



START LIST

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 ONOJUWWEVWO	NGR 21	Fayetteville, AR (USA)	13 Mar 2026

Heat 1

7

20 March 2026 11:08 START TIME

LANE	BIB	NAME	DATE of BIRTH	PERSONAL BEST	SEASON BEST	WORLD RANKING
3	563	Bassant HEMIDA	EGY 28 Sep 96	51.72	51.72	17
4	646	Alessandra BONORA	ITA 7 Sep 00	52.38	52.38	84
5	693	Lieke KLAVER	NED 20 Aug 98	50.10	51.00	10
6	604	Yemi Mary JOHN	GBR 3 May 03	51.55	51.55	27

Heat 2

7

20 March 2026 11:14 START TIME

LANE	BIB	NAME	DATE of BIRTH	PERSONAL BEST	SEASON BEST	WORLD RANKING
3	741	Sofia LAVRESHINA	POR 14 Jun 03	52.07	52.07	89
4	711	Annalies KALMA	NZL 6 Dec 03	51.81	51.81	152
5	698	Myrte VAN DER SCHOOT	NED 16 Apr 04	51.33	51.33	56
6	801	Rosey EFFIONG	USA 8 May 01	50.54	51.53	37

Heat 3

7

20 March 2026 11:20 START TIME

LANE	BIB	NAME	DATE of BIRTH	PERSONAL BEST	SEASON BEST	WORLD RANKING
3	559	Lada VONDRÓVÁ	CZE 6 Sep 99	51.41	51.88	58
4	614	Louisa STONEY	GBR 11 Jan 02	51.83	51.83	144
5	536	Zoe SHERAR	CAN 7 Nov 99	51.40	51.40	46
6	570	Blanca HERVAS	ESP 30 Sep 02	51.44	51.49	35

Heat 4

7

20 March 2026 11:26 START TIME

LANE	BIB	NAME	DATE of BIRTH	PERSONAL BEST	SEASON BEST	WORLD RANKING
3	574	Paula SEVILLA	ESP 28 Jun 97	50.99	51.69	20
4	546	Veronika DRLJAČIĆ	CRO 13 Dec 01	52.46	52.46	55
5	809	Bailey LEAR	USA 17 Mar 01	51.55	51.60	31
6	717	Natalia BUKOWIECKA	POL 17 Jan 98	50.83	50.97	6

Heat 5

7

20 March 2026 11:32 START TIME

LANE	BIB	NAME	DATE of BIRTH	PERSONAL BEST	SEASON BEST	WORLD RANKING
2	523	De Cassia FERREIRA	BRA 10 May 99		53.51 o	363
3	530	Emma CANNAN	CAN 22 Jul 03	52.48	52.48	
4	631	Wadeline VENLOGH	HAI 19 Feb 98	51.32	51.67	22
5	782	Emma ZAPLETALOVÁ	SVK 24 Mar 00	50.78	50.78	
6	584	Mette BAAS	FIN 10 Sep 00	51.65	51.65	44

Heat 6

7

20 March 2026 11:43 START TIME

LANE	BIB	NAME	DATE of BIRTH	PERSONAL BEST	SEASON BEST	WORLD RANKING
3	729	Justyna ŚWIĘTY-ERSETIC	POL 3 Dec 92	51.04	51.75	36
4	779	Daniela LEDECKÁ	SVK 4 Nov 96	52.15	52.15	92
5	676	Mercy Adongo OKETCH	KEN 30 Jul 02	51.53	51.53	21
6	554	Lurdes Gloria MANUEL	CZE 12 Jul 05	51.03	51.03	24

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Heat 7 **7**

20 March 2026 11:49 START TIME

LANE	BIB	NAME	DATE of BIRTH	PERSONAL BEST	SEASON BEST	WORLD RANKING
2	519	Caitlyn BOBB	BER 23 Apr 03	52.69	55.74	78
3	518	Helena PONETTE	BEL 3 Feb 00	51.66	51.66	50
4	526	Julia RIBEIRO	BRA 7 May 05		53.24 o	230
5	704	Henriette JÆGER	NOR 30 Jun 03	50.44	50.62	5
6	591	Amandine BROSSIER	FRA 15 Aug 95	51.66	51.66	60

World Ranking as of 17 March 2026

o = Outdoor performance

ALL-TIME TOP LIST				2026 TOP LIST			
RESULT	NAME	VENUE	DATE	RESULT	NAME	VENUE	2026
49.17	Femke BROEDERS-BOL (NED)	Glasgow (GBR)	2 Mar 24	50.28	Ella ONOJUWWEVWO (NGR)	Fayetteville, AR (USA)	13 Mar
49.24	Isabella WHITTAKER (USA)	Virginia Beach, VA (USA)	15 Mar 25	50.47	Dejanea OAKLEY (JAM)	Fayetteville, AR (USA)	14 Mar
49.48	Britton WILSON (USA)	Albuquerque, NM (USA)	11 Mar 23	50.51	Amber ANNING (GBR)	Fayetteville, AR (USA)	7 Feb
49.59	Jarmila KRATOCHVÍLOVÁ (TCH)	Milano (ITA)	7 Mar 82	50.62	Henriette JÆGER (NOR)	Metz (FRA)	8 Feb
49.68	Natalya NAZAROVA (RUS)	Moskva (RUS)	18 Feb 04	50.66	Britton WILSON (USA)	Fayetteville, AR (USA)	13 Feb
49.76	Tat'ána KOCEMBOVÁ (TCH)	Wien (AUT)	2 Feb 84	50.68	Madison WHYTE (USA)	Fayetteville, AR (USA)	13 Mar
49.78	Aaliyah BUTLER (USA)	College Station, TX (USA)	1 Mar 25	50.70	Sanaria BUTLER (USA)	Fayetteville, AR (USA)	13 Mar
50.01	Sabine BUSCH (GDR)	Wien (AUT)	2 Feb 84	50.78	Emma ZAPLETALOVÁ (SVK)	Metz (FRA)	8 Feb
50.02	Nicola SANDERS (GBR)	Birmingham (GBR)	3 Mar 07	50.97	Natalia BUKOWIECKA (POL)	Torun (POL)	22 Feb
50.04	Olesya KRASNOMOVETS-FORSHEVA (RUS)	ikva (RUS)	18 Feb 06	51.00	Lieke KLAVER (NED)	Ostrava (CZE)	3 Feb