



# Women's 400 Metres

## Semi-Final

## 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 3 of each heat (Q) qualified

<b>Heat 1</b>		2	14 February	2009	18:05			
START	COMPETITOR	AGE	PERSONAL BEST	2009 BEST				
2	<b>Renee ROBSON</b> AUSTRALIA	30	56.02	56.02				
3	<b>Claire BURGOYNE</b> SHREWSBURY	22	55.04	55.04				
4	<b>Meghan BEESLEY</b> BIRCHFIELD H	19	53.84	54.45				
5	<b>Marilyn OKORO</b> SHAFTESBURY B	24	54.66	54.66				
6	<b>Dawn WILSON</b> WSE HOUNSLOW	27	55.42	55.42				
<b>Heat 2</b>		2	14 February	2009	18:10			
START	COMPETITOR	AGE	PERSONAL BEST	2009 BEST				
2	<b>Seemita GUMBS</b> BIRCHFIELD H	27	55.74	56.76				
3	<b>Laura LANGOWSKI</b> COVENTRY GODIVA	24	54.29	54.36				
4	<b>Nadine OKYERE</b> BIRCHFIELD H	22	55.31	55.31				
5	<b>Donna FRASER</b> CROYDON H	36	53.32	53.32				
6	<b>Kim WALL</b> BASILDON A C	25	53.02	54.24				

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