



SUMMARY

400m Hurdles Women - Round 1

First 4 of each heat (Q) plus 3 fastest times (q) qualify to Semi-Final

RECORDS	RESULT	NAME	AGE	VENUE	DATE
World U20 Record WU20R	53.60	Sydney MCLAUGHLIN-LEVRONE	USA 19	Fayetteville, AR (USA)	27 Apr 2018
Championships Record CR	54.70	Lashinda DEMUS	USA 19	Kingston (JAM)	19 Jul 2002
World U20 Leading WU20L	55.19	Linda BOTKOVÁ	CZE 16	Rieti (ITA)	19 Jul 2026
Area U20 Record AU20R		National U20 Record NU20R		Personal Best PB	Season Best SB

6 August 2026

RANK	PLACE	HEAT	LANE	BIB	NAME	DATE OF BIRTH	RESULT
1	1	3	3	1068	Mariam KAREEM	UAE 25 Jan 08	57.87 Q
2	1	6	9	620	Rebekka FEIRLE	GER 30 Jan 07	57.89 Q
3	1	1	6	930	Alexandra Ștefania UȚĂ	ROU 6 Oct 07	57.93 Q
4	2	1	5	405	Sydney FREEMAN	CAN 19 Jul 07	57.98 Q
5	1	4	4	818	Rania EL HAMDAOUI	MAR 5 Sep 08	58.03 Q
6	3	1	7	1065	Duru İklim KADANALI	TUR 28 Sep 07	58.05 Q
7	4	1	3	757	Marria CROSSFIELD	JAM 26 May 08	58.22 Q PB
8	2	4	3	948	Tumi RAMOKGOPA	RSA 27 Aug 07	58.32 Q
9	2	3	8	772	Shevaughn THOMAS	JAM 28 Aug 07	58.36 Q PB
10	3	3	6	348	Kei-Mahri HANNA	BAH 9 Jan 08	58.47 Q
11	1	5	3	778	GARDNER Rachel	JPN 27 Dec 07	58.50 Q
12	4	3	7	817	Uyana GRANGER	LUX 3 Dec 08	58.54 Q NU20R
13	1	2	9	660	Eleni IAKOVAKI	GRE 15 Apr 09	58.64 Q
14	2	2	8	946	Megan NIEMAN	RSA 12 Jan 09	58.65 Q
15	3	2	3	641	Lynn PÖPPELMANN	GER 4 Dec 08	58.74 Q
16	4	2	7	738	Benedetta FALLETTI	ITA 30 Jan 07	58.75 Q
17	2	6	4	1091	Natalie DUMAS	USA 7 Aug 08	58.86 Q
18	3	4	9	549	Emma JUNTUNEN	FIN 16 May 08	58.94 Q
19	5	3	4	713	Ellis MC HUGH	IRL 14 Apr 08	59.04 q
20	6	3	5	812	Ksenija KOZLOVA	LAT 28 Sep 07	59.31 q PB
21	3	6	8	380	Kyara BELFORT	BRA 5 Jun 09	59.37 Q
22	2	5	8	996	Lisa FRANK	SUI 9 Sep 07	59.38 Q
23	5	2	2	390	Luana Cibeles SOUSA	BRA 8 Apr 07	59.50 q
24	4	4	2	979	Zarja ŽIŽEK	SLO 27 Feb 09	59.53 Q
25	3	5	2	853	Zoë VAN GILS	NED 4 May 08	59.71 Q
26	6	2	6	968	Mija MARUŠIČ	SLO 6 Jun 08	59.72
27	5	1	8	736	Sofia COPIELLO	ITA 3 Apr 07	59.78
28	7	2	4	466	Tina POLIĆ	CRO 4 Sep 07	59.89 PB
29	4	5	9	1108	Tatum LYNN	USA 4 Aug 07	59.94 Q
30	6	1	1	920	Cristina NEVES	POR 1 Jan 07	59.96
31	4	6	6	321	Shakira HARDING	AUS 2 Nov 07	59.97 Q
32	5	6	3	567	Talyna LIGIER	FRA 15 Jan 07	1:00.00
33	5	5	5	696	Tanu CHAUDHARY	IND 20 Apr 09	1:00.03
34	7	3	9	980	Lena BOGDANOVIĆ	SRB 12 Jun 09	1:00.21
35	5	4	1	925	Delia Ioana AȘTEFĂNOAIE	ROU 6 Apr 10	1:00.34
36	7	1	4	673	Hope EDWARDS	HAI 2 Jul 10	1:00.42
37	6	6	2	723	Gal NATANEL	ISR 14 Aug 07	1:00.80

Timing by SEIKO

AT-400H-W-h----.RS4..v1

Issued at 11:21 on Thursday, 06 August 2026

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WORLD ATHLETICS PARTNERS

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TBS

SUMMARY

400m Hurdles Women - Round 1

6 August 2026

RANK	PLACE	HEAT	LANE	BIB	NAME	DATE of BIRTH	RESULT
38	6	4	8	724	Hila VARSANO	ISR 9 Apr 09	1:00.87
39	8	2	5	1027	Nina ČANECKÁ	SVK 25 Feb 08	1:01.18
40	8	1	9	497	Arianna GARCIA	DOM 24 Jun 08	1:01.21 SB
41	7	6	5	607	Ana SOKHADZE	GEO 16 May 07	1:01.32
42	6	5	6	404	Kate FINK	CAN 17 Jun 08	1:01.34
43	7	4	7	426	Elisa AGUADO	CHI 3 Nov 08	1:01.40
44	8	4	5	1000	Hanna HIRSBRUNNER	SUI 24 Aug 07	1:01.42
45	9	1	2	454	Emily MONTAÑO	COL 25 Nov 08	1:01.43
46	7	5	4	1063	Douaa LABIADH	TUN 12 Sep 08	1:01.47
47	8	3	2	302	Alba VIÑALS	AND 1 Dec 07	1:01.52
48	8	5	7	1034	Katka MIČÁNIOVÁ	SVK 22 Jan 08	1:01.72
49	8	6	7	452	Michell GOMEZ	COL 27 Feb 09	1:01.87
50	9	4	6	502	Tatiana Gabriela DIAZ LÓPEZ	ECU 21 May 09	1:04.92

NOTE L BIB 996 (Lisa FRANK) - First lane infringement

ALL-TIME TOP LIST				2026 TOP LIST			
RESULT	NAME	VENUE	DATE	RESULT	NAME	VENUE	2026
52.75	Sydney MCLAUGHLIN-LEVRONE (USA)	ville, TN (USA)	13 May 18	55.19	Linda BOTKOVÁ (CZE)	Rieti (ITA)	19 Jul
54.40	WANG Xinq (CHN)	Nanjing (CHN)	21 Oct 05	55.64	Derartu ANOTA (ETH)	Addis Ababa (ETH)	28 Mar
54.44	Akala GARRETT (USA)	Eugene, OR (USA)	6 Jun 24	56.05	Tumi RAMOKGOPA (RSA)	Johannesburg (RSA)	28 Mar
54.56	Michelle SMITH (ISV)	Gainesville, FL (USA)	4 Apr 25	56.09	Alexandra Ștefania UTĂ (ROU)	Tampere (FIN)	12 Jul
54.58	Ristananna TRACEY (JAM)	Kingston (JAM)	24 Jun 11	56.13	Natalie DUMAS (USA)	Eugene, OR (USA)	19 Jun
54.70	Lashinda DEMUS (USA)	Kingston (JAM)	19 Jul 02	56.54	Megan NIEMAN (RSA)	Johannesburg (RSA)	28 Mar
54.93	LI Rui (CHN)	Shanghai (CHN)	22 Oct 97	56.57	Tatum LYNN (USA)	Lexington, KY (USA)	30 May
55.05	Zenély GELDENHUYS (RSA)	Pretoria (RSA)	17 Mar 18	56.70	Nastassia FLETCHER (JAM)	Kingston (JAM)	27 Mar
55.07	Shamier LITTLE (USA)	Eugene, OR (USA)	13 Jun 14	56.78	Kei-Mahri HANNA (BAH)	Nassau (BAH)	21 Jun
55.11	Kaliese CARTER (JAM)	Beijing (CHN)	17 Aug 06	56.93	Mariam KAREEM (UAE)	Hong Kong (HKG)	30 May