



START LIST

Women's 4X400 Metres Relay - Final

RECORDS	RESULT	TEAM		VENUE	DATE
World Record WR	3:15.17	SOVIET UNION	URS	Seoul (KOR)	1 Oct 1988
Championship Record CR	3:19.39	UNITED STATES	USA	Nassau (BAH)	3 May 2015
World Leading WL	3:16.61	UNITED STATES	USA	Tokyo (JPN)	21 Sep 2025

3 May 2026 16:40 START TIME

LANE	TEAM	BIB	NATIONAL RECORD	SEASON BEST
2	IRELAND	IRL	3:19.90	3:24.69
	1 680 Phil HEALY			
	2 675 Rhasidat ADELEKE			
	3 681 Sharlene MAWDSLEY			
	4 676 Sophie BECKER			
3	AUSTRALIA	AUS	3:23.81	3:25.43
	1 501 Carla BULL			
	2 500 Ellie BEER			
	3 516 Alanah YUKICH			
	4 512 Jemma POLLARD			
4	FRANCE	FRA	3:21.41	3:24.08
	1 633 Estelle RAFFAI GOUANINDJI			
	2 628 Marina LASSERRE			
	3 632 Fanny PELTIER			
	4 629 Louise MARAVAL			
5	KENYA	KEN	3:25.80	3:25.80
	1 727 Mercy Adongo OKETCH			
	2 726 Vanice Kerubo NYAGISERA			
	3 722 Hellen Syombua KALII			
	4 725 Gladys MUMBE			
6	BELGIUM	BEL	3:22.12	3:22.15
	1 527 Naomi VAN DEN BROECK			
	2 523 Helena PONETTE			
	3 529 Imke VERVAET			
	4 521 Camille LAUS			
7	SWITZERLAND	SUI	3:25.90	3:27.46
	1 798 Lena WERNLI			
	2 793 Julia NIEDERBERGER			
	3 795 Giulia SENN			
	4 789 Catia GUBELMANN			
8	ZAMBIA	ZAM	3:28.58	3:28.58
	1 824 Abygirl SEPISO			
	2 823 Rhoda NJOBU			
	3 822 Niddy MINGILISHI			
	4 821 Christabel KUNDA			
9	NORWAY	NOR	3:23.71	3:23.71
	1 752 Laura Tietje Johanna VAN DER VEEN			
	2 749 Amalie IUEL			
	3 748 Astri ERTZGAARD			
	4 747 Josefine Tomine Eriksen AKS			

i = Indoor performance

ALL-TIME TOP LIST				2026 TOP LIST			
RESULT	TEAM	VENUE	DATE	RESULT	TEAM	VENUE	2026
3:15.17	SOVIET UNION (URS)	Seoul (KOR)	1 Oct 88	3:23.24	CAPTAIN ATHLETICS (USA)	Gainesville, FL (USA)	19 Apr
3:15.27	UNITED STATES (USA)	Paris (FRA)	10 Aug 24	3:24.34	NETHERLANDS (NED)	Apeldoorn (NED) i	9 Mar
3:15.92	GERMAN DEMOCRATIC REPUBLIC (GDR)	Erfurt (GER)	3 Jun 84	3:24.89	GREAT BRITAIN & NI (GBR)	Apeldoorn (NED) i	9 Mar
3:17.96	ARKANSAS (INT)	Eugene, OR (USA)	8 Jun 24	3:25.03	ARKANSAS (INT)	Austin, TX (USA)	29 Mar
3:18.38	RUSSIA (RUS)	Stuttgart (GER)	22 Aug 93	3:25.31	CZECHIA (CZE)	Apeldoorn (NED) i	9 Mar
3:18.71	JAMAICA (JAM)	Daegu (KOR)	3 Sep 11	3:25.68	SPAIN (ESP)	Apeldoorn (NED) i	9 Mar
3:19.50	NETHERLANDS (NED)	Paris (FRA)	10 Aug 24	3:25.80	FRANCE (FRA)	Apeldoorn (NED) i	9 Mar
3:19.72	GREAT BRITAIN & NI (GBR)	Paris (FRA)	10 Aug 24	3:25.80	KENYA (KEN)	Nairobi (KEN)	26 Apr
3:19.90	IRELAND (IRL)	Paris (FRA)	10 Aug 24	3:26.61	NORWAY (NOR)	Guangzhou (CHN)	10 May
3:20.20	UNIFIED TEAM (EUN)	Barcelona (ESP)	8 Aug 92	3:27.03	ITALY (ITA)	Guangzhou (CHN)	10 May