



RESULTS

400 Metres Women - Semi-Finals

First 1 of each heat (Q) plus 4 fastest times (q) qualify to 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 ONOJUVWEVWO	NGR 21	Fayetteville, AR (USA)	13 Mar 2026
Area Record AR		National Record NR	Personal Best PB	Season Best SB	

Heat 1

4

20 March 2026 19:41 START TIME

PLACE	BIB	NAME	DATE of BIRTH	LANE	RESULT	REACTION	Fn
1	554	Lurdes Gloria MANUEL	CZE 12 Jul 05	6	50.96	Q PB	0.187
2	676	Mercy Adongo OKETCH	KEN 30 Jul 02	5	51.90	q	0.207
3	809	Bailey LEAR	USA 17 Mar 01	4	52.07		0.195
782		Emma ZAPLETALOVÁ	SVK 24 Mar 00	3	DNS		

INTERMEDIATE TIMES

100 m	11.98 Mercy Adongo OKETCH	200 m	23.59 Lurdes Gloria MANUEL
300 m	36.22 Lurdes Gloria MANUEL		

Heat 2

4

20 March 2026 19:48 START TIME

PLACE	BIB	NAME	DATE of BIRTH	LANE	RESULT	REACTION	Fn
1	717	Natalia BUKOWIECKA	POL 17 Jan 98	5	51.41	Q	0.165
2	536	Zoe SHERAR	CAN 7 Nov 99	3	51.61	q	0.180
3	698	Myrte VAN DER SCHOOT	NED 16 Apr 04	4	52.15		0.236
4	741	Sofia LAVRESHINA	POR 14 Jun 03	6	52.20		0.230

INTERMEDIATE TIMES

100 m	11.91 Natalia BUKOWIECKA	200 m	23.83 Natalia BUKOWIECKA
300 m	37.03 Natalia BUKOWIECKA		

Heat 3

4

20 March 2026 19:55 START TIME

PLACE	BIB	NAME	DATE of BIRTH	LANE	RESULT	REACTION	Fn
1	693	Lieke KLAVER	NED 20 Aug 98	6	51.23	Q	0.189
2	570	Blanca HERVAS	ESP 30 Sep 02	5	51.58	q	0.183
3	591	Amandine BROSSIER	FRA 15 Aug 95	3	52.71		0.241
4	563	Bassant HEMIDA	EGY 28 Sep 96	4	53.14		0.199

INTERMEDIATE TIMES

100 m	12.04 Lieke KLAVER	200 m	23.86 Lieke KLAVER
300 m	36.87 Lieke KLAVER		

Heat 4

4

20 March 2026 20:03 START TIME

PLACE	BIB	NAME	DATE of BIRTH	LANE	RESULT	REACTION	Fn
1	704	Henriette JÆGER	NOR 30 Jun 03	5	50.95	Q	0.193
2	631	Wadeline VENLOGH	HAI 19 Feb 98	3	52.04	q	0.210
3	574	Paula SEVILLA	ESP 28 Jun 97	4	52.19		0.280
4	584	Mette BAAS	FIN 10 Sep 00	6	52.36		0.197

INTERMEDIATE TIMES

100 m	12.08 Henriette JÆGER	200 m	23.93 Henriette JÆGER
300 m	36.68 Henriette JÆGER		

RESULTS

400 Metres Women - Semi-Finals

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	50.96	Lurdes Gloria MANUEL (CZE)	Kujawy Pomorze	20 Mar
50.04	Olesya KRASNOMOVETS-FORSHEVA (RUS)	ikva (RUS)	18 Feb 06	50.97	Natalia BUKOWIECKA (POL)	Torun (POL)	22 Feb