



START LIST

400 Metres Women - Semi-Final

First 2 of each heat (Q) plus 2 fastest times (q) qualify to Final

RECORDS	RESULT	NAME	COUNTRY	AGE	VENUE	DATE
World U20 Record	49.42	Grit BREUER	GER	19	Tokyo (JPN)	27 Aug 1991
Championships Record	50.50	Ashley SPENCER	USA	19	Barcelona (ESP)	13 Jul 2012
World U20 Leading	50.33	JaMeesia FORD	USA	19	Eugene, OR (USA)	22 Jun 2024

Heat 1**3****28 August 2024 17:45** START TIME

LANE	BIB	NAME	COUNTRY	DATE of BIRTH	PERSONAL BEST	SEASON BEST
2	385	Julia Aparecida ROCHA	BRA	7 May 05	53.57	53.57
3	829	Borghild Oline HOLSTAD	NOR	25 Apr 06	54.37	54.37
4	749	Shanque WILLIAMS	JAM	10 Jun 05	53.03	53.03
5	441	Paola LOBOA	COL	22 Apr 05	52.81	52.81
6	1003	Zaya AKINS	USA	30 Aug 05	51.33	51.33
7	575	Kara DACOSTA	GBR	18 Apr 07	52.60	52.60
8	721	Elisa VALENSIN	ITA	1 Jan 07	52.50	52.50
9	331	Jemma POLLARD	AUS	18 Apr 05	52.97	52.97

Heat 2**3****28 August 2024 17:52** START TIME

LANE	BIB	NAME	COUNTRY	DATE of BIRTH	PERSONAL BEST	SEASON BEST
2	843	Madeleine WADDELL	NZL	20 Oct 07	54.02	54.02
3	906	Precious MOLEPO	RSA	15 Feb 05	52.84	53.29
4	889	Maria Denisa CAPOTĂ	ROU	30 Jun 06	53.99	53.99
5	436	Nahomy CASTRO	COL	6 Jan 05	53.07	53.37
6	578	Charlotte HENRICH	GBR	30 Aug 06	52.39	52.39
7	407	Dianna PROCTOR	CAN	25 Apr 05	52.73	52.73
8	622	Johanna MARTIN	GER	10 Apr 06	52.49	52.49
9	665	Zita SZENTGYÖRGYI	HUN	13 Nov 06	53.23	53.23

Heat 3**3****28 August 2024 17:59** START TIME

LANE	BIB	NAME	COUNTRY	DATE of BIRTH	PERSONAL BEST	SEASON BEST
2	1050	Jonbibi HUKMOVA	UZB	1 Sep 05	54.12	54.12
3	824	Line Safaa AL-SAIDDI	NOR	17 Dec 06	53.22	53.64
4	335	Amelia ROWE	AUS	8 Nov 06	53.09	53.09
5	818	Ella ONOJUWWEVWO	NGR	25 Mar 05	50.57	50.57
6	926	Karolina ZBIČAJNIK	SLO	4 Jan 05	52.99	53.25
7	1039	Michaela MOUTON	USA	16 Mar 05	50.96	50.96
8	472	Lurdes Gloria MANUEL	CZE	12 Jul 05	50.52	50.52
9	862	Dominika DURAJ	POL	26 Apr 05	52.96	52.96

i = Indoor performance

ALL-TIME TOP LIST				2024 TOP LIST			
RESULT	NAME	VENUE	DATE	RESULT	NAME	VENUE	2024
49.22	Christine MBOMA (NAM)	Windhoek (NAM)	17 Apr 21	50.33	JaMeesia FORD (USA)	Eugene, OR (USA)	22 Jun
49.42	Grit BREUER (GER)	Tokyo (JPN)	27 Aug 91	50.52	Lurdes Gloria MANUEL (CZE)	Roma (ITA)	10 Jun
49.53	Beatrice MASILINGI (NAM)	Lusaka (ZAM)	11 Apr 21	50.57	Ella ONOJUWWEVWO (NGR)	Gainesville, FL (USA)	10 May
49.57	Athina MU (USA)	Eugene, OR (USA)	12 Jun 21	50.96	Michaela MOUTON (USA)	Fayetteville, AR (USA)	25 May
49.77	Christina LATHAN (GDR)	Dresden (GER)	9 May 76	51.01	Skyler FRANKLIN (USA)	Gainesville, FL (USA)	19 Jul
49.88	Salwa Eid NADER (BRN)	Bruxelles (BEL)	1 Sep 17	51.33	Zaya AKINS (USA)	Lexington, KY (USA)	25 May
49.89	Sanya RICHARDS-ROSS (USA)	Sacramento, CA (USA)	17 Jul 04	51.55	Lauren LEWIS (USA)	Eugene, OR (USA)	22 Jun
50.01	Li JING (CHN)	Shanghai (CHN)	18 Oct 97	51.73	Lauren LEWIS (USA)	Eugene, OR (USA)	21 Jun
50.07	Sydney MCLAUGHLIN-LEVRONE (USA)	Orlando, FL (USA)	30 Mar 18	51.89	Anastazia KUŚ (POL)	Banská Bystrica (SVK)	20 Jul
50.19	Marita KOCH (GDR)	Berlin (GER)	10 Jul 76	51.91	Quincy PENN (BAH)	Gainesville, FL (USA)	30 Mar