



START LIST

400m Women - Semi-Final

First 3 of each heat (Q) qualify to Final

SUBSTITUTES: FASTEST ATHLETES FROM PREVIOUS ROUND NOT BEING QUALIFIED

RECORDS	RESULT	NAME	AGE	VENUE	DATE
World U20 Record	WU20R	49.42 Grit BREUER	GER 19	Tokyo (JPN)	27 Aug 1991
Championships Record	CR	50.50 Ashley SPENCER	USA 19	Barcelona (ESP)	13 Jul 2012
World U20 Leading	WU20L	50.83 Skyler FRANKLIN	USA 19	Lexington, KY (USA)	30 May 2026

Heat 1

3

6 August 2026 20:08 START TIME

LANE	BIB	NAME	DATE of BIRTH	PERSONAL BEST	SEASON BEST
1	499	Génesis Nicole CAÑOLA	ECU 17 Jul 07	53.43	53.43
2	357	Kadia ROCK	BAR 26 Oct 07	51.92	51.92
3	856	Faith EZECHUKWU	NGR 29 Jan 10	53.12	53.12
4	953	Davida STRONG	RSA 2 Jun 08	53.17	53.17
5	901	Anastazja KUŚ	POL 11 May 07	51.64	51.64
6	759	Daniellia DIXON	JAM 5 Jan 10	52.64	52.64
7	1079	Clara ADAMS	USA 10 Nov 08	51.61	51.61
8	622	Luna FISCHER	GER 30 Mar 07	53.15	53.15
9	832	Kenya MATURANA	MEX 21 Jan 08	53.31	53.31

Heat 2

3

6 August 2026 20:15 START TIME

LANE	BIB	NAME	DATE of BIRTH	PERSONAL BEST	SEASON BEST
1	986	Teodora POPOVIĆ	SRB 7 Jun 09	54.00	54.00
2	445	ZHOU Wenyu	CHN 26 Feb 07	53.59	53.59
3	636	Eni KUSKE	GER 29 Jul 07	53.44	53.44
4	726	Matilde ABELLI	ITA 24 Nov 08	53.28	53.28
5	324	Alice HILL	AUS 26 Jun 09	53.34	53.34
6	1126	Ataja STEPHANIE-VAZQUEZ	USA 25 May 08	51.08	51.08
7	597	Casey MUSGRAVE	GBR 11 Jul 07	52.99	52.99
8	1133	Tyhra CHARLES	VIN 7 Jun 07	53.30	53.30
9	769	Shameika MCLEAN	JAM 19 Feb 10	52.22	52.22

Heat 3

3

6 August 2026 20:22 START TIME

LANE	BIB	NAME	DATE of BIRTH	PERSONAL BEST	SEASON BEST
1	858	Jecinta LAWRENCE	NGR 2 Dec 10	53.17	53.17
2	303	Kettia AMBROSE	ANT 18 Jan 07	53.12	53.12
3	351	Keyezra THOMAS	BAH 5 Jan 10	52.58	52.58
4	969	Maša MEDJIMUREC	SLO 16 Jun 07	52.76	52.76
5	671	Tianna SPRINGER	GUY 24 Sep 07	51.69	51.69
6	325	Shari HURDMAN	AUS 28 Feb 07	52.94	52.94
7	1030	Lenka GYMERSKÁ	SVK 3 Jul 07	52.59	52.59
8	566	Shade LAPORAL	FRA 7 Dec 07	52.98	52.98
9	740	Laura FRATTAROLI	ITA 21 May 08	53.71	53.77

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i = Indoor performance

ALL-TIME TOP LIST				2026 TOP LIST			
RESULT	NAME	VENUE	DATE	RESULT	NAME	VENUE	2026
49.22	Christine MBOMA (NAM)	Windhoek (NAM)	17 Apr 21	50.83	Skyler FRANKLIN (USA)	Lexington, KY (USA)	30 May
49.42	Grit BREUER (GER)	Tokyo (JPN)	27 Aug 91	51.08	Ataja STEPHANIE-VAZQUEZ (USA)	Eugene, OR (USA)	19 Jun
49.53	Beatrice MASILINGI (NAM)	Lusaka (ZAM)	11 Apr 21	51.24	Chioma NWACHUKWU (NGR)	Gainesville, FL (USA)	18 Apr
49.57	Athinq MU-NIKOLAYEV (USA)	Eugene, OR (USA)	12 Jun 21	51.24	Elise COOPER (USA)	Austin, TX (USA)	1 May
49.77	Christina LATHAN (GDR)	Dresden (GER)	9 May 76	51.37	Ajayebe ALIYE (ETH)	Accra (GHA)	13 May
49.88	Salwa Eid NASER (BRN)	Bruxelles (BEL)	1 Sep 17	51.47	Kennedi BURKS (USA)	Lexington, KY (USA)	30 May
49.89	Sanya RICHARDS-ROSS (USA)	Sacramento, CA (USA)	17 Jul 04	51.54	Tyra COX (USA)	Gainesville, FL (USA)	18 Apr
50.01	JING Li (CHN)	Shanghai (CHN)	18 Oct 97	51.58	Camryn DAILEY (USA)	Baltimore, MD (USA)	2 May
50.07	Sydney MCLAUGHLIN-LEVRONE (USA)	sville, FL (USA)	30 Mar 18	51.58	De'Kayla SIMPSON (USA)	Lexington, KY (USA)	28 May
50.19	Marita KOCH (GDR)	Berlin (GER)	10 Jul 76	51.61	Kaddel HOWARD (USA)	Baltimore, MD (USA)	2 May
				51.61	Clara ADAMS (USA)	Eugene, OR (USA)	19 Jun