



Women's 400 Metres

Heats

RESULTS



Heat 3

3

 Start TIME
 14:18

13 February 2010

World Indoor Championships Qualifying Standard: 53.25

	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 1 of each heat (Q) plus 3 fastest times (q) qualified

POS	COMPETITOR	AGE	LANE	MARK	REACTION TIME
1	Victoria BARR RUGBY & NORTHAMPTON	27	6	54.20 Q	0.175
2	Laura LANGOWSKI COVENTRY GODIVA	25	5	55.59	0.233 SB
3	Jo PATTERSON BALLYMENA & ANTRIM	21	4	55.88	0.171 PB
4	Emma PULLEN SHREWSBURY	20	3	55.93	0.254 PB
5	Lauren PEFFERS DUNBAR RC	21	2	57.85	0.600 SB

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 2010

MARK	COMPETITOR	DATE
53.08	Kim WALL	7 Feb
53.71	Victoria BARR	6 Feb
53.73	Hayley JONES	13 Feb
54.13	Dawn HUNT	13 Feb
54.64	Laura MADDOX	7 Feb
54.85	Laura WAKE	13 Feb
55.45	Joice MADUAKA	23 Jan
55.59	Laura LANGOWSKI	13 Feb
55.88	Jo PATTERSON	13 Feb
55.89	Maria THOMAS	7 Feb

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