

RACE ANALYSIS



Men's 4X400 Metres Relay - Round 1

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

Heat 1

2

22 March 2026 10:48 START TIME

PLACE	BIB	TEAM								RESULT				
1	200m	2	400m	3	600m	4	800m	5	1000m	6	1200m	7	1400m	
1	NED		NETHERLANDS										3:04.66 ^{SB}	
1	21.32	2	24.97	3	21.95	4	24.49	5	21.96	6	24.48	7	21.75	23.74
	21.32 (1)		46.29 (1)		1:08.24 (1)		1:32.73 (1)		1:54.69 (2)		2:19.17 (2)		2:40.92 (2)	
2	POR		PORTUGAL										3:04.75 ^{NR}	
1	22.27	2	24.66	3	21.69	4	24.21	5	22.08	6	24.38	7	21.90	23.56
	22.27 (4)		46.93 (3)		1:08.62 (4)		1:32.83 (2)		1:54.91 (3)		2:19.29 (3)		2:41.19 (3)	
3	USA		UNITED STATES										3:04.85	
1	21.44	2	25.67	3	21.48	4	24.37	5	21.49	6	24.42	7	21.50	24.48
	21.44 (2)		47.11 (4)		1:08.59 (3)		1:32.96 (3)		1:54.45 (1)		2:18.87 (1)		2:40.37 (1)	
4	POL		POLAND										3:06.30 ^{SB}	
1	22.01	2	24.49	3	21.97	4	24.70	5	22.06	6	24.95	7	21.97	24.15
	22.01 (3)		46.50 (2)		1:08.47 (2)		1:33.17 (4)		1:55.23 (4)		2:20.18 (4)		2:42.15 (4)	
5	VEN		VENEZUELA										3:07.05 ^{AR}	
1	23.04	2	24.73	3	22.08	4	25.00	5	21.55	6	25.15	7	21.63	23.87
	23.04 (5)		47.77 (5)		1:09.85 (5)		1:34.85 (5)		1:56.40 (5)		2:21.55 (5)		2:43.18 (5)	

