



Women's 400 Metres



1st Round

START LIST



World Indoor Championships Qualifying Standard: 52.80

MARK	COMPETITOR	NAT	AGE	Record Date
WR	49.59 Jarmila KRATOCHVILOVÁ	CZE	31	7 Mar 1982
NR	50.02 Nicola SANDERS	GBR	24	3 Mar 2007
SR	50.60 Nicola SANDERS	GBR	24	11 Feb 2007
ACR	50.02 Nicola SANDERS	GBR	24	3 Mar 2007

First 2 of each heat (Q) plus 4 fastest times (q) qualified

Heat	START	14 February 2009	13:25	AGE	PERSONAL BEST	2009 BEST
Heat 1	2	Dawn WILSON WSE HOUNSLOW		27	57.31	
	3	Amber SIMUKONDA MALAWI		24	57.20	57.20
	4	Claire BERGIN IRELAND		24	55.64	55.64
	5	Nadine OKYERE BIRCHFIELD H		22	55.31	55.31
	6	Donna FRASER CROYDON H		36	53.32	53.32
	Heat 2	2	Kim WALL BASILDON A C		25	53.02
3		Vicki GARRAD TRAFFORD		21	56.81	57.64
4		Claire BURGOYNE SHREWSBURY		22	55.04	55.04
5		Seemita GUMBS BIRCHFIELD H		27	55.74	57.33
6		Laura LANGOWSKI COVENTRY GODIVA		24	54.29	54.36
Heat 3		2	Renee ROBSON AUSTRALIA		30	
	3	Emma WILLIAMS COVENTRY GODIVA		21	56.11	57.11
	4	Emily BONNETT YEOVIL OLYMPIADS		21	57.00	
	5	Meghan BEESLEY BIRCHFIELD H		19	53.84	54.45
	6	Marilyn OKORO SHAFTESBURY B		24	55.27	



Heat 2 Redraw

Issued Saturday, 14 February 2009 at 13:10

