocity	7.25	8.43	8.18	8.06	7.71	7.83	7.61	7.29	7.22	6.85	5.89	6.24	7.24	8.22 7.53 6.60
H1 lead leg		strides												0		
Morita, Mitsunori (JPN)																
FINAL	- 2020 Shimane High School Championships (Izumo, JPN)															
date	12-Jul-20	time	6.45	10.75	15.08	19.47	23.95		28.50	33.23	38.18	43.60	49.10		55.31	Shimizu (2020) - shimane high school championships 2020 - biomechanics data analysis
reaction time		interval		4.30	4.33	4.39	4.48		4.55	4.73	4.95	5.42	5.50	6.21		13.02 13.76 15.87
		velocity	6.98	8.14	8.08	7.97	7.81		7.69	7.40	7.07	6.46	6.36	6.44	7.23	8.06 7.63 6.62
H1 lead leg		strides	22	15	15	15	15		15	15	15	17	17	21	182	
Fujioka, Tetsuya (JPN) (2000)																
FINAL	- 2018 Shimane High School Championships (Izumo, JPN)															
date	26-May-18	time	6.53	10.88	15.32	19.72	24.27		28.90	33.73	38.82	44.03	49.30		55.32	Shimizu (2018) - shimane high school championships 2018 - biomechanics data analysis
reaction time		interval		4.35	4.44	4.40	4.55		4.63	4.83	5.09	5.21	5.27	6.02		13.19 14.01 15.57
		velocity	6.89	8.05	7.88	7.95	7.69		7.56	7.25	6.88	6.72	6.64	6.64	7.23	7.96 7.49 6.74
H1 lead leg		strides	23	15	15	15	15		15	16	16	16	16	20	182	
Gianessi, Paolo (ITA)																
FINAL	- 1993 Urbino, ITA															
date	08-Sep-93	time	6.7	11.1	15.6	21.2	24.8	26.9	29.4	34.3	39.2	44.2	49.4		55.2	Partipilo (1994) - la distribuzione dello sforzo nei 400m ad ostacoli
reaction time		interval		4.4	4.5	5.6	3.6		4.6	4.9	4.9	5.0	5.2	5.8		14.50 13.10 15.10
		velocity	6.72	7.95	7.78	6.25	9.72	7.43	7.61	7.14	7.14	7.00	6.73	6.90	7.25	7.24 8.02 6.95
H1 lead leg		strides	22	15	15	15	15		15	15	15	15	15		157	
Leng Ziheng (CHN) (2000)																
U20 FINAL	- 2019 Chinese National Youth Games (Taiyuan, CHN)															
date	17-Aug-19	time	6.40	10.64	15.01	19.34	23.80		28.48	33.28	38.18	43.58	49.16		55.34	CAA Hurdle Development (2019)
reaction time	0.195	interval		4.24	4.37	4.33	4.46		4.68	4.80	4.90	5.40	5.58	6.18		12.94 13.94 15.88
		velocity	7.03	8.25	8.01	8.08	7.85		7.48	7.29	7.14	6.48	6.27	6.47	7.23	8.11 7.53 6.61
H1 lead leg	L	strides	21	15	15	15	15		15	15	15	17	17	19	179	
Gianessi, Paolo (ITA)																
FINAL	- 1993 Bergamo, ITA															
date	03-Oct-93	time	6.49	10.73	14.96	19.38	23.81	25.8	28.51	33.37	38.35	43.81	49.17		55.47	Partipilo (1994) - la distribuzione dello sforzo nei 400m ad ostacoli
reaction time		interval		4.24	4.23	4.42	4.43		4.70	4.86	4.98	5.46	5.36	6.30		12.89 13.99 15.80
		velocity	6.93	8.25	8.27	7.92	7.90	7.75	7.45	7.20	7.03	6.41	6.53	6.35	7.21	8.15 7.51 6.65
H1 lead leg		strides	22	15	15	15	15		15	15	15	16	16		159	
Du Yuanpeng (CHN) (2000)																
Heat 3	- 2021 East China District Meeting (Zhaqing, CHN)															
date	25-Apr-21	time	6.61	10.76	15.03	19.42	24.02		28.74	33.72	38.75	44.08	49.72		55.53	CAA Hurdle Development (2021)
reaction time	0.225	interval		4.15	4.27	4.39	4.60		4.72	4.98	5.03	5.33	5.64	5.81		12.81 14.30 16.00
		velocity	6.81	8.43	8.20	7.97	7.61		7.42	7.03	6.96	6.57	6.21	6.88	7.20	8.20 7.34 6.56
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	16	17	18.5	174.5	

Zheng Hao (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 Heat 2 - 2019 Chinese National Youth Games (Taiyuan, CHN)																<i>CAA Hurdle Development (2019)</i>		
date	17-Aug-19	time	6.40	10.61	14.95	19.36	23.89	28.56	33.51	38.76	44.17	49.76		55.58	3 / 4			
reaction time	0.208	interval		4.21	4.34	4.41	4.53	4.67	4.95	5.25	5.41	5.59	5.82	PB		12.96	14.15	16.25
		velocity	7.03	8.31	8.06	7.94	7.73	7.49	7.07	6.67	6.47	6.26	6.87	7.20		8.10	7.42	6.46
H1 lead leg	R	strides	23	15	15	15	15	15	15	16	16	17	19.5	181.5				
Yang Pengjun (CHN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 3 - 2021 East China District Meeting (Zhaoqing, CHN)																<i>CAA Hurdle Development (2021)</i>		
date	25-Apr-21	time	6.34	10.36	14.58	18.88	23.32	27.78	32.58	37.82	43.53	49.83		55.58	6 / 5			
reaction time	0.230	interval		4.02	4.22	4.30	4.44	4.46	4.80	5.24	5.71	6.30	5.75			12.54	13.70	17.25
		velocity	7.10	8.71	8.29	8.14	7.88	7.85	7.29	6.68	6.13	5.56	6.96	7.20		8.37	7.66	6.09
H1 lead leg	L	strides	22	15	15	15	15	15	17	17	19	19	19	188				
Ramadan, Hassane (QAT) (2007)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Invitational FINAL - 2025 Jetour Doha Meeting (Doha, QAT)																<i>Omega Timing (2025) - diamond league race analysis</i>		
date	16-May-25	time	6.29	10.48	14.90	19.40	24.06	28.82	33.56	38.37	43.37	49.25		55.59	3 / 7			
reaction time	0.163	interval		4.19	4.42	4.50	4.66	4.76	4.74	4.81	5.00	5.88	6.34			13.11	14.16	15.69
		velocity	7.15	8.35	7.92	7.78	7.51	7.35	7.38	7.28	7.00	5.95	6.31	7.20		8.01	7.42	6.69
H1 lead leg		strides											0					
Lü Baoliang (CHN) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 Heat 3 - 2019 Chinese National Youth Games (Taiyuan, CHN)																<i>CAA Hurdle Development (2019)</i>		
date	17-Aug-19	time	6.65	10.98	15.36	19.84	24.41	29.28	34.32	39.37	44.68	49.90		55.71	8 / 5			
reaction time	0.200	interval		4.33	4.38	4.48	4.57	4.87	5.04	5.05	5.31	5.22	5.81			13.19	14.48	15.58
		velocity	6.77	8.08	7.99	7.81	7.66	7.19	6.94	6.93	6.59	6.70	6.88	7.18		7.96	7.25	6.74
H1 lead leg	L	strides	22	15	15	15	15	16	16	16	17	17	19	183				
Pan Zhiyuan (CHN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 FINAL - 2022 Shandong Provincial Games (Rizhao, CHN)																<i>Shandong Athletics Sport Science (2022)</i>		
date	03-Sep-22	time	6.71	11.08	15.54	20.09	24.76	29.68	34.61	39.63	44.80	49.92		55.78	1 / 7			
reaction time	0.216	interval		4.37	4.46	4.55	4.67	4.92	4.93	5.02	5.17	5.12	5.86			13.38	14.52	15.31
		velocity	6.71	8.01	7.85	7.69	7.49	7.11	7.10	6.97	6.77	6.84	6.83	7.17		7.85	7.23	6.86
H1 lead leg	L	strides	23	15	15	15	15	15	15	15	15	15	18	176				
Shinagawa, Yuto (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 Shimane High School Championships (Izumo, JPN)																<i>Shimizu (2022) - shimane high school championships 2022 - biomechanics data analysis</i>		
date	27-May-22	time	6.58	10.83	15.15	19.48	24.07	28.82	33.92	39.33	44.53	49.68		55.81	5 / 2			
reaction time		interval		4.25	4.32	4.33	4.59	4.75	5.10	5.41	5.20	5.15	6.13			12.90	14.44	15.76
		velocity	6.84	8.24	8.10	8.08	7.63	7.37	6.86	6.47	6.73	6.80	6.53	7.17		8.14	7.27	6.66
H1 lead leg		strides	22	15	15	15	15	15	17	17	17	17	20.7	185.7				
Sjöstedt, Carl (SWE) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 Fridrott (Stockholm, SWE) (84cm)																<i>Blomkvist (2011) - www.elitlandslag.se/SprintHack/LängSprintHack.aspx</i>		
date	07-Jun-11	time	6.80	11.20	15.58	20.10	24.74	29.54	34.54	39.58	44.86	50.08		55.82	1 / 3			
reaction time		interval		4.40	4.38	4.52	4.64	4.80	5.00	5.04	5.28	5.22	5.74			13.30	14.44	15.54
		velocity	6.62	7.95	7.99	7.74	7.54	7.29	7.00	6.94	6.63	6.70	6.97	7.17		7.89	7.27	6.76
H1 lead leg	L	strides		15	15	15	15	15	16	16	17	17	19	160				
Shikota, Ryomi (JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2016 Japanese National Youth Championships (Mizuho, JPN)																<i>(2016.11.17) - https://twitter.com/touchdown_time/media?lang=en&lang=en&lang=en&lang=en</i>		
date	23-Oct-16	time				23.93				38.96				55.84	3 / 3			
reaction time		interval								15.03								
		velocity				7.73				6.99				7.16				
H1 lead leg		strides																
Imaka, Kaito (JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2016 Japanese National Youth Championships (Mizuho, JPN)																<i>(2016.11.17) - https://twitter.com/touchdown_time/media?lang=en&lang=en&lang=en&lang=en</i>		
date	23-Oct-16	time				24.08				38.27				55.86	6 / 3			
reaction time		interval								14.19								
		velocity				7.68				7.40				7.16				
H1 lead leg		strides																
Shinagawa, Yuto (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 Shimane High School Championships (Izumo, JPN)																<i>Shimizu (2023) - shimane high school championships 2023 - biomechanics data analysis</i>		
date	27-May-23	time	6.57	10.95	15.37	19.92	24.57	29.42	34.33	39.28	44.65	49.92		55.86	5 / 1			
reaction time		interval		4.38	4.42	4.55	4.65	4.85	4.91	4.95	5.37	5.27	5.94			13.35	14.41	15.59
		velocity	6.85	7.99	7.92	7.69	7.53	7.22	7.13	7.07	6.52	6.64	6.73	7.16		7.87	7.29	6.74
H1 lead leg		strides	22	15	15	15	15	15	15	15	17	17	19.3	180.3				
Wei Pinyang (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Philippe Cup Athletics Invitational (Wuhan, CHN)																<i>CAA Hurdle Development (2021)</i>		
date	20-May-21	time	6.17	10.14	14.38	18.67	23.21	27.91	32.77	37.77	43.19			55.87	4 / 5			
reaction time	0.234	interval		3.97	4.24	4.29	4.54	4.70	4.86	5.00	10.42					12.50	14.10	
		velocity	7.29	8.82	8.25	8.16	7.71	7.45	7.20	7.00	6.72			7.16		8.40	7.45	
H1 lead leg	L	strides	21	15	15	15	15	15	15	15	17			143				

Imaoka, Hiroki (JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Shimane High School Championships (Izumo, JPN)		<i>Shimizu (2018) - shimane high school championships 2018 - biomechanics data analysis</i>																
date	26-May-18	time	6.57	10.98	15.42	19.90	24.57	29.37	34.40	39.62	44.92	50.13		55.97	6 / 3			
reaction time		interval	4.41	4.44	4.48	4.67		4.80	5.03	5.22	5.30	5.21	5.84			13.33	14.50	15.73
		velocity	6.85	7.94	7.88	7.81	7.49	7.29	6.96	6.70	6.60	6.72	6.85	7.15		7.88	7.24	6.68
H1 lead leg		strides	22	15	15	15		15	17	17	17	17	20	185				
Mahamat, Abakari (CHA) (2007)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Invitational FINAL - 2025 Jetour Doha Meeting (Doha, QAT)		<i>Omega Timing (2025) - diamond league race analysis</i>																
date	16-May-25	time	6.39	10.64	15.04	19.44	24.02	28.86	33.76	38.87	44.22	49.57		55.97	1 / 8			
reaction time	0.191	interval		4.25	4.40	4.40	4.58	4.84	4.90	5.11	5.35	5.35	6.40	PB		13.05	14.32	15.81
		velocity	7.04	8.24	7.95	7.95	7.64	7.23	7.14	6.85	6.54	6.54	6.25	7.15		8.05	7.33	6.64
H1 lead leg		strides												0				
Yamane, Yusuke (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 Shimane High School Championships (Izumo, JPN)		<i>Shimizu (2021) - shimane high school championships 2021 - biomechanics data analysis</i>																
date	29-May-21	time	6.40	10.62	15.02	19.52	24.15	28.97	34.15	39.38	44.85	50.23		56.03	3 / 1			
reaction time		interval		4.22	4.40	4.50	4.63	4.82	5.18	5.23	5.47	5.38	5.80			13.12	14.63	16.08
		velocity	7.03	8.29	7.95	7.78	7.56	7.26	6.76	6.69	6.40	6.51	6.90	7.14		8.00	7.18	6.53
H1 lead leg		strides	22	15	15	15		15	16	16	17	17	19.7	182.7				
Horinishi, Kojun (JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Shimane High School Championships (Izumo, JPN)		<i>Shimizu (2019) - shimane high school championships 2019 - biomechanics data analysis</i>																
date	25-May-19	time	6.70	11.11	15.54	20.16	24.80	29.83	34.87	40.00	45.09	50.24		56.04	5 / 1			
reaction time		interval		4.41	4.43	4.62	4.64	5.03	5.04	5.13	5.09	5.15	5.80			13.46	14.71	15.37
		velocity	6.72	7.94	7.90	7.58	7.54	6.96	6.94	6.82	6.88	6.80	6.90	7.14		7.80	7.14	6.83
H1 lead leg		strides	21	15	15	15		15	15	15	15	15	18	174				
Franca, Matteo (ITA)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1993 Pesaro, ITA		<i>Partipilo (1994) - la distribuzione dello sforzo nei 400m ad ostacoli</i>																
date	10-Oct-93	time	6.80	11.19	15.49	20.08	24.85	26.9	29.77	34.58	39.63	44.83	50.17	56.10	???			
reaction time		interval		4.39	4.30	4.59	4.77	4.92	4.81	5.05	5.20	5.34	5.93	PB		13.28	14.50	15.59
		velocity	6.62	7.97	8.14	7.63	7.34	7.43	7.11	7.28	6.93	6.73	6.55	7.13		7.91	7.24	6.74
H1 lead leg		strides	23	15	15	15	17		17	17	17	17	17	170				
Sato, Shoki (JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2016 Japanese National Youth Championships (Mizuho, JPN)		<i>(2016.11.17) - https://twitter.com/touchdown_time/media?lang=en&lang=en&lang=en&lang=en</i>																
date	23-Oct-16	time				24.74				39.51				56.15	2 / 4			
reaction time		interval								14.77								
		velocity				7.48				7.11				7.12				
H1 lead leg		strides																
Wang Ziming (CHN) (1994)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Chinese National Grand Prix 2 (Huangshi, CHN)		<i>CAA Hurdle Development (2019)</i>																
date	12-Apr-19	time	6.37	10.51	14.75	19.09	23.66	28.48	33.44	38.54	43.81	49.30		56.18	6 / 8			
reaction time	0.242	interval		4.14	4.24	4.34	4.57	4.82	4.96	5.10	5.27	5.49	6.88			12.72	14.35	15.86
		velocity	7.06	8.45	8.25	8.06	7.66	7.26	7.06	6.86	6.64	6.38	5.81	7.12		8.25	7.32	6.62
H1 lead leg	L	strides	21	16	16	16	16	15	16	16	16	16	18.7	182.7				
Kanbara, Daichi (JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2016 Japanese National Youth Championships (Mizuho, JPN)		<i>(2016.11.17) - https://twitter.com/touchdown_time/media?lang=en&lang=en&lang=en&lang=en</i>																
date	23-Oct-16	time				23.85				38.93				56.20	5 / 4			
reaction time		interval								15.08								
		velocity				7.76				6.96				7.12				
H1 lead leg		strides																
Yamane, Yusuke (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 Shimane High School Championships (Izumo, JPN)		<i>Shimizu (2020) - shimane high school championships 2020 - biomechanics data analysis</i>																
date	12-Jul-20	time	6.42	10.65	15.03	19.52	24.12	28.87	33.85	39.18	44.57	50.08		56.41	7 / 2			
reaction time		interval		4.23	4.38	4.49	4.60	4.75	4.98	5.33	5.39	5.51	6.33			13.10	14.33	16.23
		velocity	7.01	8.27	7.99	7.80	7.61	7.37	7.03	6.57	6.49	6.35	6.32	7.09		8.02	7.33	6.47
H1 lead leg		strides	22	15	15	15		15	15	16	16	17	20.7	181.7				
Gotoh, Keita (JPN) (1999)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2016 Japanese National Youth Championships (Mizuho, JPN)		<i>(2016.11.17) - https://twitter.com/touchdown_time/media?lang=en&lang=en&lang=en&lang=en</i>																
date	23-Oct-16	time				24.01				39.19				56.49	4 / 5			
reaction time		interval								15.18								
		velocity				7.71				6.92				7.08				
H1 lead leg		strides																
Chalmers, Alastair (GBR) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Semi-Final 3 - 2024 Olympic Games (Paris, FRA)		<i>Paris 2024 Olympic Games - Results Book (2024)</i>																
date	07-Aug-24	time	5.78	9.48	13.19	16.97	20.92	25.11	29.53	38.22	43.80	49.43		56.52	9 / 7			
reaction time	0.149	interval		3.70	3.71	3.78	3.95	4.19	4.42	8.69	5.58	5.63	7.09			11.19	12.56	19.90
		velocity	7.79	9.46	9.43	9.26	8.86	8.35	7.92	4.03	6.27	6.22	5.64	7.08		9.38	8.36	5.28
H1 lead leg	L	strides	20	13	13	13	13	14	15					101				

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

Kato, Ryosuke (JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Shimane High School Championships (Izumo, JPN)										<i>Shimizu (2019) - shimane high school championships 2019 - biomechanics data analysis</i>								
date	25-May-19	time	6.69	10.91	15.24	19.74	24.38	29.46	34.70	40.02	45.22	50.63		56.54	6 / 2			
reaction time		interval	4.22	4.33	4.50	4.64	5.08	5.24	5.32	5.20	5.41	5.91				13.05	14.96	15.93
		velocity	6.73	8.29	8.08	7.78	7.54	6.89	6.68	6.58	6.73	6.47	6.77	7.07		8.05	7.02	6.59
H1 lead leg		strides	23	15	15	15	15	15	17	17	17	17	20	186				
Gianessi, Paolo (ITA)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1992 Corridonia, ITA										<i>Partipilo (1994) - la distribuzione dello sforzo nei 400m ad ostacoli</i>								
date	31-May-92	time	6.84	11.47	16.18	20.93	25.67	27.7	30.50	35.51	40.51	45.63	50.80	56.70	???			
reaction time		interval		4.63	4.71	4.75	4.74	4.83	5.01	5.00	5.12	5.17	5.90			14.09	14.58	15.29
		velocity	6.58	7.56	7.43	7.37	7.38	7.22	7.25	6.99	7.00	6.84	6.77	6.78	7.05	7.45	7.20	6.87
H1 lead leg		strides	22	15	15	15	15	15	15	15	15	15	15	157				
Mizuguchi, Kai (JPN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2020 Japanese U20 National Championships (Hiroshima, JPN)										<i>Sugimoto (2020) - race pattern analysis of japan's top male and female 400m hurdlers- 2020 season</i>								
date	25-Oct-20	time	6.41	10.64	14.96	19.34	23.89	28.81	34.03	39.37	44.94	50.53		56.84	2 / 4			
reaction time	0.198	interval		4.23	4.32	4.38	4.55	4.92	5.22	5.34	5.57	5.59	6.31			12.93	14.69	16.50
		velocity	7.02	8.27	8.10	7.99	7.69	7.11	6.70	6.55	6.28	6.26	6.34	7.04		8.12	7.15	6.36
H1 lead leg	R	strides	21	14	14	14	14	15	15	15	17	16	155					
Song Weiwei (CHN) (2002)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U18 FINAL - 2019 Chinese National Youth Games (Taiyuan, CHN) (84cm)										<i>CAA Hurdle Development (2019)</i>								
date	17-Aug-19	time	6.63	10.82	15.18	19.54	24.20	29.28	34.48	39.80	45.12	50.68		56.87	3 / 8			
reaction time	0.186	interval		4.19	4.36	4.36	4.66	5.08	5.20	5.32	5.32	5.56	6.19			12.91	14.94	16.20
		velocity	6.79	8.35	8.03	8.03	7.51	6.89	6.73	6.58	6.58	6.29	6.46	7.03		8.13	7.03	6.48
H1 lead leg	L	strides	22	15	15	15	15	17	17	17	17	17	21	188				
Hong Zhewei (CHN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 FINAL - 2022 Shandong Provincial Games (Rizhao, CHN)										<i>Shandong Athletics Sport Science (2022)</i>								
date	03-Sep-22	time	6.54	10.65	14.99	19.22	23.68	28.36	33.20	38.14	43.78	49.79		56.98	2 / 8			
reaction time	0.251	interval		4.11	4.34	4.23	4.46	4.68	4.84	4.94	5.64	6.01	7.19			12.68	13.98	16.59
		velocity	6.88	8.52	8.06	8.27	7.85	7.48	7.23	7.09	6.21	5.82	5.56	7.02		8.28	7.51	6.33
H1 lead leg	L	strides	22	14	15	14	15	15	15	15	17	17	17	159				
Miyamura, Yushi (JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Shimane High School Championships (Izumo, JPN)										<i>Shimizu (2024) - shimane high school championships 2024 - biomechanics data analysis</i>								
date	25-May-24	time	6.88	11.37	15.72	20.18	24.87	29.77	34.87	40.05	45.47	51.22		57.10	6 / 1			
reaction time		interval		4.49	4.35	4.46	4.69	4.90	5.10	5.18	5.42	5.75	5.88			13.30	14.69	16.35
		velocity	6.54	7.80	8.05	7.85	7.46	7.14	6.86	6.76	6.46	6.09	6.80	7.01		7.89	7.15	6.42
H1 lead leg		strides	22	15	15	15	15	15	17	17	17	17	22	187				
Moriki, Hiroto (JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Shimane High School Championships (Izumo, JPN)										<i>Shimizu (2021) - shimane high school championships 2021 - biomechanics data analysis</i>								
date	29-May-21	time	6.93	11.47	16.10	20.78	25.63	30.53	35.63	40.80	46.05	51.32		57.17	5 / 2			
reaction time		interval		4.54	4.63	4.68	4.85	4.90	5.10	5.17	5.25	5.27	5.85			13.85	14.85	15.69
		velocity	6.49	7.71	7.56	7.48	7.22	7.14	6.86	6.77	6.67	6.64	6.84	7.00		7.58	7.07	6.69
H1 lead leg		strides	22	15	15	15	15	15	17	17	17	17	20.3	185.3				
Zhang Hongxi (CHN) (2001)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
U20 Heat 3 - 2019 Chinese National Youth Games (Taiyuan, CHN)										<i>CAA Hurdle Development (2019)</i>								
date	17-Aug-19	time	6.64	10.82	15.17	19.70	24.35	29.10	34.27	39.64	45.23	50.86		57.30	4 / 6			
reaction time	0.239	interval		4.18	4.35	4.53	4.65	4.75	5.17	5.37	5.59	5.63	6.44			13.06	14.57	16.59
		velocity	6.78	8.37	8.05	7.73	7.53	7.37	6.77	6.52	6.26	6.22	6.21	6.98		8.04	7.21	6.33
H1 lead leg	R	strides	23	15	15	15	15	15	17	17	17	17	17	166				
Sasaki, Teru (JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Shimane High School Championships (Izumo, JPN)										<i>Shimizu (2021) - shimane high school championships 2021 - biomechanics data analysis</i>								
date	29-May-21	time	6.75	11.25	15.87	20.58	25.47	30.57	35.80	41.10	46.38	51.77		57.30	4 / 3			
reaction time		interval		4.50	4.62	4.71	4.89	5.10	5.23	5.30	5.28	5.39	5.53			13.83	15.22	15.97
		velocity	6.67	7.78	7.58	7.43	7.16	6.86	6.69	6.60	6.63	6.49	7.23	6.98		7.59	6.90	6.57
H1 lead leg		strides	22	15	15	15	15	17	17	17	19	19	21.3	192.3				
Matsumoto, Tatsuki (JPN)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Shimane High School Championships (Izumo, JPN)										<i>Shimizu (2018) - shimane high school championships 2018 - biomechanics data analysis</i>								
date	26-May-18	time	6.55	11.10	15.70	20.45	25.32	30.30	35.35	40.53	46.02	51.50		57.39	5 / 4			
reaction time		interval		4.55	4.60	4.75	4.87	4.98	5.05	5.18	5.49	5.48	5.89			13.90	14.90	16.15
		velocity	6.87	7.69	7.61	7.37	7.19	7.03	6.93	6.76	6.38	6.39	6.79	6.97		7.55	7.05	6.50
H1 lead leg		strides	24	18	17	17	17	17	17	17	19	19	22	204				
Franca, Matteo (ITA)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1993 Bologna, ITA										<i>Partipilo (1994) - la distribuzione dello sforzo nei 400m ad ostacoli</i>								
date	01-Jul-93	time	6.79	11.17	15.71	20.31	25.36	27.5	30.34	35.41	40.57	46.09	51.40	57.40	???			
reaction time		interval		4.38	4.54	4.60	5.05	4.98	5.07	5.16	5.52	5.31	6.00			13.52	15.10	15.99
		velocity	6.63	7.99	7.71	7.61	6.93	7.27	7.03	6.90	6.78	6.34	6.59	6.67	6.97	7.77	6.95	6.57
H1 lead leg		strides	23	15	15	15	15	17	17	17	17	17	17	168				

Franca, Matteo (ITA)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 1993 Bologna, ITA			Partipilo (1994) - la distribuzione dello sforzo nei 400m ad ostacoli																
date	09-Sep-93	time	6.87	11.55	16.16	20.91	25.96	28.1	31.07	36.30	41.43	46.53	51.83		57.40	???			
reaction time		interval		4.68	4.61	4.75	5.05		5.11	5.23	5.13	5.10	5.30	5.57			14.04	15.39	15.53
		velocity	6.55	7.48	7.59	7.37	6.93	7.12	6.85	6.69	6.82	6.86	6.60	7.18	6.97		7.48	6.82	6.76
H1 lead leg		strides	23	15	15	15	15		16	16	17	17	17		166				
Sasaki, Teru (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	6.62	10.98	15.47	19.98	24.92		30.20	35.58	40.93	46.38	51.72		57.53	8 / 4			
reaction time		interval		4.36	4.49	4.51	4.94		5.28	5.38	5.35	5.45	5.34	5.81			13.36	15.60	16.14
		velocity	6.80	8.03	7.80	7.76	7.09		6.63	6.51	6.54	6.42	6.55	6.88	6.95		7.86	6.73	6.51
H1 lead leg		strides	22	15	15	15	17		17	17	17	17	17	21.5	190.5				
Widlund, Hampus (SWE) (1993)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2011 Fridrott (Stockholm, SWE)			Blomkvist (2011) - www.elitlandslag.se/SprintHack/LangSprintHack.aspx																
date	07-Jun-11	time	6.72	11.10	15.64	20.24	24.94		29.74	34.82	39.96	45.28	50.84		57.57	1 / 4			
reaction time		interval		4.38	4.54	4.60	4.70		4.80	5.08	5.14	5.32	5.56	6.73			13.52	14.58	16.02
		velocity	6.70	7.99	7.71	7.61	7.45		7.29	6.89	6.81	6.58	6.29	5.94	6.95		7.77	7.20	6.55
H1 lead leg	R	strides		14	14	14	14		15		15	15	17	19	137				
Makita, Akira (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	6.82	11.38	16.05	20.78	25.60		30.38	35.57	40.87	46.15	51.47		57.59	9 / 5			
reaction time		interval		4.56	4.67	4.73	4.82		4.78	5.19	5.30	5.28	5.32	6.12			13.96	14.79	15.90
		velocity	6.60	7.68	7.49	7.40	7.26		7.32	6.74	6.60	6.63	6.58	6.54	6.95		7.52	7.10	6.60
H1 lead leg		strides	22	15	15	15	15		15	17	17	17	17	21	186				
Kamata, Mao (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	6.85	11.41	16.12	20.94	25.90		31.07	36.30	41.54	46.77	51.99		57.61	9 / 3			
reaction time		interval		4.56	4.71	4.82	4.96		5.17	5.23	5.24	5.23	5.22	5.62			14.09	15.36	15.69
		velocity	6.57	7.68	7.43	7.26	7.06		6.77	6.69	6.68	6.69	6.70	7.12	6.94		7.45	6.84	6.69
H1 lead leg		strides	24	17	17	17	17		17	17	17	17	17	20	197				
Matsumoto, Tatsuki (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	6.64	11.26	15.91	20.58	25.36		30.53	35.87	41.30	46.64	51.96		57.83	8 / 4			
reaction time		interval		4.62	4.65	4.67	4.78		5.17	5.34	5.43	5.34	5.32	5.87			13.94	15.29	16.09
		velocity	6.78	7.58	7.53	7.49	7.32		6.77	6.55	6.45	6.55	6.58	6.81	6.92		7.53	6.87	6.53
H1 lead leg		strides	23	17	17	17	17		17	19	19	19	19	22	206				
Nakai, Sora (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	6.55	10.89	15.44	20.23	25.18		30.38	35.88	41.47	46.91	52.33		57.91	4 / 5			
reaction time		interval		4.34	4.55	4.79	4.95		5.20	5.50	5.59	5.44	5.42	5.58			13.68	15.65	16.45
		velocity	6.87	8.06	7.69	7.31	7.07		6.73	6.36	6.26	6.43	6.46	7.17	6.91		7.68	6.71	6.38
H1 lead leg		strides	24	15	15	17	17		17	19	19	19	19	21	202				
Morita, Mitsunori (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	6.57	11.04	15.66	20.46	25.28		30.28	35.55	41.42	46.86	52.43		58.05	7 / 6			
reaction time		interval		4.47	4.62	4.80	4.82		5.00	5.27	5.87	5.44	5.57	5.62			13.89	15.09	16.88
		velocity	6.85	7.83	7.58	7.29	7.26		7.00	6.64	5.96	6.43	6.28	7.12	6.89		7.56	6.96	6.22
H1 lead leg		strides	21	15	15	15	15		15	16	18	17	17	20	184				
Song Xuanrui (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) (84cm)			Shandong Athletics Sport Science (2022)																
date	03-Sep-22	time	6.58	11.18	15.82	20.58	25.56		30.75	36.02	41.26	46.55	51.92		58.06	8 / 5			
reaction time	0.202	interval		4.60	4.64	4.76	4.98		30.75	5.27	5.24	5.29	5.37	6.14			14.00	15.44	15.90
		velocity	6.84	7.61	7.54	7.35	7.03		1.14	6.64	6.68	6.62	6.52	6.51	6.89		7.50	6.80	6.60
H1 lead leg	L	strides	22	15	15	15	15		15	15	15	15	15	18	175				
Kawaguchi, Takuto (JPN)			H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2016 Japanese National Youth Championships (Mizuho, JPN)			(2016.11.17) - https://twitter.com/touchdown_time/media?lang=en&lang=en&lang=en&lang=en																
date	23-Oct-16	time				24.15					39.79				58.08	6 / 6			
reaction time		interval									15.64								
		velocity				7.66					6.71			6.89					
H1 lead leg		strides																	
Ito, Masanao (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	6.70	11.13	15.67	20.40	25.28		30.52	35.68	41.18	46.75	52.23		58.32	1 / 2			
reaction time		interval		4.43	4.54	4.73	4.88		5.24	5.16	5.50	5.57	5.48	6.09			13.70	15.28	16.55
		velocity	6.72	7.90	7.71	7.40	7.17		6.68	6.78	6.36	6.28	6.39	6.57	6.86		7.66	6.87	6.34
H1 lead leg		strides	23	16	16	16	16		17	17	17	17	17	20	192				

Li Guancheng (CHN) (2002)																
H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2021 Chinese National Championships (Chongqing, CHN)													CAA Hurdle Development (2021)			
date	26-Jun-21	time	6.22	10.43	14.81	19.28	23.96		28.56	33.68	39.41		58.41	2 / 6		
reaction time	0.211	interval		4.21	4.38	4.47	4.68		4.60	5.12	5.73				13.06	14.40
		velocity	7.23	8.31	7.99	7.83	7.48		7.62	6.83	6.11		6.85		8.04	7.29
H1 lead leg	L	strides	21	14	14	14	14		14	16		107				
Yamauka, Yuki (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	7.43	12.60	17.38	22.12	26.92		32.12	37.13	42.37	47.62	52.95	58.48	7 / 2	
reaction time		interval		5.17	4.78	4.74	4.80		5.20	5.01	5.24	5.25	5.33	5.53		14.69 15.01 15.82
		velocity	6.06	6.77	7.32	7.38	7.29		6.73	6.99	6.68	6.67	6.57	7.23	6.84	7.15 7.00 6.64
H1 lead leg		strides	23	16	15	15	15		16	16	16	17	17	19	185	
Sota, Yamane (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	6.88	11.45	15.95	20.52	25.28		30.15	35.30	40.57	46.12	52.18	58.49	8 / 3	
reaction time		interval		4.57	4.50	4.57	4.76		4.87	5.15	5.27	5.55	6.06	6.31		13.64 14.78 16.88
		velocity	6.54	7.66	7.78	7.66	7.35		7.19	6.80	6.64	6.31	5.78	6.34	6.84	7.70 7.10 6.22
H1 lead leg		strides	23	15	15	15	15		15	17	17	16	18	20	186	
Wang Yijie (CHN) (1997)																
H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 Chinese World Championship Trials (Shenyang, CHN)													CAA Hurdle Development (2019)			
date	03-Aug-19	time	6.85	11.40	16.12	20.75	25.58		30.50	35.52	40.58	45.70	51.28	58.62	7 / 4	
reaction time	0.318	interval		4.55	4.72	4.63	4.83		4.92	5.02	5.06	5.12	5.58	7.34		13.90 14.77 15.76
		velocity	6.57	7.69	7.42	7.56	7.25		7.11	6.97	6.92	6.84	6.27	5.45	6.82	7.55 7.11 6.66
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	15	15	21	179	
Li Mingyu (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) (84cm)													Shandong Athletics Sport Science (2022)			
date	03-Sep-22	time	6.76	11.18	15.82	20.47	25.41		30.47	35.57	41.13	46.77	52.61	58.67	2 / 6	
reaction time	0.231	interval		4.42	4.64	4.65	4.94		30.47	5.10	5.56	5.64	5.84	6.06		13.71 15.10 17.04
		velocity	6.66	7.92	7.54	7.53	7.09		1.15	6.86	6.29	6.21	5.99	6.60	6.82	7.66 6.95 6.16
H1 lead leg	R	strides	22	15	15	15	15		15	15	17	17	17	19	182	
Okamoto, Gen (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	7.02	11.67	16.42	21.18	26.10		31.07	36.38	41.80	47.22	52.63	58.73	4 / 6	
reaction time		interval		4.65	4.75	4.76	4.92		4.97	5.31	5.42	5.42	5.41	6.10		14.16 15.20 16.25
		velocity	6.41	7.53	7.37	7.35	7.11		7.04	6.59	6.46	6.46	6.47	6.56	6.81	7.42 6.91 6.46
H1 lead leg		strides	25	17	17	16	16		16	17	17	17	18	21	197	
Wang Daojun (CHN) (2000)																
H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 Chinese World Championship Trials (Shenyang, CHN)													CAA Hurdle Development (2019)			
date	03-Aug-19	time	6.28	10.47	14.61	18.78	23.00		27.38	31.86	36.42	42.82	50.44	58.75	5 / 5	
reaction time	0.229	interval		4.19	4.14	4.17	4.22		4.38	4.48	4.56	6.40	7.62	8.31		12.50 13.08 18.58
		velocity	7.17	8.35	8.45	8.39	8.29		7.99	7.81	7.68	5.47	4.59	4.81	6.81	8.40 8.03 5.65
H1 lead leg	L	strides	21	14	14	14	14		15	15	15	17	19	21.5	179.5	
Minami, Ren (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	7.08	11.92	16.62	21.33	26.23		31.28	36.40	41.68	47.18	52.98	58.99	5 / 4	
reaction time		interval		4.84	4.70	4.71	4.90		5.05	5.12	5.28	5.50	5.80	6.01		14.25 15.07 16.58
		velocity	6.36	7.23	7.45	7.43	7.14		6.93	6.84	6.63	6.36	6.03	6.66	6.78	7.37 6.97 6.33
H1 lead leg		strides	23	17	15	15	15		15	17	17	17	19	22	192	
Tsusumi, Takuto (JPN)																
H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2023 Shimane High School Championships (Izumo, JPN)													Shimizu (2023) - shimane high school championships 2023 - biomechanics data analysis			
date	27-May-23	time	6.75	11.10	15.57	20.15	25.00		30.22	35.52	40.95	47.10	52.97	59.04	6 / 3	
reaction time		interval		4.35	4.47	4.58	4.85		5.22	5.30	5.43	6.15	5.87	6.07		13.40 15.37 17.45
		velocity	6.67	8.05	7.83	7.64	7.22		6.70	6.60	6.45	5.69	5.96	6.59	6.78	7.84 6.83 6.02
H1 lead leg		strides	22	15	15	15	15		17	17	17	18	18	21.2	190.2	
Miyamura, Yushi (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	6.95	11.53	16.18	21.00	25.88		31.27	36.75	42.30	47.75	53.35	59.11	3 / 4	
reaction time		interval		4.58	4.65	4.82	4.88		5.39	5.48	5.55	5.45	5.60	5.76		14.05 15.75 16.60
		velocity	6.47	7.64	7.53	7.26	7.17		6.49	6.39	6.31	6.42	6.25	6.94	6.77	7.47 6.67 6.33
H1 lead leg		strides	22	15	15	15	15		17	17	17	17	17	22.8	189.8	
Nitta, Dai (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	7.00	11.47	16.20	21.08	26.32		31.73	37.08	42.45	47.87	53.23	59.12	2 / 5	
reaction time		interval		4.47	4.73	4.88	5.24		5.41	5.35	5.37	5.42	5.36	5.89		14.08 16.00 16.15
		velocity	6.43	7.83	7.40	7.17	6.68		6.47	6.54	6.52	6.46	6.53	6.79	6.77	7.46 6.56 6.50
H1 lead leg		strides	23	15	15	15	16		18	17	17	17	17	20.4	190.4	

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

Shimada, Kazuya (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)																			
date		25-May-24	time	7.20	12.10	17.00	21.87	26.78		31.87	36.93	42.02	47.42	53.10	59.39	9 / 5			
reaction time			interval		4.90	4.90	4.87	4.91		5.09	5.06	5.09	5.40	5.68	6.29		14.67	15.06	16.17
			velocity	6.25	7.14	7.14	7.19	7.13		6.88	6.92	6.88	6.48	6.16	6.36	6.74	7.16	6.97	6.49
H1 lead leg			strides	23	17	17	17	17		17	17	17	17	18	22	199			
Shimizu (2024) - shimane high school championships 2024 - biomechanics data analysis																			
Wang Yijie (CHN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 4 - 2021 Chinese National Championships (Chongqing, CHN)																			
date		26-Jun-21	time	6.48	11.11	15.79	20.77	25.86			36.19			59.46	6 / 6				
reaction time		0.162	interval		4.63	4.68	4.98	5.09			10.33						14.29	15.42	
			velocity	6.94	7.56	7.48	7.03	6.88			6.78			6.73			7.35	6.81	
H1 lead leg		L	strides	24	17	17	17	17						92					
CAA Hurdle Development (2021)																			
Xu Xin (MAC) (2000)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
U20 Heat 2 - 2019 Chinese National Youth Games (Taiyuan, CHN)																			
date		17-Aug-19	time	6.34	10.62	15.00	19.52	24.23		29.38	34.80	40.40	46.16	52.40	59.60	4 / 5			
reaction time		0.176	interval		4.28	4.38	4.52	4.71		5.15	5.42	5.60	5.76	6.24	7.20		13.18	15.28	17.60
			velocity	7.10	8.18	7.99	7.74	7.43		6.80	6.46	6.25	6.08	5.61	5.56	6.71	7.97	6.87	5.97
H1 lead leg		L	strides	23	15	15	15	15		15	15	17	17	19	166				
CAA Hurdle Development (2019)																			
Long Wei (CHN) (1997)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 2 - 2019 Chinese World Championship Trials (Shenyang, CHN)																			
date		03-Aug-19	time	7.01	11.70	16.40	21.15	26.09		31.31	36.89	42.34		53.38	59.62	3 / 6			
reaction time		0.252	interval		4.69	4.70	4.75	4.94		5.22	5.58	5.45		11.04	6.24		14.14	15.74	16.49
			velocity	6.42	7.46	7.45	7.37	7.09		6.70	6.27	6.42		6.34	6.41	6.71	7.43	6.67	6.37
H1 lead leg		L	strides	22	15	15	15	15		15	17	17		19.2	150.2				
CAA Hurdle Development (2019)																			
Nitta, Takaya (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)																			
date		12-Jul-20	time	6.67	11.23	15.93	20.80	25.80		30.80	35.95	41.33	47.13	53.07	59.62	4 / 3			
reaction time			interval		4.56	4.70	4.87	5.00		5.00	5.15	5.38	5.80	5.94	6.55		14.13	15.15	17.12
			velocity	6.75	7.68	7.45	7.19	7.00		7.00	6.80	6.51	6.03	5.89	6.11	6.71	7.43	6.93	6.13
H1 lead leg			strides	24	16	16	17	17		17	17	17	19	19	22.5	201.5			
Shimizu (2020) - shimane high school championships 2020 - biomechanics data analysis																			
Yano, Hisho (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)																			
date		27-May-23	time	6.87	11.60	16.37	21.28	26.30		31.55	37.08	42.70	48.45	54.13	60.33	7 / 6			
reaction time			interval		4.73	4.77	4.91	5.02		5.25	5.53	5.62	5.75	5.68	6.20		14.41	15.80	17.05
			velocity	6.55	7.40	7.34	7.13	6.97		6.67	6.33	6.23	6.09	6.16	6.45	6.63	7.29	6.65	6.16
H1 lead leg			strides	22	15	15	15	15		16	17	17	18	17	20	187			
Shimizu (2023) - shimane high school championships 2023 - biomechanics data analysis																			
Wang Qi (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) (84cm)																			
date		03-Sep-22	time	6.63	10.86	15.15	19.64	24.43		29.65	35.21	41.20	47.05	53.31	60.58	7 / 7			
reaction time		0.276	interval		4.23	4.29	4.49	4.79		29.65	5.56	5.99	5.85	6.26	7.27		13.01	15.57	18.10
			velocity	6.79	8.27	8.16	7.80	7.31		1.18	6.29	5.84	5.98	5.59	5.50	6.60	8.07	6.74	5.80
H1 lead leg		L	strides	23	14	15	15	15		16	17	18	17	18	22	190			
Shandong Athletics Sport Science (2022)																			
Sotono, Haru (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 - 2020 Shimane High School Championships (Izumo, JPN)																			
date		12-Jul-20	time	6.75	11.37	16.20	21.03	26.10		31.27	36.60	42.37	48.48	54.65	61.63	3 / 4			
reaction time			interval		4.62	4.83	4.83	5.07		5.17	5.33	5.77	6.11	6.17	6.98		14.28	15.57	18.05
			velocity	6.67	7.58	7.25	7.25	6.90		6.77	6.57	6.07	5.73	5.67	5.73	6.49	7.35	6.74	5.82
H1 lead leg			strides	22	15	15	15	15		15	15	17	17	17	20	183			
Shimizu (2020) - shimane high school championships 2020 - biomechanics data analysis																			
Tamesue, Dai (JPN) (1978)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
Heat 8 - 2000 Olympic Games (Sydney, AUS)																			
date		24-Sep-00	time	5.78	9.38	13.14	16.98	20.98		25.18	29.66	34.30	fell down		61.81	1 / 8			
reaction time		0.256	interval		3.60	3.76	3.84	4.00		4.20	4.48	4.64					11.20	12.68	
			velocity	7.79	9.72	9.31	9.11	8.75		8.33	7.81	7.54			6.47		9.38	8.28	
H1 lead leg			strides		13	13	13	13		14	14	15	17		112				
Ditroilo (2001) - analysis of the race distribution for male 400m hurdlers competing at the 2000 sydney olympic games																			
Pan Yining (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) (84cm)																			
date		03-Sep-22	time	6.78	11.22	15.79	20.51	25.56		31.25	36.99	42.70	48.84		62.12	1 / 8			
reaction time		0.236	interval		4.44	4.57	4.72	5.05		31.25	5.74	5.71	6.14				13.73	16.48	
			velocity	6.64	7.88	7.66	7.42	6.93		1.12	6.10	6.13	5.70		6.44		7.65	6.37	
H1 lead leg		L	strides	24	15	15	15	15		17	17	17	17		152				
Shandong Athletics Sport Science (2022)																			
Bellaabouss, Fadil (FRA) (1986)		H1	H2	H3	H4	H5	200m	H6	H7	H8	H9	H10	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10	
FINAL - 2010 European Championships (Barcelona, ESP)																			
date		31-Jul-10	time	6.2	10.3	14.5								62.94	8 / 8				
reaction time		0.180	interval		4.1	4.2													
			velocity	7.26	8.54	8.33								6.36					
H1 lead leg		L	strides	21	14	14								49					
Behm (2010) - les haies bases																			

Mucheru, Bonface (KEN) (1992)																			
FINAL - 2016 Athletissime (Laussane, SUI) (TV Analysis)																			
date	25-Aug-16	time	5.96	9.67	13.46	17.30	21.20		25.26	29.56	34.00	38.50	44.73	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
reaction time	0.153	interval		3.71	3.79	3.84	3.90		4.06	4.30	4.44	4.50	6.23	23.32		5 / 7	11.34	12.26	15.17
		velocity	7.55	9.43	9.23	9.11	8.97		8.62	8.14	7.88	7.78	5.62	1.72	5.88		9.26	8.56	6.92
H1 lead leg	R	strides	22	13	13	13	13		13	15	15	15	17		149				
Herbert, Llewellyn (RSA) (1977)																			
FINAL - 2003 IAAF World Championships (Paris, FRA)																			
date	29-Aug-03	time	6.1	9.8	13.7	17.6	21.6		25.5	29.6	33.7	38.0	42.8	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
reaction time	0.149	interval		3.7	3.9	3.9	4.0		3.9	4.1	4.1	4.3	4.8	29.30		8 / 8	11.50	12.00	13.20
		velocity	7.38	9.46	8.97	8.97	8.75		8.97	8.54	8.54	8.14	7.29	1.37	5.55		9.13	8.75	7.95
H1 lead leg	R	strides	22	14	14	14	14		14	14	15	15	16		152				
Hyde, Jaheel (JAM) (1997)																			
Semi-Final 3 - 2020 Olympic Games (Tokyo, JPN) (TV Analysis)																			
date	01-Aug-21	time	5.76	9.43	13.10	16.83	20.73		24.76	29.00	33.56			Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
reaction time	0.159	interval		3.67	3.67	3.73	3.90		4.03	4.24	4.56					4 / 8	11.07	12.17	
		velocity	7.81	9.54	9.54	9.38	8.97		8.68	8.25	7.68			4.58			9.49	8.63	
H1 lead leg	L	strides	22	13	13	13	13		14	14	15			117					
Büttner, Dieter (FRG) (1949)																			
Semi-Final 2 - 1972 Olympic Games (Munich, FRG)																			
date	02-Sep-72	time					21.4			30.2			44.7	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
reaction time		interval								8.80			14.50			2 / --			14.50
		velocity					8.64			7.95			7.24						7.24
H1 lead leg		strides																	
Moses, Edwin (USA) (1955)																			
FINAL - 1987 Meeting BNP D'Athletisme (Paris, FRA)																			
date	16-Jul-87	time	5.8	9.4	13.0	16.7	20.4		24.3	28.4	32.8	37.7		Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
reaction time		interval		3.6	3.6	3.7	3.7		3.9	4.2	4.4	5.0				/ --	10.90	11.76	
		velocity	7.83	9.67	9.70	9.54	9.41		9.00	8.43	8.03	7.04			dnf		9.63	8.93	
H1 lead leg		strides													fell				
Yego, Gideon (KEN) (1960)																			
Semi-Final 2 - 1988 Olympic Games (Seoul, KOR)																			
date	24-Sep-88	time	6.20	10.14	14.07	18.06	22.17		26.30	30.55	34.93	39.60		Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
reaction time		interval		3.94	3.93	3.99	4.11		4.13	4.25	4.38	4.67				8 / --	11.86	12.49	
		velocity	7.26	8.88	8.91	8.77	8.52		8.47	8.24	7.99	7.49					8.85	8.41	
H1 lead leg		strides	22	15	15	15	15		15	15	15	15			142				
Rawlinson, Christopher (GBR) (1972)																			
FINAL - 2002 European Championships (Munich, GER)																			
date	09-Aug-02	time	6.30	10.24	14.28									Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
reaction time	0.160	interval		3.94	4.04											/ --			
		velocity	7.14	8.88	8.66														
H1 lead leg		strides																	
Williams, Derrick (USA) (1982)																			
FINAL - 2006 USATF National Championships (Indianapolis, IN)																			
date	24-Jun-06	time	5.92	9.61	13.48	17.35	21.34		25.51	29.81	34.23	38.79	43.63	Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
reaction time		interval		3.69	3.87	3.87	3.99		4.17	4.30	4.42	4.56	4.84			7 / --	11.43	12.46	13.82
		velocity	7.60	9.49	9.04	9.04	8.77		8.39	8.14	7.92	7.68	7.23				9.19	8.43	7.60
H1 lead leg	R	strides	22	14	14	14	14		15	15	15	15	16		154				
Prince, Damian (USA) (1986)																			
Heat 1 - 2007 USATF National Championships (Indianapolis, IN)																			
date	21-Jun-07	time	6.01	9.79	13.66	17.65	21.89		26.38	30.83	35.48	40.55		Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
reaction time		interval		3.78	3.87	3.99	4.24		4.49	4.45	4.65	5.07				8 / --	11.64	13.18	
		velocity	7.49	9.26	9.04	8.77	8.25		7.80	7.87	7.53	6.90					9.02	7.97	
H1 lead leg	L	strides	22	14	14	14	14		15	15	15	16			139				
Kunkel, Adam (CAN) (1981)																			
FINAL - 2007 IAAF World Championships (Osaka, JPN)																			
date	28-Aug-07	time	5.8	9.5	13.3	17.3	21.9							Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
reaction time	0.181	interval		3.7	3.8	4.0	4.6									3 / --	11.50		
		velocity	7.76	9.46	9.21	8.75	7.61										9.13		
H1 lead leg	L	strides	21	13	14	14	14								76				
Green, Jack (GBR) (1991)																			
FINAL - 2016 European Championships (Amsterdam, NED) (TV Analysis)																			
date	08-Jul-16	time	6.08	10.00	13.96	18.12	22.24							Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
reaction time	0.187	interval		3.92	3.96	4.16	4.12									2 / --	12.04		
		velocity	7.40	8.93	8.84	8.41	8.50										8.72		
H1 lead leg	L	strides	22	14		14	14								64				

Mucheru, Bonface (KEN) (1992)													Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2016 Weltklasse (Zürich, SUI) (TV Analysis)													Henson (2020) - Athlete First: 2016 year end hurdle report					
date	01-Sep-16	time	6.24										dnf	5 / 8				
reaction time	0.132	interval																
		velocity	7.21															
H1 lead leg	R	strides	22											22				
Lambrughi, Mario (ITA) (1992)													Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Golden Gala Pietro Mennea (Rome, ITA) (TV Analysis)													Henson (2020) - Athlete First: 2018 year end hurdle report					
date	31-May-18	time	5.84	9.80	13.76	17.88							dnf	1 / --				
reaction time	0.135	interval	3.96	3.96	4.12										12.04			
		velocity	7.71	8.84	8.84	8.50									8.72			
H1 lead leg	R	strides	22	14	14	14							64					
McMaster, Kyron (IVB) (1997)													Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Athletissima (Lausanne, SUI) (TV Analysis)													Henson (2020) - Athlete First: 2018 year end hurdle report					
date	05-Jul-18	time	5.60	9.16	12.76	16.48							dnf	4 / --				
reaction time	0.162	interval		3.56	3.60	3.72									10.88			
		velocity	8.04	9.83	9.72	9.41									9.65			
H1 lead leg	L	strides	21	13	13	13							60					
Green, Jack (GBR) (1991)													Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2018 Müller Anniversary Games (London, GBR) (TV Analysis)													Henson (2020) - Athlete First: 2018 year end hurdle report					
date	21-Jul-18	time	6.08	9.96									dnf	2 / --				
reaction time	0.180	interval		3.88														
		velocity	7.40	9.02														
H1 lead leg	R	strides	22	14									36					
McMaster, Kyron (IVB) (1997)													Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2019 Müller Anniversary Games (London, GBR) (TV Analysis)													Henson (2020) - Athlete First: 2019 year end hurdle report					
date	20-Jul-19	time	5.88										dnf	6 / --				
reaction time	0.190	interval																
		velocity	7.65															
H1 lead leg	L	strides	21										21					
Xu Zhihang (CHN) (1997)													Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 1 - 2019 Chinese World Championship Trials (Shenyang, CHN)													CAA Hurdle Development (2019)					
date	03-Aug-19	time	6.72	11.31									dnf	4 / --				
reaction time		interval		4.59														
		velocity	6.70	7.63														
H1 lead leg	L	strides	22	15									37					
Preis, Constantin (GER) (1998)													Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 ISTAF (Berlin, GER) (TV Analysis)													Henson (2020) - Athlete First: 2020 year end hurdle report					
date	13-Sep-20	time	6.04		13.92	17.88		26.20					dnf	5 / --				
reaction time	0.240	interval			7.88	3.96		8.32							11.84			
		velocity	7.45		8.88	8.84		8.41							8.87			
H1 lead leg	L	strides	22			14							36					
Xu Zhihang (CHN) (1997)													Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 National Grand Prix (Chengdu, CHN)													CAA Hurdle Development (2021)					
date	02-Apr-21	time	6.41	10.65	15.01	19.43	23.98	28.71	33.61	38.82	44.03		nt	5 / 8				
reaction time	0.264	interval	4.24	4.36	4.42	4.55		4.73	4.90	5.21	5.21				13.02	14.18		
		velocity	7.02	8.25	8.03	7.92	7.69	7.40	7.14	6.72	6.72				8.06	7.40		
H1 lead leg	L	strides	21	14	14	14	14	14	14	15	15		135					
Pirjahan, Mahdi (IRI) (1999)													Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
B FINAL - 2021 Doha Diamond League (Doha, QAT) (TV Analysis)													Henson (2021) - Athlete First: 2021 year end hurdle report					
date	28-May-21	time	5.97	9.93	13.93	17.97	22.17	24.1	26.50	30.90	35.30	39.90	dnf	7 / --				
reaction time	0.138	interval		3.96	4.00	4.04	4.20		4.33	4.40	4.40	4.60			12.00	12.93		
		velocity	7.54	8.84	8.75	8.66	8.33	8.30	8.08	7.95	7.95	7.61			8.75	8.12		
H1 lead leg	L	strides	20	14	13	13	13		13	13	13	13		125				
Yang Baichuan (CHN) (1995)													Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
Heat 2 - 2021 Chinese National Championships (Chongqing, CHN)													CAA Hurdle Development (2021)					
date	26-Jun-21	time	6.25	10.19	14.33	18.50	22.70		27.09	31.61	36.27	41.11	46.34	fell	4 / --			
reaction time	0.176	interval		3.94	4.14	4.17	4.20		4.39	4.52	4.66	4.84	5.23		DQ	12.25	13.11	
		velocity	7.20	8.88	8.45	8.39	8.33		7.97	7.74	7.51	7.23	6.69			8.57	8.01	
H1 lead leg	L	strides	23	15	15	15	15		15	15	15	15	17		160		7.13	
Valliant, Ludvy (FRA) (1995)													Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Bislett Games (Oslo, NOR) (TV Analysis)													Henson (2021) - Athlete First: 2021 year end hurdle report					
date	01-Jul-21	time	5.96	9.66	13.44	17.40	21.46		25.68		34.62		dnf	8 / --				
reaction time	0.245	interval		3.70	3.78	3.96	4.06		4.22		8.94				11.44			
		velocity	7.55	9.46	9.26	8.84	8.62		8.29		7.83				9.18			
H1 lead leg	R	strides	21	13	13	13	13		13					86				

Barr, Thomas (IRL) (1992)																
FINAL - 2021 Bislett Games (Oslo, NOR) (TV Analysis)																
date	01-Jul-21	time	5.98	9.78												
reaction time	0.147	interval		3.80												
		velocity	7.53	9.21												
H1 lead leg	R	strides	21	14												
															35	
McMaster, Kyron (IVB) (1997)																
FINAL - 2021 Bauhaus Galan (Stockholm, SWE) (TV Analysis)																
date	04-Jul-21	time	5.60	9.08	12.76	16.52	20.36	22.1	24.32	28.44	32.80	37.68	42.84			
reaction time	0.177	interval		3.48	3.68	3.76	3.84		3.96	4.12	4.36	4.88	5.16			
		velocity	8.04	10.06	9.51	9.31	9.11	9.05	8.84	8.50	8.03	7.17	6.78		10.92	11.92
H1 lead leg	L	strides		13	13	13	13		13	13	14	15	15		9.62	8.81
																7.29
															122	
Bailey, Aldrich (USA) (1994)																
FINAL - 2021 Herculis Meeting International d'Athlétisme (Monaco, MON) (TV Analysis)																
date	09-Jul-21	time	5.94	9.64	13.44	17.31	21.33	23.4	25.52	29.96	34.40					
reaction time	0.225	interval		3.70	3.80	3.87	4.02		4.19	4.44	4.44					
		velocity	7.58	9.46	9.21	9.04	8.71	8.55	8.35	7.88	7.88				11.37	12.65
H1 lead leg	L	strides	21	13	13	13	13		13	14	14				9.23	8.30
																114
Warholm, Karsten (NOR) (1996)																
FINAL - FINAL - 2022 Prefontaine Classic (Eugene, OR) (TV Analysis)																
date	05-Jun-22	time	5.67													
reaction time	0.163	interval														
		velocity	7.94													
H1 lead leg	L	strides	20													
																20
Sibilio, Alessandro (ITA) (1999)																
FINAL - 2023 Herculis Meeting International d'Athlétisme (Monaco, MON)																
date	21-Jul-23	time	5.76	9.43	13.21	17.00										
reaction time	0.126	interval		3.67	3.78	3.79										
		velocity	7.81	9.54	9.26	9.23									11.24	
H1 lead leg	R	strides	21	13	13	13									9.34	
																60
Clarke, Roshawn (JAM) (2004)																
FINAL - 2023 Weltklasse (Zürich, SUI)																
date	31-Aug-23	time	5.70	9.48	13.31	17.18	21.21		26.79							
reaction time	0.175	interval		3.78	3.83	3.87	4.03		5.58						11.48	
		velocity	7.89	9.26	9.14	9.04	8.68		6.27						9.15	
H1 lead leg	L	strides	22	14			14									50
Ducos, Clement (FRA) (2001)																
FINAL - 2024 NCAA Championships (Eugene, OR) (TV Analysis)																
date	07-Jun-24	time	5.89	9.64												
reaction time		interval		3.75												
		velocity	7.64	9.33												
H1 lead leg	L	strides	20	13												33
Wällgren, Karl (SWE) (2001)																
Heat 1 - 2024 European Athletics Championships (Roma, ITA)																
date	09-Jun-24	time	5.96	9.93	13.96											
reaction time	0.216	interval		3.97	4.03											
		velocity	7.55	8.82	8.68											
H1 lead leg		strides														
Dean, Caleb (USA) (2001)																
FINAL - 2024 USA Olympic Trials (Eugene, OR)																
date	30-Jun-24	time	5.63	9.26	12.97	16.74	20.55	22.35	24.59	28.85	33.38					
reaction time		interval		3.63	3.71	3.77	3.81		4.04	4.26	4.53					
		velocity	7.99	9.64	9.43	9.28	9.19	8.95	8.66	8.22	7.73				11.11	12.11
H1 lead leg	R	strides	20	13	13	13	13		13	14	14				9.45	8.67
																113
Abakar, Ismail Doudai (QAT) (2004)																
Heat 5 - 2024 Olympic Games (Paris, FRA)																
date	05-Aug-24	time	5.79	9.45	13.24	17.07										
reaction time	0.177	interval		3.66	3.79	3.83										
		velocity	7.77	9.56	9.23	9.14									11.28	
H1 lead leg	L	strides	20	13	13	13									9.31	
																59
Clarke, Roshawn (JAM) (2004)																
FINAL - 2024 Olympic Games (Paris, FRA)																
date	09-Aug-24	time	5.54	9.13	12.77	16.46	20.30		24.31	28.42	32.73	37.25	42.03			
reaction time	0.195	interval		3.59	3.64	3.69	3.84		4.01	4.11	4.31	4.52	4.78			
		velocity	8.12	9.75	9.62	9.49	9.11		8.73	8.52	8.12	7.74	7.32		10.92	11.96
H1 lead leg	R	strides	21	14	13	13	13		14	14	15	15	15		9.62	8.78
																7.71
																147

Warholm, Karsten (NOR) (1996)										Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2025 Xiamen Diamond League (Xiamen, CHN) (300m Hurdles)										Omega Timing (2025) - diamond league race analysis					
date	26-Apr-25	time	6.04	9.52	13.12	16.74	20.49		24.40	28.35	33.05	7 / 1			
reaction time		interval		3.48	3.60	3.62	3.75		3.91	3.95	4.70	WR	10.70	11.61	
		velocity	7.45	10.05	9.73	9.67	9.33		8.95	8.86	8.51	9.08	9.81	9.04	
H1 lead leg	L	strides	22	13	13	13	13		13	13	17	117			
Warholm, Karsten (NOR) (1996)										Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2021 Bislett Night of Highlights (Oslo, NOR) (TV Analysis) (300m Hurdles)										Henson (2021) - Athlete First: 2021 Karsten Warholm 400m Hurdles World Record Season					
date	04-Jun-21	time	6.12	9.60	13.16	16.78	20.60		24.52	28.58	33.26	7 / 1			
reaction time		interval		3.48	3.56	3.62	3.82		3.92	4.06	4.68	WB PB	10.66	11.80	
		velocity	8.17	10.06	9.83	9.67	9.16		8.93	8.62	8.55	9.02	9.85	8.90	
H1 lead leg	L	strides	23	13	13	13	13		13	13	17	118			
Warholm, Karsten (NOR) (1996)										Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2024 Trond Mohn Games (Bergen, NOR) (300m Hurdles) (TV Analysis)										Henson (2024) - Athlete First: 2024 year end hurdle report					
date	22-May-24	time	6.21	9.61	13.20	16.83	20.60		24.53	28.56	33.28	7 / 1			
reaction time		interval		3.40	3.59	3.63	3.77		3.93	4.03	4.72		10.62	11.73	
		velocity	7.25	10.29	9.75	9.64	9.28		8.91	8.68	8.47	9.01	9.89	8.95	
H1 lead leg	L	strides	22	13	13	13	13		13	13	17	117			
Warholm, Karsten (NOR) (1996)										Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2020 Impossible Games (Oslo, NOR) (TV Analysis) (300m Hurdles)										Henson (2020) - Athlete First: 2020 year end hurdle report					
date	11-Jun-20	time	6.24	9.74	13.38	17.15	21.02		25.02	29.13	33.78	7 / 1			
reaction time	0.182	interval		3.50	3.64	3.77	3.87		4.00	4.11	4.65	WB PB	10.91	11.98	
		velocity	8.01	10.00	9.62	9.28	9.04		8.75	8.52	8.60	8.88	9.62	8.76	
H1 lead leg	L	strides	20	13	13	13	13		13	13	16.5	114.5			
Lima, Matheus (BRA) (2003)										Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2025 Xiamen Diamond League (Xiamen, CHN) (300m Hurdles)										Omega Timing (2025) - diamond league race analysis					
date	26-Apr-25	time	6.20	9.72	13.41	17.13	20.95		24.92	29.02	33.98	4 / 2			
reaction time		interval		3.52	3.69	3.72	3.82		3.97	4.10	4.96	AR	10.93	11.89	
		velocity	7.26	9.94	9.49	9.41	9.16		8.82	8.54	8.06	8.83	9.61	8.83	
H1 lead leg	L	strides	23	13	13	13	13		13	13	16.5	117.5			
Toyoda, Ken (JPN) (2002)										Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2025 Xiamen Diamond League (Xiamen, CHN) (300m Hurdles)										Omega Timing (2025) - diamond league race analysis					
date	26-Apr-25	time	6.11	9.67	13.38	17.14	21.09		25.18	29.29	34.22	1 / 3			
reaction time		interval		3.56	3.71	3.76	3.95		4.09	4.11	4.93	AR	11.03	12.15	
		velocity	7.36	9.83	9.43	9.31	8.86		8.56	8.52	8.11	8.77	9.52	8.64	
H1 lead leg	R	strides	22	13	13	13	13		13	13	17	117			
Akçam, Berke (TUR) (2002)										Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
FINAL - 2025 Xiamen Diamond League (Xiamen, CHN) (300m Hurdles)										Omega Timing (2025) - diamond league race analysis					
date	26-Apr-25	time	6.22	9.79	13.47	17.27	21.17		25.32	29.58	34.50	2 / 4			
reaction time		interval		3.57	3.68	3.80	3.90		4.15						

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

McMaster, Kyron (IVB) (1997)

	H1	H2	H3	H4	H5	200m	H6	H7
FINAL - 2025 Xiamen Diamond League (Xiamen, CHN) (300m Hurdles)								
date	26-Apr-25	time	6.17	9.81	13.58	17.41	21.41	25.56 29.79
reaction time		interval		3.64	3.77	3.83	4.00	4.15 4.23
		velocity	7.29	9.62	9.28	9.14	8.75	8.43 8.27
H1 lead leg	L	strides	23	13	13	13	13	14 14

Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
	<i>Omega Timing (2025) - diamond league race analysis</i>				
	34.95	6 / 6			
	5.16		11.24	12.38	
	7.75		9.34	8.48	
	16.5				

Xie Zhiyu (CHN) (2000)

	H1	H2	H3	H4	H5	200m	H6	H7
FINAL - 2025 Xiamen Diamond League (Xiamen, CHN) (300m Hurdles)								
date	26-Apr-25	time	6.35	9.98	13.71	17.59	21.62	25.83 30.06
reaction time		interval		3.63	3.73	3.88	4.03	4.21 4.23
		velocity	7.09	9.64	9.38	9.02	8.68	8.31 8.27
H1 lead leg	L	strides	23	13	13	13	13	14 14

Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
	<i>Omega Timing (2025) - diamond league race analysis</i>				
	34.95	3 / 7			
	4.89		11.24	12.47	
	8.18		9.34	8.42	
	16.7				

Allen, CJ (USA) (1995)

	H1	H2	H3	H4	H5	200m	H6	H7
FINAL - 2025 Xiamen Diamond League (Xiamen, CHN) (300m Hurdles)								
date	26-Apr-25	time	6.05	9.59	13.23	17.01	21.00	25.23 29.59
reaction time		interval		3.54	3.64	3.78	3.99	4.23 4.36
		velocity	7.44	9.89	9.62	9.26	8.77	8.27 8.03
H1 lead leg	L	strides	23	13	13	13	14	14 15

Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
	<i>Omega Timing (2025) - diamond league race analysis</i>				
	34.96	8 / 8			
	5.37		10.96	12.58	
	7.45		9.58	8.35	
	17.2				

Bakketun, Andreas Haara (NOR) (2001)

	H1	H2	H3	H4	H5	200m	H6	H7
FINAL - 2024 Trond Mohn Games (Bergen, NOR) (300m Hurdles) (TV Analysis)								
date	22-May-24	time	6.42	10.10	14.00	18.03		26.43 30.70
reaction time		interval		3.68	3.90	4.03		8.40 4.27
		velocity	7.01	9.51	8.97	8.68		8.33 8.20
H1 lead leg	R	strides	24	13	14	14		15

Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
	<i>Henson (2024) - Athlete First: 2024 year end hurdle report</i>				
	35.42	6 / 2			
	4.72		11.61	12.67	
	8.47		9.04	8.29	
	17.7				

Drummond, Gerald (CRC) (1994)

	H1	H2	H3	H4	H5	200m	H6	H7
FINAL - 2025 Xiamen Diamond League (Xiamen, CHN) (300m Hurdles)								
date	26-Apr-25	time	6.29	10.00	13.81	17.77	21.91	26.25 30.56
reaction time		interval		3.71	3.81	3.96	4.14	4.34 4.31
		velocity	7.15	9.43	9.19	8.84	8.45	8.06 8.12
H1 lead leg	L	strides	23	13	13	13	14	14

Run-In	Official Time	Lane / Place	H1-H4	H4-H7	H7-H10
	<i>Omega Timing (2025) - diamond league race analysis</i>				
	35.61	9 / 9			
	5.05		11.48	12.79	
	7.92		9.15	8.21	