



START LIST

400 Metres Men - Decathlon U20

RECORDS	RESULT	NAME	AGE	VENUE	DATE
World Dec. U20 Best	WD20B	46.21 Hubert TROŚCIANKA	POL 19	Tampere (FIN)	7 Aug 2025
Champ. Decathlon Best	CDB	46.86 Ashley MOLONEY	AUS 18	Tampere (FIN)	10 Jul 2018

Heat 1

4

7 August 2026 20:00 START TIME

LANE	BIB	NAME	DATE of BIRTH	PERSONAL BEST	SEASON BEST
2	1849	Alexander ADLER	GER 9 May 07	51.74	51.74
3	2147	Mikai SNOEK	NED 19 Jun 07	50.30	51.24
4	1841	Samuel NEWTON	GBR 16 Nov 07	50.95	51.01
5	2106	Kārlis FELDMANIS	LAT 28 Apr 07	50.71	50.71
6	2402	Darius JONES	USA 4 Jun 07	50.98	50.98
7	1709	Adam JULIŠ	CZE 11 Oct 07	50.84	50.84
8	2293	Mani ANKER	SUI 19 May 07	50.19	50.89
9	1556	Lorenz WIRTH	AUT 30 Oct 08	51.10	51.10

Heat 2

4

7 August 2026 20:06 START TIME

LANE	BIB	NAME	DATE of BIRTH	PERSONAL BEST	SEASON BEST
2	2213	Denis HRABAR	POR 21 Jan 07	50.65	50.66
3	1870	Yannick KRAUS	GER 12 Mar 07	50.65	50.65
4	1769	Andre JÜRISSEN	EST 2 Nov 07	50.27	50.27
5	2212	Samuel FALIEU-MANÉ	POR 14 Jul 07	49.85	50.19
6	2391	Brody FOSTER	USA 10 Mar 08	50.16	50.16
7	2326	Liam BELO DA SILVA	SWE 29 Jun 07	50.21	50.21
8	2311	Nevis THOMMEN	SUI 3 Aug 07	50.11	50.11
9	1723	Mads VINCENTSEN	DEN 24 Sep 07	50.50	50.50

Heat 3

4

7 August 2026 20:12 START TIME

LANE	BIB	NAME	DATE of BIRTH	PERSONAL BEST	SEASON BEST
1	1938	Zalán ZEMEN	HUN 5 Nov 07	49.92	49.92
2	2327	David BERGLUND	SWE 30 May 07	49.81	49.81
3	2143	Sytse LUTGENDORFF	NED 11 May 08	49.67	49.67
4	2261	Daniel VON DER HEYDEN	RSA 18 Feb 07	49.55	49.55
5	1967	Eoin O'CALLAGHAN	IRL 23 May 07	49.44	49.44
6	1770	Tristan KONSÓ	EST 4 Dec 07	48.87	49.47
7	1565	Kenny MOXEY	BAH 8 Mar 07	49.41	49.41
8	1530	Wyatt HILL	AUS 1 Oct 08	49.13	49.56
9	1704	Bohuslav ČERTÍK	CZE 18 Oct 07	49.56	49.56

Heat 4

4

7 August 2026 20:18 START TIME

LANE	BIB	NAME	DATE of BIRTH	PERSONAL BEST	SEASON BEST
1	1507	Walid Fares GHETTAS	ALG 11 Mar 07	49.36	49.36
2	2005	Matteo SORCI	ITA 29 Mar 08	48.15	48.91
3	2057	MIYASHITA Kiichi	JPN 5 Jun 07	48.08	48.89
4	1812	Kilian TROCHAIN	FRA 18 Mar 08	48.71	48.71
5	1897	Nikolaos KOSMOPOULOS	GRE 17 Dec 07	47.60	47.60
6	1805	Mael-Bephassou LANNURIEN	FRA 14 Feb 08	47.84	47.84
7	2192	Kacper GÓRALCZYK	POL 28 Mar 07	47.57	47.57
8	1522	Xavier DAVIE	AUS 24 Nov 08	47.83	48.22
9	2108	Ernests LEŠINSKIS	LAT 28 Jun 08	48.75	48.75

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PERFORMANCE	46.67	47.17	47.68	48.19	48.72	49.25	49.78	50.32	50.87	51.43	52.00	52.58	53.16
POINTS	975	950	925	900	875	850	825	800	775	750	725	700	675
	53.76	54.36	54.98	55.61	56.25	56.90	57.57	58.25	58.95	59.67	1:00.40	1:01.16	1:01.94
	650	625	600	575	550	525	500	475	450	425	400	375	350
i = Indoor performance													