



RESULTS

400 Metres Women - Round 1

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

RECORDS	RESULT	NAME	AGE	VENUE	DATE
World Record WR	49.17	Femke BROEDERS-BOL	NED 24	Glasgow (GBR)	2 Mar 2024
Championship Record CR	49.17	Femke BROEDERS-BOL	NED 24	Glasgow (GBR)	2 Mar 2024
World Leading WL	50.28	Ella ONOJUWVEVWO	NGR 21	Fayetteville, AR (USA)	13 Mar 2026
Area Record AR		National Record NR	Personal Best PB	Season Best SB	

Heat 1 **7**

20 March 2026 11:08 START TIME

PLACE	BIB	NAME	DATE of BIRTH	LANE	RESULT	REACTION	Fn
1	693	Lieke KLAVER	NED 20 Aug 98	5	51.48	Q	0.187
2	563	Bassant HEMIDA	EGY 28 Sep 96	3	52.13 (.125)	Q	0.202
3	646	Alessandra BONORA	ITA 7 Sep 00	4	52.20	PB	0.244
4	604	Yemi Mary JOHN	GBR 3 May 03	6	52.28		0.170

INTERMEDIATE TIMES

100 m	11.98 Lieke KLAVER	200 m	23.95 Lieke KLAVER
300 m	37.02 Lieke KLAVER		

Heat 2 **7**

20 March 2026 11:14 START TIME

PLACE	BIB	NAME	DATE of BIRTH	LANE	RESULT	REACTION	Fn
1	741	Sofia LAVRESHINA	POR 14 Jun 03	3	51.87 (.865)	Q NR	0.283
2	698	Myrte VAN DER SCHOOT	NED 16 Apr 04	5	51.97	Q	0.230
3	801	Rosey EFFIONG	USA 8 May 01	6	52.13 (.128)		0.178
4	711	Annalies KALMA	NZL 6 Dec 03	4	53.03		0.221

INTERMEDIATE TIMES

100 m	11.96 Rosey EFFIONG	200 m	23.88 Rosey EFFIONG
300 m	37.19 Rosey EFFIONG		

Heat 3 **7**

20 March 2026 11:20 START TIME

PLACE	BIB	NAME	DATE of BIRTH	LANE	RESULT	REACTION	Fn
1	570	Blanca HERVAS	ESP 30 Sep 02	6	52.15 (.141)	Q	0.200
2	536	Zoe SHERAR	CAN 7 Nov 99	5	52.16 (.153)	Q	0.205
3	559	Lada VONDRÓVÁ	CZE 6 Sep 99	3	52.16 (.155)		0.238
4	614	Louisa STONEY	GBR 11 Jan 02	4	52.24		0.173

INTERMEDIATE TIMES

100 m	12.26 Zoe SHERAR	200 m	24.22 Lada VONDRÓVÁ
300 m	37.46 Zoe SHERAR		

Heat 4 **7**

20 March 2026 11:26 START TIME

PLACE	BIB	NAME	DATE of BIRTH	LANE	RESULT	REACTION	Fn
1	717	Natalia BUKOWIECKA	POL 17 Jan 98	6	51.60	Q	0.177
2	574	Paula SEVILLA	ESP 28 Jun 97	3	51.86	Q	0.305
3	809	Bailey LEAR	USA 17 Mar 01	5	51.87 (.870)	q	0.171
4	546	Veronika DRLJAČIĆ	CRO 13 Dec 01	4	52.53		0.211

INTERMEDIATE TIMES

100 m	12.02 Bailey LEAR	200 m	23.64 Natalia BUKOWIECKA
300 m	37.02 Natalia BUKOWIECKA		

RESULTS

400 Metres Women - Round 1

Heat 5 7

20 March 2026 11:33 START TIME

PLACE	BIB	NAME	DATE of BIRTH	LANE	RESULT	REACTION	Fn
1	584	Mette BAAS	FIN 10 Sep 00	6	51.42	Q NR	0.166
2	782	Emma ZAPLETALOVÁ	SVK 24 Mar 00	5	51.70	Q	0.000
3	631	Wadeline VENLOGH	HAI 19 Feb 98	4	51.80	q	0.189
4	530	Emma CANNAN	CAN 22 Jul 03	3	52.57		0.224
5	523	De Cassia FERREIRA	BRA 10 May 99	2	55.50	PB	0.259

INTERMEDIATE TIMES

100 m	11.99 Mette BAAS	200 m	23.73 Mette BAAS
300 m	36.61 Mette BAAS		

Heat 6 7

20 March 2026 11:43 START TIME

PLACE	BIB	NAME	DATE of BIRTH	LANE	RESULT	REACTION	Fn
1	554	Lurdes Gloria MANUEL	CZE 12 Jul 05	6	51.08	Q	0.172
2	676	Mercy Adongo OKETCH	KEN 30 Jul 02	5	51.57	Q	0.233
3	729	Justyna ŚWIĘTY-ERSETIC	POL 3 Dec 92	3	52.15 (.147)		0.193
4	779	Daniela LEDECKÁ	SVK 4 Nov 96	4	53.13		0.212

INTERMEDIATE TIMES

100 m	12.15 Lurdes Gloria MANUEL	200 m	24.00 Lurdes Gloria MANUEL
300 m	36.77 Lurdes Gloria MANUEL		

Heat 7 7

20 March 2026 11:49 START TIME

PLACE	BIB	NAME	DATE of BIRTH	LANE	RESULT	REACTION	Fn
1	704	Henriette JÆGER	NOR 30 Jun 03	5	52.29	Q	0.209
2	591	Amandine BROSSIER	FRA 15 Aug 95	6	52.30	Q	0.254
3	518	Helena PONETTE	BEL 3 Feb 00	3	52.34		0.281
4	519	Caitlyn BOBB	BER 23 Apr 03	2	54.15	SB	0.180
5	526	Julia RIBEIRO	BRA 7 May 05	4	54.35	PB	0.190

INTERMEDIATE TIMES

100 m	12.49 Amandine BROSSIER	100 m	12.49 Henriette JÆGER
200 m	24.64 Henriette JÆGER	300 m	37.95 Henriette JÆGER

ALL-TIME TOP LIST

RESULT	NAME	VENUE	DATE
49.17	Femke BROEDERS-BOL (NED)	Glasgow (GBR)	2 Mar 24
49.24	Isabella WHITTAKER (USA)	Virginia Beach, VA (USA)	15 Mar 25
49.48	Britton WILSON (USA)	Albuquerque, NM (USA)	11 Mar 23
49.59	Jarmila KRATOCHVÍLOVÁ (TCH)	Milano (ITA)	7 Mar 82
49.68	Natalya NAZAROVA (RUS)	Moskva (RUS)	18 Feb 04
49.76	Tatána KOCEMBOVÁ (TCH)	Wien (AUT)	2 Feb 84
49.78	Aaliyah BUTLER (USA)	College Station, TX (USA)	1 Mar 25
50.01	Sabine BUSCH (GDR)	Wien (AUT)	2 Feb 84
50.02	Nicola SANDERS (GBR)	Birmingham (GBR)	3 Mar 07
50.04	Olesya KRASNOMOVETS-FORSHEVA (RUS)	skva (RUS)	18 Feb 06

2026 TOP LIST

RESULT	NAME	VENUE	2026
50.28	Ella ONOJUWWEVWO (NGR)	Fayetteville, AR (USA)	13 Mar
50.47	Dejanea OAKLEY (JAM)	Fayetteville, AR (USA)	14 Mar
50.51	Amber ANNING (GBR)	Fayetteville, AR (USA)	7 Feb
50.62	Henriette JÆGER (NOR)	Metz (FRA)	8 Feb
50.66	Britton WILSON (USA)	Fayetteville, AR (USA)	13 Feb
50.68	Madison WHYTE (USA)	Fayetteville, AR (USA)	13 Mar
50.70	Sanaria BUTLER (USA)	Fayetteville, AR (USA)	13 Mar
50.78	Emma ZAPLETALOVÁ (SVK)	Metz (FRA)	8 Feb
50.97	Natalia BUKOWIECKA (POL)	Torun (POL)	22 Feb
51.00	Lieke KLAVER (NED)	Ostrava (CZE)	3 Feb