



Women's 400 Metres

Semi-Final

RESULTS

14 February 2009

Heat 2

2

TIME
Start 18:04

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

POS	COMPETITOR	AGE	LANE	MARK	REACTION TIME
1	Donna FRASER CROYDON H	36	5	53.90 Q	0.188
2	Kim WALL BASILDON A C	25	6	54.16 Q	0.230 SB
3	Nadine OKYERE BIRCHFIELD H	22	4	54.80 Q	0.167 PB
4	Laura LANGOWSKI COVENTRY GODIVA	24	3	55.21	0.196
5	Seemita GUMBS BIRCHFIELD H	27	2	58.75	0.217

GREAT BRITAIN & N.I. TOP ALL-TIME

MARK	COMPETITOR	DATE
50.02	Nicola SANDERS	2007
50.53	Katharine MERRY	2001
51.69	Phylis SMITH	1997
51.72	Sally GUNNELL	1994
51.74	Catherine MURPHY	2003
51.80	Verona ELDER	1979
52.15	Lesley OWUSU	2001
52.47	Sinead DUDGEON	2001
52.47	Kelly SOTHERTON	2008
52.50	Melanie NEEF	1996

GREAT BRITAIN & N.I. TOP 2009

MARK	COMPETITOR	DATE
52.94	Vicky BARR	7 Feb
53.30	Marilyn OKORO	14 Feb
53.32	Donna FRASER	31 Jan
54.16	Kim WALL	14 Feb
54.19	Dawn WILSON	14 Feb
54.30	Tara BIRD	31 Jan
54.35	Jenny MEADOWS	8 Feb