



RESULTS

400m Hurdles Women - Semi-Final

First 3 of each heat (Q) qualify to 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

Heat 1

3

8 August 2026

18:15 START TIME

21° C
TEMPERATURE

61 %
HUMIDITY

PLACE	BIB	NAME	DATE of BIRTH	LANE	RESULT	REACTION	Fn
1	930	Alexandra Ștefania UȚĂ	ROU 6 Oct 07	7	56.87	Q	0.169
2	818	Rania EL HAMDAOUI	MAR 5 Sep 08	6	57.36	Q NU20R	0.185
3	772	Shevaughn THOMAS	JAM 28 Aug 07	5	57.56 (.554)	Q PB	0.195
4	946	Megan NIEMAN	RSA 12 Jan 09	4	57.56 (.558)		0.174
5	549	Emma JUNTUNEN	FIN 16 May 08	9	57.61	PB	0.138
6	738	Benedetta FALLETTI	ITA 30 Jan 07	3	58.30	PB	0.176
7	390	Luana Cibeles SOUSA	BRA 8 Apr 07	1	58.73	PB	0.222
8	641	Lynn PÖPPELMANN	GER 4 Dec 08	8	59.27		0.348
9	979	Zarja ŽIŽEK	SLO 27 Feb 09	2	59.29		0.137

Heat 2

3

8 August 2026

18:23 START TIME

21° C
TEMPERATURE

61 %
HUMIDITY

PLACE	BIB	NAME	DATE of BIRTH	LANE	RESULT	REACTION	Fn
1	948	Tumi RAMOKGOPA	RSA 27 Aug 07	5	56.80 (.792)	Q	0.185
2	620	Rebekka FEIRLE	GER 30 Jan 07	7	56.80 (.797)	Q PB	0.186
3	348	Kei-Mahri HANNA	BAH 9 Jan 08	8	57.55	Q	0.246
4	778	GARDNER Rachel	JPN 27 Dec 07	6	57.80		0.169
5	380	Kyara BELFORT	BRA 5 Jun 09	9	59.72		0.159
6	812	Ksenija KOZLOVA	LAT 28 Sep 07	2	59.81		0.215
7	817	Uyana GRANGER	LUX 3 Dec 08	3	1:00.10		0.203
8	321	Shakira HARDING	AUS 2 Nov 07	1	1:00.56		0.202
9	1091	Natalie DUMAS	USA 7 Aug 08	4	1:11.76		0.205

NOTE **L** BIB 817 (Uyana GRANGER) - First lane infringement

Heat 3

3

8 August 2026

18:31 START TIME

21° C
TEMPERATURE

61 %
HUMIDITY

PLACE	BIB	NAME	DATE of BIRTH	LANE	RESULT	REACTION	Fn
1	1068	Mariam KAREEM	UAE 25 Jan 08	6	56.39	Q NU20R	0.145
2	1065	Duru İklim KADANALI	TUR 28 Sep 07	8	56.91	Q NU20R	0.237
3	660	Eleni IAKOVAKI	GRE 15 Apr 09	5	57.10	Q NU20R	0.224
4	405	Sydney FREEMAN	CAN 19 Jul 07	7	57.62	PB	0.151
5	713	Ellis MC HUGH	IRL 14 Apr 08	2	58.49	PB	0.164
6	1108	Tatum LYNN	USA 4 Aug 07	1	58.84		0.182
7	853	Zoë VAN GILS	NED 4 May 08	9	58.97		0.203
8	757	Marria CROSSFIELD	JAM 26 May 08	3	59.47		0.215
9	996	Lisa FRANK	SUI 9 Sep 07	4	DQ TR17.3.3		0.194

NOTE WA Rule TR17.3.3 - Second lane infringement / : BIB 996 (Lisa FRANK)

RESULTS

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ALL-TIME TOP LIST				2026 TOP LIST			
RESULT	NAME	VENUE	DATE	RESULT	NAME	VENUE	2026
52.75	Sydney MCLAUGHLIN-LEVRONE (USA)	Memphis, 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 UȚĂ (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	56.39	Mariam KAREEM (UAE)	Oregon	8 Aug
54.93	Li Rui (CHN)	Shanghai (CHN)	22 Oct 97	56.54	Meqan NIEMAN (RSA)	Johannesburg (RSA)	28 Mar
55.05	Zenély GELDENHUYS (RSA)	Pretoria (RSA)	17 Mar 18	56.57	Tatum LYNN (USA)	Lexington, KY (USA)	30 May
55.07	Shamier LITTLE (USA)	Eugene, OR (USA)	13 Jun 14	56.70	Nastassia FLETCHER (JAM)	Kingston (JAM)	27 Mar
55.11	Kaliese CARTER (JAM)	Beijing (CHN)	17 Aug 06	56.78	Kei-Mahri HANNA (BAH)	Nassau (BAH)	21 Jun