

4H WORLD 2014

« 4H WORLD » is a kind of complementary newsletter published for every fan of

400m hurdles: athletes, coaches, statisticians, spectators...

This our analysis of a few international championships

If you have any comment, please e-mail me at dubailsylvain@yahoo.fr

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Women spectators enjoyed the podium of the 400m hurdles Men's European championship
photo: Hugo REY





ZÜRICH 2014
EUROPEAN ATHLETICS
CHAMPIONSHIPS

400m hurdles Women's Final

	1	2	3	4	5	6	7	8	9	10	arr	time	5th h	Difference between the two 200m
Eilidh CHILD	6,50	4,16	4,20	4,30	4,30	4,60	4,74	4,98	5,10	5,38	6,22	54,48	23,46	3,88
GBR	L	15				16		17						
Anna TITIMETS	6,64	4,32	4,38	4,46	4,52	4,62	4,72	4,86	5,10	5,26	5,68	54,56	24,32	2,22
UKR	L	15							16					
Irina DAVYDOVA	6,76	4,30	4,32	4,40	4,48	4,60	4,80	4,94	5,20	5,12	5,68	54,60	24,26	2,40
RUS	L	15							16					
Denisa ROSOLOVA	6,58	4,14	4,18	4,28	4,38	4,50	4,70	5,06	5,24	5,44	6,20	54,70	23,56	4,08
CZE	R	15						16	17					
Yadisleydy PEDROSO	6,66	4,26	4,38	4,50	4,60	4,72	4,94	5,02	5,32	5,34	6,16	55,90	24,40	3,32
ITA	R	16					17		18					
Vera RUDAKOVA	6,60	4,36	4,48	4,54	4,54	4,64	4,80	5,12	5,40	5,52	6,36	56,22	24,52	3,61
RUS	L	15						16						
Axelle DAUWENS	6,58	4,10	4,26	4,32	4,42	4,78	4,88	5,24	5,48	5,66	6,57	56,29	23,68	5,11
BEL	L	15				16		17	18					
Joanna LINKIEWICZ	6,76	4,36	4,52	4,66	4,70	4,84	5,04	5,16	5,24	5,30	6,11	56,69	25,00	2,82
POL	L	16				17								

Eilidh CHILD wins her first individual European medal (she won gold in European indoor championship 2013 in 4x400m)

Like in Moscow last year, Eilidh start very fast, despite her coach advice: « *my coach said to me: don't focus on anybody else! but i was on the inside of the favorites, so I can see what's going on.* »

However, contrary to the 2013 world championship final, she is able to do her good pattern of step (only 1 hurdle with her bad leg), that's why she was faster at the end of the race, and could resist to **TITIMETS** and **DAVIDOVA** who both balanced her race well.

Anna TITIMETS stays righty with the same strides pattern from last year. She now controls her 15 steps in the start of the race.

Nevertheless, her end of the race, after the 10th hurdle is so fast, that we could imagine that she was able to go faster between the 9th and the 10th hurdle.

Irina DAVYDOVA could have retained her European title won in Helsinki, but her 16 steps at the 9th hurdle were not very good : she lost by 0.26 seconds...

Rare, she accelerated between the 9th and the 10th hurdle, and again after the 10th! That's proof that she was able to go faster between the 8th and the 9th hurdle.

Denisa ROSOLOVA starts 0.3 seconds faster at the 5th hurdle than on her personal best (2012 European Final), but in the end, she crosses the line a half seconds after her PB. Tactically, she don't really produce a good race: she clears the 3 last hurdles with her bad leg. Surely, she didn't have enough point of reference, she was able to manage well her semi final: 15 steps to the 7th hurdle, 2x 16 steps, and the 10th hurdle in 17. In this way, she only clears the 8th hurdle with her bad leg.

Yadisleidy PEDROSO runs without big technical mistake but thanks to the studies of Kenny GUEX (page 5) on the heat / semi final, we can see that she makes 3 different races: her steps pattern is never the same. Everything leads to believe that she didn't feel what she's doing.

Axelle DAUWENS makes 3 different races too. In the semi-final, she breaks her PB (55.63) running in 24.02 at the 5th hurdle, but clearing the last 3 hurdles with her bad leg. In the final, she runs 0.4 seconds faster at the 5th hurdle, of course, she wasn't able to go fast at the end of the race... She crosses the line 0.6 seconds slower than in the semi final.

Joanna LINKIEWICZ breaks her PB in the semi final which qualify her for the final. Unfortunately, a succession of 3 races proves to be too hard for Joanna: as early as the 3rd hurdle, she is not in good rhythm. She finishes 0.8 seconds slower than in the semi final.



Women European Championship Stats by Kenny GUEX

	name	Coul	Age	PB	SB	Perf.	Qualif.	Schéma	Steps										Time on each hurdle										
									H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	arr	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10
série 1	ARRIETA Valentine	2	24	56,60	56,60	57,02	q	n+1+1	25	16	16	16	17	17	17	18	18	21,5	6,76	4,28	4,40	4,56	4,72	4,88	5,04	5,20	5,48	5,56	6,14
	SVORTEVIK Vilde Jakobsen	3	20	57,34	58,28	58,26		n+1+1	23	15	15	15	16	16	17	17	17	22,0	6,74	4,38	4,48	4,62	4,80	4,92	5,12	5,30	5,52	5,77	6,61
	CHILD Eilidh	4	27	54,22	54,39	55,32	Q	n+1+1	23	15	15	15	16	16	17	17	17	21,0	6,58	4,26	4,32	4,34	4,48	4,72	4,82	5,02	5,20	5,34	6,24
	SOTOMAYOR Laura	5	28	57,06	57,06	57,54		n+1+1	22	15	15	15	16	17	17	17	17	20,5	6,76	4,30	4,44	4,54	4,82	4,96	5,22	5,32	5,42	5,54	6,22
	DAUWENS Axelle	6	23	55,81	55,81	56,15	Q	n+1+1+1	22	15	15	15	16	16	17	17	18	21,5	6,70	4,28	4,42	4,46	4,60	4,74	4,92	5,14	5,30	5,46	6,13
	MOROSANU Angela	7	28	53,85	56,58	58,11		n+1	22	15	15	15	15	16	16	16	16	19,5	6,54	4,36	4,52	4,70	4,80	5,00	5,16	5,34	5,46	5,56	6,67
série 2	RUDAKOVA Vera	8	22	55,92	55,93	56,35	Q	n+1	22	15	15	15	15	16	16	16	20,0	6,80	4,40	4,44	4,46	4,52	4,58	4,80	5,10	5,30	5,48	6,47	
	BARBOSA Vera	2	25	55,22	55,37	55,85	Q	n+1+1	24	16	16	16	16	17	17	18	18	21,5	6,80	4,26	4,42	4,48	4,58	4,68	4,84	5,02	5,32	5,36	6,09
	FONTANIVE Petra	3	25	56,21	56,21	56,85	Q	n+1+1	24	16	16	16	17	17	17	18	18	22,0	6,62	4,38	4,54	4,66	4,78	4,92	4,94	5,14	5,36	5,44	6,07
	MCMAHON Christine	5	22	56,97	56,97	57,16	Q	n+1+1	23	15	15	15	15	16	16	17	17	22,0	6,70	4,30	4,54	4,58	4,68	4,76	4,96	5,18	5,38	5,54	6,54
	VELVERE Liga	7	24	57,02	57,02	57,43	q	n+1	23	16	16	16	16	17	17	17	17	21,0	6,70	4,32	4,48	4,56	4,74	4,84	5,06	5,28	5,50	5,64	6,31
	LINKIEWICZ Joanna	2	24	55,98	55,98	57,12	Q	n+1+1	24	16	16	16	17	17	17	17	18	21,0	6,76	4,28	4,42	4,60	4,70	4,90	5,02	5,12	5,32	5,60	6,40
série 3	CLAES Hanne	3	23	57,30	57,30	60,20		n+1-	23	15	15	16	16	17	18	19	19	22,5	6,63	4,19	4,32	4,64	4,74	5,14	5,22	5,60	6,02	6,36	7,34
	DAVYDOVA Irina	4	26	53,77	55,44	57,51	Q	n+1+1	22	15	15	15	16	16	16	17	17	19,5	6,86	4,30	4,34	4,58	4,72	4,98	5,22	5,22	5,32	5,68	6,29
	MÄGI Maris	5	27	56,56	59,79	63,04		n+2+2+2	23	15	15	15	17	17	17	19	21	22,5	6,96	4,32	4,46	4,60	4,82	5,32	5,56	5,86	6,42	7,10	7,62
	ROSOLOVÁ Denisa	6	27	54,24	54,63	56,13	Q	n+1+1	22	15	15	15	15	16	17	17	17	20,0	6,70	4,24	4,34	4,40	4,56	4,60	4,76	5,08	5,38	5,58	6,49
	KOLESNYCHENKO Olena	7	21	56,55	56,55	58,04		n+1	23	16	16	16	16	16	17	17	17	20,0	6,80	4,44	4,60	4,70	4,80	4,92	4,98	5,36	5,58	5,52	6,34
	STAIJUNAITE Egle	8	25	56,58	56,79	57,51	Q	n+1+1	22	15	15	15	16	17	17	17	17	20,0	6,64	4,30	4,46	4,56	4,84	5,08	5,24	5,44	5,54	5,44	5,97
Série 4	SCHÜRMANN Robine	2	25	57,51	57,51	58,16		n+1+1+1	24	16	16	16	17	17	18	18	19	22,0	6,80	4,40	4,52	4,58	4,68	4,90	5,14	5,40	5,56	5,76	6,42
	TITIMETS Anna	3	25	54,63	54,97	55,77	Q	n+1	22	15	15	15	15	15	16	16	16	19,0	6,78	4,32	4,48	4,52	4,70	4,70	4,82	4,94	5,22	5,28	6,01
	SLANÍKOVÁ Lucie	4	25	56,96	56,96	57,56		n+1+1	22	15	15	15	15	16	16	16	17	20,0	6,74	4,30	4,52	4,62	4,72	4,86	5,20	5,24	5,46	5,64	6,26
	PEDROSO Yadisleidy	5	27	54,54	55,42	56,75	Q	n+1+1	24	16	16	16	16	17	17	18	18	22,0	6,58	4,20	4,40	4,50	4,64	4,80	4,98	5,14	5,32	5,54	6,65
	TROEST Stina	6	20	56,55	56,55	56,95	q	n+1+1	24	15	15	16	16	16	17	17	17	21,5	6,68	4,36	4,52	4,64	4,70	4,94	5,02	5,14	5,32	5,42	6,21
	KLOPSCH Christiane	7	23	56,02	56,02	56,23	Q	n+1+1	23	15	15	15	15	16	16	17	17	20,5	6,54	4,10	4,26	4,36	4,48	4,68	5,02	5,22	5,54	5,64	6,39

name	Coul	Age	PB	SB	Perf.	Qualif.	Schéma	Steps										Time on each hurdle											
								H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	arr	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	arr.
TROEST Stina	1	20	56,55	56,55	56,81		n+1+1	24	15	15	16	16	16	16	17	17	17	21,5	6,72	4,36	4,48	4,70	4,78	4,88	4,90	5,10	5,22	5,42	6,25
VELVERE Liga	2	24	57,02	57,02	56,87		n+1	23	16	16	16	16	16	16	16	17	17	21,0	6,72	4,40	4,60	4,64	4,76	4,78	4,88	5,10	5,34	5,44	6,21
FONTANIVE Petra	3	25	56,21	56,21	57,53		n+1+1	24	16	16	16	16	17	17	18	18	18	22,0	6,68	4,42	4,60	4,70	4,72	4,88	5,00	5,24	5,42	5,50	6,37
BARBOSA Vera	4	25	55,22	55,37	56,33		n+1+1	24	16	16	16	16	16	17	17	18	18	21,5	6,84	4,32	4,48	4,52	4,64	4,72	4,90	5,04	5,30	5,48	6,09
TITIMETS Anna	5	25	54,63	54,97	54,90	Q	n+1	22	15	15	15	15	15	15	16	16	16	19,0	6,68	4,34	4,44	4,56	4,60	4,66	4,72	4,84	5,08	5,20	5,78
KLOPSCH Christiane	6	23	56,02	56,02	56,28		n+1+1	24	15	15	15	15	16	16	16	17	17	20,5	6,60	4,22	4,42	4,42	4,56	4,68	5,02	5,14	5,36	5,56	6,30
DAVYDOVA Irina	7	26	53,77	55,44	55,69	Q	n+1	22	15	15	15	15	15	16	16	16	16	19,0	6,76	4,32	4,38	4,44	4,56	4,66	4,84	5,10	5,24	5,34	6,05
PEDROSO Yadsleidy	8	27	54,54	55,42	56,07	Q	n+1	25	16	16	16	16	16	17	17	17	17	21,5	6,70	4,32	4,52	4,48	4,54	4,64	4,86	5,06	5,16	5,46	6,33
STASIUNAITĖ Egle	1	25	56,58	56,79	56,39		n+1+1	22	15	15	15	15	16	16	17	17	17	20,0	6,54	4,22	4,36	4,48	4,66	4,92	5,02	5,38	5,40	5,34	6,07
ARRIETA Valentine	2	24	56,60	56,60	57,00		n+1+1	25	16	16	16	16	17	17	18	18	18	21,0	6,82	4,36	4,50	4,54	4,68	4,82	5,16	5,22	5,40	5,48	6,02
CHILD Eilidh	3	27	54,22	54,39	54,71	Q	n+1+1	23	15	15	15	15	16	16	17	17	17	21,0	6,52	4,16	4,24	4,26	4,40	4,60	4,76	5,00	5,18	5,38	6,21
DAUWENS Axelle	4	23	55,81	55,81	55,63	Q	n+1+1	23	15	15	15	15	16	16	16	17	17	21,5	6,64	4,26	4,26	4,36	4,50	4,72	4,84	5,08	5,34	5,38	6,25
LINKIEWICZ Joanna	5	24	55,98	55,98	55,89	q	n+1	24	16	16	16	16	17	17	17	17	17	20,5	6,62	4,36	4,36	4,48	4,62	4,84	4,92	5,06	5,20	5,30	6,13
ROSOLOVÁ Denisa	6	27	54,24	54,63	54,96	Q	n+1+1	22	15	15	15	15	15	16	16	17	17	20,0	6,68	4,24	4,30	4,36	4,56	4,62	4,70	4,96	5,14	5,30	6,10
MCMAHON Christine	7	22	56,97	56,97	57,31		n+1+1	23	15	15	15	15	16	16	17	17	17	21,5	6,70	4,34	4,50	4,52	4,64	4,78	4,92	5,14	5,48	5,72	6,57
RUDAKOVA Vera	8	22	55,92	55,93	55,98	q	n+1	22	15	15	15	15	16	16	16	16	16	19,5	6,74	4,36	4,46	4,52	4,58	4,64	4,94	5,04	5,18	5,34	6,18



Photo Hugo Rey



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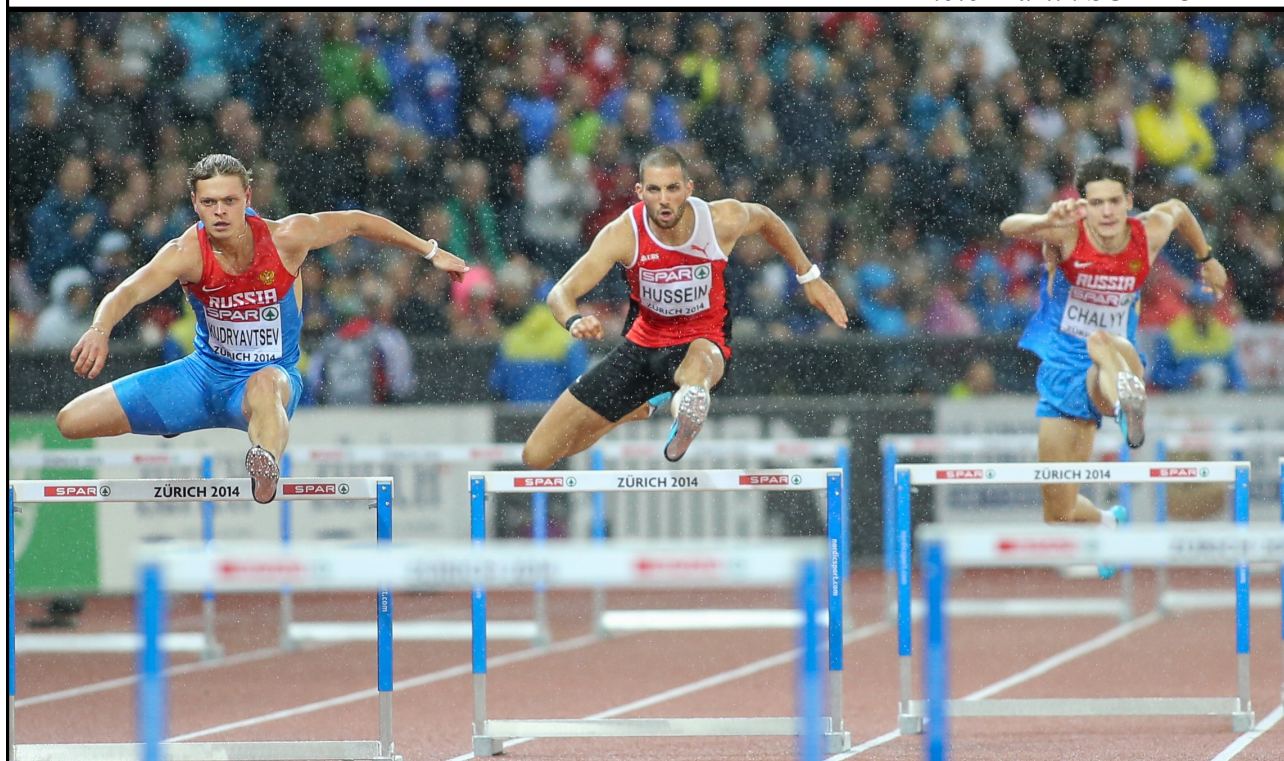
400m hurdles Men's final

	1	2	3	4	5	6	7	8	9	10	arr	time	5th H	Difference between the two
Kariem HUSSEIN	6,04	3,76	3,92	4,00	4,04	4,12	4,20	4,32	4,40	4,64	5,52	48,96	21,76	2,14
SUI	G	13				14				15				
Rasmus MAGI	6,10	3,80	3,88	3,92	4,04	4,12	4,40	4,44	4,60	4,60	5,16	49,06	21,74	2,28
EST	G	13					14							
Denis KUDRYAVTSEV	6,12	3,80	3,88	3,88	3,96	4,12	4,36	4,36	4,60	4,76	5,32	49,16	21,64	2,58
RUS	G	13					14		15					
Timofey CHAVY	6,08	3,80	3,96	4,00	4,08	4,16	4,48	4,56	4,68	4,72	5,04	49,56	21,92	2,39
RUS	G	13					14							
Felix FRANZ	6,03	3,88	3,84	4,08	4,08	4,20	4,44	4,52	4,72	4,72	5,32	49,83	21,91	2,65
DEU	G	13					14							
Emir BEKRIC	6,00	3,78	3,80	3,88	3,96	4,04	4,32	4,52	4,76	5,00	5,84	49,90	21,42	3,83
SRB	G	13					14							
Varg KÖNIGSMARK	6,03	3,76	3,92	3,88	3,92	4,20	4,32	4,52	4,76	5,04	5,56	49,91	21,51	3,53
DEU	G	13				14			15					
Oskari MÖRÖ	6,10	3,76	3,84	4,08	4,12	4,28	4,36	4,48	4,72	4,88	5,52	50,14	21,90	2,92
FIN	D	13				14				15				

Kariem HUSSEIN wins his first gold medal in front of his crowd..... And a rain-storm (see picture)

Trained by **Flavio ZBERG**, Kariem has the merit of combining sports and studies, since he is in 3rd year of medical school!! He balances his race, but his change to 15 steps on the 10th hurdle to stay on his dominant leg, is not very well organized: he loses 0.24 seconds

Photo Martin SCHMOKER



Rasmus MAGI was the favorite after breaking his PB in the semi final (48.54). Despite that, he runs a similar time to the 5th hurdle (21.62 in the semi final, 22.74 in the final), his second turn is slower. Perhaps he might have to fight against the wind to conserve his rhythm. That's what he said after the final: "*the conditions was too hard for me and my rhythm*"

Denis KUDRYAVTSEV wanted to attack from the beginning of the race, despite the conditions. Running slightly faster than in the semi-finals, he probably paid at the end of race, especially when he does steps 15 on the ninth hurdle: he almost loses 0.3 seconds.

Timofey CHAVY is the second Russian qualified for the final. Led by **Rasmus MAGI** in the third semi-final in which he beats his personal best (49.15 to 48.69) by a half second. In the final, he just runs a few hundredths faster at the 5th hurdle, but maybe he pays with duplicate efforts and his lack of technique with the hurdles

Felix FRANTZ was in the 3rd semi final too, and he breaks his personal best too (0.4 seconds). Unfortunately, like **MAGI** and **CHAVY**, he was not able to repeat his feat. From the 4th hurdle, he was not in the same rhythm than in the semi final...

Emir BECKRIC was not in better shape than last year. He was 3rd at the World Championships with 48.05. His strides and his clearing seem less fluent. He was leading at the 5th hurdle, which proves that he does not manage his race as well as his opponents.

Varg KONISMARK wanted to start faster than his PB race, despite the weather. Of course, running 0.3 seconds faster at the 5th hurdle, he was not able to make his usual technical race (13 steps to the 6th hurdle, 14 to the end), and clear the two last hurdles in 15 steps.

Osakri MORO was in the famous 3rd semi final too, in which he break his PB by 0.9 seconds (his PB was made ... In the heat!). In the final, he runs 0.1 faster at the 5th hurdle, despite the weather. From the 5th hurdle, he wasn't able to keep his rhythm, surely because of his fast start, and of the duplication of races. With his semi final time, he would have won the silver medal...

European championships stats

by Kenny GUEX

NOM Prénom	Coul.	Age	PB	SB	Perf.	Qualif.	Schéma	Nombre de foulées											Temps intervalles													
								H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Arr	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Arr			
Série 1	BROŽ Michal	2	49,78	50,51	49,90	Q	n+1+1	21	13	13	13	13	13	14	14	14	15	15	15	15	19,5	6,18	3,78	3,80	3,90	4,00	4,14	4,38	4,52	4,70	4,90	5,60
	DÉCIMUS Yoan	3	49,52	49,93	49,60	Q	n+1	22	14	14	14	14	14	14	14	14	15	15	15	15	18,0	6,14	3,82	3,90	3,94	4,00	4,14	4,22	4,52	4,66	4,78	5,48
	KANERVO Jussi	4	50,67	50,67	50,35	q	n+1+1	21	13	13	13	13	13	14	14	14	15	15	15	15	19,0	5,98	3,74	3,86	3,98	4,16	4,30	4,34	4,54	4,66	5,02	5,77
	PUEMI Jonathan	5	50,70	51,40	51,40		n+1+1	20	13	13	13	13	13	13	13	14	14	14	15	15	18,0	6,24	3,82	3,98	4,00	4,08	4,20	4,48	4,66	4,90	5,12	5,92
	KÖNIGSMARK Varg	6	49,40	49,40	49,46	Q	n+1	20	13	13	13	13	13	13	14	14	14	14	14	14	17,5	6,08	3,72	3,92	3,92	3,98	4,04	4,36	4,48	4,72	4,76	5,48
Série 2	KUDRYAVTSEV Denis	7	48,95	48,95	49,05	Q	n+1+1	21	13	13	13	13	13	13	14	14	14	15	15	15	18,0	6,08	3,72	3,84	3,84	3,92	4,06	4,32	4,46	4,58	4,78	5,45
	VANHAAREN Stef	8	49,83	49,83	49,98	q	n+1	21	14	14	14	14	14	14	14	14	15	15	15	15	19,0	6,00	3,72	3,86	3,88	3,96	4,20	4,40	4,58	4,76	4,98	5,64
	BARR Thomas	2	48,90	48,90	49,79	Q	n+1	21	13	13	13	13	13	13	13	14	14	14	14	14	17,5	6,20	3,78	3,88	3,96	4,04	4,10	4,46	4,58	4,72	4,76	5,31
	JAGOR Jaak-Heinrich	3	50,69	50,69	52,67		n+1+1+1+1	21	13	14	13	14	14	14	14	14	15	15	15	15	18,5	6,38	3,98	3,96	4,06	4,30	4,54	4,60	4,90	4,94	5,06	5,95
	FRANZ Felix	4	49,34	49,34	50,23	Q	n+1	21	13	13	13	13	13	13	13	13	14	14	14	14	17,0	6,24	3,92	3,98	4,10	4,12	4,18	4,52	4,58	4,70	4,72	5,17
Série 3	RUMIMENS Tim	5	49,90	49,90	50,80		n+1+1+1	20	13	13	13	13	13	13	13	14	15	15	16	18,5	6,18	3,78	3,88	3,94	3,98	4,22	4,30	4,62	5,00	5,24	5,66	
	MIRONOV Oleg	6	50,01	50,01	50,78	Q	n+1	20	13	13	13	13	13	13	13	14	14	14	14	17,5	6,16	3,88	4,00	4,10	4,16	4,24	4,40	4,60	4,84	4,80	5,60	
	KOROKNAI Máté	7	50,35	50,35	50,33	Q	n+1+1	20	13	13	13	13	13	13	13	13	14	15	15	15	18,5	6,20	3,80	3,90	3,98	4,00	4,12	4,28	4,54	4,80	5,00	5,71
	HARTLING Nicolai	8	50,94	50,94	51,15		n	23	15	15	15	15	15	15	15	15	15	15	15	15	18,0	6,30	4,14	4,32	4,32	4,32	4,32	4,42	4,46	4,52	4,68	5,35
	MÄGI Rasmus	2	48,77	48,77	49,72	Q	n+1	21	13	13	13	13	13	13	13	14	14	14	14	14	17,5	6,16	3,86	3,92	3,98	4,10	4,20	4,52	4,56	4,70	4,66	5,06
Série 4	SENJARIĆ Yann Eloi	3	50,88	50,88	52,14		n+1	22	15	15	15	15	15	15	15	15	15	15	16	20,0	6,30	3,98	4,14	4,14	4,28	4,36	4,50	4,62	4,80	5,14	5,88	
	DOBÉK Patryk	4	49,52	49,52	49,73	Q	n+1	20	13	13	13	13	13	13	13	14	14	14	14	17,0	6,14	3,80	3,96	4,00	4,02	4,16	4,42	4,54	4,66	4,74	5,29	
	CAPOTOSTI Leonardo	5	50,06	50,17	50,45	Q	n+1	22	14	14	14	14	14	14	14	15	15	15	15	18,0	6,28	3,92	4,00	4,02	4,06	4,30	4,36	4,58	4,70	4,88	5,35	
	RODGER Sebastian	6	49,19	49,51	49,88	Q	n+1	22	14	14	14	14	14	14	14	14	14	14	15	18,5	6,26	3,98	4,04	4,14	4,18	4,20	4,32	4,46	4,48	4,56	5,26	
	MELNYKOV Stanislav	7	49,09	50,86	50,72	q	n+1	21	14	14	14	14	14	14	14	14	15	15	15	15	18,0	6,20	3,84	4,02	4,06	4,18	4,22	4,40	4,70	4,76	4,84	5,50
Série 5	KOROKNAI Tibor	8	50,25	50,25	50,84		n+1+1	20	13	13	13	13	13	13	13	14	14	14	14	15	6,26	3,90	3,98	4,04	4,10	4,16	4,46	4,66	4,76	4,90	5,62	
	NECHYPORENKO Denys	2	50,08	50,08	50,63	q	n+1	21	14	14	14	14	14	14	14	14	15	15	15	15	18,0	6,32	4,02	4,06	4,22	4,18	4,30	4,42	4,56	4,64	4,66	5,25
	BEKRIC Emir	3	48,05	49,64	49,82	Q	n+1	21	13	13	13	13	13	13	13	14	14	14	14	17,0	6,14	3,68	3,76	3,92	4,06	4,16	4,46	4,56	4,70	4,90	5,48	
	KAIN Thomas	4	50,93	50,93	50,90		n+1+1	22	14	14	14	14	14	14	14	14	15	15	15	16	20,0	6,14	3,86	3,96	4,04	4,12	4,24	4,46	4,66	4,72	4,92	5,78
	FLANNERY Niall	5	48,80	48,80	49,77	Q	n+1	21	14	14	14	14	14	14	14	14	14	15	15	15	18,5	6,18	3,90	4,02	4,10	4,16	4,24	4,32	4,46	4,46	4,66	5,27
MÖRÖ Oskari	6	50,33	50,33	49,97	Q	n+1+1	21	13	13	13	13	13	13	13	14	14	14	15	15	18,0	6,18	3,84	3,94	4,04	4,24	4,36	4,46	4,52	4,62	4,68	5,19	
CRAVCENCO Alexei	7	50,82	50,86	55,66		n+1+2	21	14	14	14	14	14	14	14	14	15	15	15	17	23,0	6,36	4,00	4,10	4,10	4,38	4,42	4,72	4,82	4,92	5,84	8,00	
CHALYV Timofey	8	49,15	49,15	49,92	Q	n+1	20	13	13	13	13	13	13	13	13	14	14	14	14	17,0	6,16	3,88	3,88	3,90	4,26	4,30	4,60	4,60	4,74	4,66	4,94	
HARVEY Jason	1	50,13	50,64	51,91		n+1+1	22	13	13	13	13	14	14	14	14	15	15	15	15	20,0	6,30	3,82	3,90	4,04	4,26	4,36	4,58	4,74	4,78	5,06	6,07	
KIERPESET Øyvind	2	49,95	50,69	51,23		n+1	21	14	14	14	14	14	14	14	14	14	15	15	15	18,0	6,20	3,96	4,06	4,12	4,22	4,30	4,42	4,72	4,76	4,86	5,61	
FERNÁNDEZ Sérgio	3	49,90	49,90	50,89		n+1+1	20	13	13	13	13	13	13	13	13	14	14	14	15	18,0	6,24	3,96	4,14	4,20	4,28	4,28	4,50	4,62	4,68	4,76	5,23	
FRISCH Jacques	4	50,94	51,37	54,06		n+1	21	14	14	14	14	14	14	14	14	15	15	15	15	19,0	6,18	3,94	4,10	4,22	4,40	4,50	4,78	5,00	5,10	5,46	6,38	
BULTHEEL Michaël	5	49,10	49,13	50,18	Q	n+2	20	13	13	13	13	13	13	13	13	15	15	15	15	18,0	6,08	3,86	4,00	4,02	4,12	4,18	4,34	4,44	4,68	4,88	5,58	
HUSSEIN Kariem	6	49,08	49,08	49,70	Q	n+1+1	21	13	13	13	13	13	13	13	14	14	14	14	15	17,0	6,00	3,68	3,84	3,92	4,10	4,20	4,22	4,42	4,60	4,84	5,88	
BALTUŠS Janis	7	50,95	50,95	50,89	Q	n+1	21	13	13	13	13	13	13	14	14	14	14	14	14	17,5	6,36	3,94	4,08	4,10	4,34	4,40	4,52	4,64	4,66	4,70	5,15	
BURTON Tom	8	49,66	49,66	50,47	Q	n+1	21	14	14	14	14	14	14	14	14	14	15	15	15	18,0	6,14	3,94	3,96	4,02	4,16	4,16	4,36	4,54	4,76	4,92	5,51	

NOM Prénom	Coul.	Age	PB	SB	Perf.	Qualif.	Schéma	Nombre de foulées										Temps intervalles														
								H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Arr	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Arr			
BALTUŠS Janis	1	23	50,89	50,89	50,96		n-1+1	21	14	14	13	13	13	14	14	14	14	14	14	14	17,5	6,48	4,12	4,18	4,06	4,16	4,20	4,40	4,58	4,70	4,80	5,28
MELNYKOV Stanislav	2	27	49,09	50,72	50,60		n+1	21	14	14	14	14	14	14	14	15	15	15	15	15	18,0	6,12	3,84	4,00	4,02	4,20	4,22	4,38	4,60	4,78	4,84	5,60
RODGER Sebastian	3	23	49,19	49,51	49,47		n+1	22	14	14	14	14	14	14	14	15	15	15	15	15	19,0	6,18	3,88	3,96	4,06	4,18	4,26	4,38	4,60	4,78	4,84	5,33
KÖNIGSMARK Varg	4	22	49,40	49,40	49,12	Q	n+1	20	13	13	13	13	13	14	14	14	14	14	14	14	18,0	6,14	3,78	3,96	3,92	4,06	4,04	4,26	4,40	4,60	4,62	5,34
KUDRYAVTSEV Denis	5	22	48,95	48,95	49,09	Q	n+1+1	21	13	13	13	13	13	14	14	14	15	15	15	15	19,0	6,10	3,82	3,94	3,90	3,98	4,02	4,26	4,28	4,68	4,78	5,33
DOBEK Patryk	6	20	49,52	49,52	49,13		n+1	20	13	13	13	13	13	13	13	14	14	14	14	14	17,5	6,12	3,82	3,94	3,88	4,02	4,06	4,20	4,48	4,58	4,70	5,33
BROŽ Michal	7	22	49,78	49,90	50,39		n+1+1	21	13	13	14	14	14	14	14	15	15	15	15	15	19,0	6,22	3,86	4,08	4,02	4,14	4,26	4,34	4,44	4,70	4,80	5,53
CAPOTOSTI Leonardo	8	26	50,06	50,17	50,21		n+1	22	14	14	14	14	14	14	14	15	15	15	15	15	18,0	6,34	3,96	4,04	4,08	4,20	4,32	4,24	4,42	4,58	4,74	5,29
MIRONOV Oleg	1	21	50,01	50,01	50,69		n+1	20	13	13	13	13	13	14	14	14	14	14	14	14	17,0	6,14	3,92	3,96	4,08	4,20	4,32	4,60	4,60	4,74	4,86	5,27
VANHAEREN Stef	2	22	49,83	49,83	50,63		n+1	21	14	14	14	14	14	14	14	15	15	15	15	15	19,0	6,00	3,80	3,90	4,02	4,16	4,26	4,38	4,50	4,68	5,08	5,85
HUSSEIN Kariem	3	25	49,08	49,08	49,16	Q	n+1+1	21	13	13	13	13	13	14	14	14	14	14	15	15	18,0	6,14	3,82	3,94	4,12	4,24	4,08	4,08	4,32	4,40	4,68	5,34
DÉCIMUS Yoan	4	26	49,52	49,60	49,71		n+1	22	14	14	14	14	14	14	14	15	15	15	15	15	18,5	6,20	3,84	3,82	3,90	4,06	4,12	4,14	4,42	4,64	4,88	5,69
BARR Thomas	5	22	48,90	48,90	49,30		n+1	21	13	13	13	13	13	14	14	14	14	14	14	14	18,0	6,16	3,84	3,90	4,00	4,14	4,16	4,38	4,48	4,56	4,62	5,06
BEKRIC Emir	6	23	48,05	49,64	49,21	Q	n+1	21	13	13	13	13	13	14	14	14	14	14	14	14	17,0	6,20	3,74	3,80	4,02	4,14	4,06	4,38	4,46	4,60	4,68	5,13
KOROKNAI Máté	7	21	50,33	50,33	50,95		n+1+1	20	13	13	13	13	13	14	14	14	15	15	15	15	18,5	6,20	3,84	3,88	4,00	4,12	4,20	4,42	4,64	4,86	5,04	5,75
BURTON Tom	8	25	49,66	49,66	50,47		n+1	21	14	14	14	14	14	15	15	15	15	15	15	15	18,0	6,06	3,96	4,02	4,10	4,22	4,20	4,34	4,58	4,72	4,82	5,45
NECHYPORENKO De- nys	2	24	50,08	50,08	50,35		n+1	21	14	14	14	14	14	14	14	15	15	15	15	15	18,5	6,22	3,94	4,00	4,16	4,14	4,24	4,36	4,56	4,64	4,68	5,41
MÄGI Rasmus	3	22	48,77	48,77	48,54	Q	n+1	21	13	13	13	13	13	14	14	14	14	14	14	14	17,0	6,16	3,80	3,84	3,88	3,94	4,02	4,32	4,36	4,54	4,52	5,16
BULTHEEL Michaël	4	28	49,10	49,13	49,62		n+2	20	13	13	13	13	13	15	15	15	15	15	15	15	18,0	6,08	3,80	3,92	4,02	4,02	4,08	4,18	4,40	4,60	4,86	5,66
FRANZ Felix	5	21	49,34	49,34	48,96	q	n+1	21	13	13	13	13	13	14	14	14	14	14	14	14	18,0	6,14	3,80	3,88	3,90	3,98	4,00	4,26	4,44	4,54	4,70	5,32
FLANNERY Niall	6	23	48,80	48,80	50,15		n+1	21	14	14	14	14	14	14	14	15	15	15	15	15	18,0	6,22	3,96	4,02	4,04	4,08	4,24	4,26	4,40	4,54	4,72	5,67
MÖRÖ Oskari	7	21	49,97	49,97	49,08	q	n+1	21	13	13	13	13	13	14	14	14	14	14	14	14	17,5	6,16	3,80	3,96	4,04	4,06	4,14	4,26	4,38	4,48	4,58	5,22
CHALYY Timofey	8	20	49,15	49,15	48,69	Q	n+1	20	13	13	13	13	13	14	14	14	14	14	14	14	17,0	6,18	3,90	3,94	3,96	4,02	4,16	4,34	4,36	4,56	4,44	4,83



400m hurdles Women's final

	1	2	3	4	5	6	7	8	9	10	end	time	5th H	Differen- ce bet- ween the two 200m
Shamier LITTLE	6,70	4,32	4,40	4,52	4,56	4,76	4,84	5,04	5,36	5,36	5,80	55,66	24,50	2,85
USA	D	15							17					
Shona RICHARDS	6,56	4,24	4,32	4,56	4,64	4,84	5,08	5,28	5,44	5,40	5,80	56,16	24,32	3,65
GBR	G	15					16		17					
Jade MILLER	6,72	4,40	4,52	4,64	4,64	4,80	5,04	4,96	5,20	5,32	5,98	56,22	24,92	2,54
USA	G	16					17			18				
Zurian HECHEVARRIA	6,69	4,40	4,56	4,64	4,76	4,88	5,00	5,08	5,28	5,44	6,16	56,89	25,05	2,89
CUB	G	15				16			17					
Mariam ABDUL-RACHID	6,66	4,36	4,60	4,76	4,76	4,76	4,92	5,04	5,36	5,56	6,64	57,42	25,14	3,33
CAN	G	15	16				17							
Genekee LEITH	6,89	4,48	4,56	4,96	5,04	5,08	5,32	5,32	5,36	5,48	5,84	58,33	25,93	2,66
JAM	D	15			17									
Ayomide FOLORUNSO	7,02	4,40	4,56	4,64	4,76	4,92	5,12	5,20	5,40	5,72	6,60	58,34	25,38	3,64
ITA	G	16				17				18				
Joan MEDJID	6,60	4,40	4,56	4,76	4,84	4,92	5,24	5,40	5,60	5,80	6,72	58,84	25,16	4,58
FRA	G	14		15			16			17				

After having trying to clear the hurdles with his bad leg in the heat and semi final, **Shamier LITTLE** makes a « one-legged » race, adding 2 steps at the 9th hurdle. Unfortunately, very badly prepared (only 5m before), as her second interval in 17 steps..

Shona RICHARDS breaks her personal best in this final. Her tactic looks well controlled: she clears only the 7th hurdle with her bad leg. Nevertheless, her first part of the race is too fast, she can't run fast at the end of the race: her second part of the race (200m to 400m) is 3.6 seconds slower than the 1st one....

Jade MILLER was one of the 2 finalists with 16steps since the beginning of the race. She adds 1 step without any preparation, and most of all, at the wrong place: she will have to clear the hurdles 7, 8 and 9 with her bad leg...





400m hurdles Men's Final

	1	2	3	4	5	6	7	8	9	10	end	time	5 H	Difference between the two 200m
Jaheel HYDE	5,85	3,72	3,84	3,88	4,08	4,2	4,4	4,52	4,72	4,76	5,32	49,29	21,37	3,19
JAM	G	13		14				15						
Ali Khamis KHAMIS	6,22	3,92	4,08	4,04	4,12	4,4	4,4	4,5	4,5	4,44	4,93	49,55	22,38	1,27
BRN	G	14					?	?	15					
Tim HOLMES	5,88	3,68	3,84	3,84	4	4,28	4,4	4,84	4,76	4,88	5,67	50,07	21,24	4,17
USA	G	13						15						
Jonas HANSSEN	6,19	4	3,92	4,04	4,12	4,32	4,52	4,6	4,8	5	5,56	51,07	22,27	3,1
GER	G	14				15			16					
Sihang YI	6,16	4	4,04	4,2	4,2	4,52	4,7	4,7	4,68	4,8	5,32	51,32	22,6	2,5
CHN	G	14				15								
Leandro ZAMORA	6,05	4	4,16	4,2	4,48	4,52	4,7	4,7	4,64	4,72	5,32	51,49	22,89	2,1
CUB	G	13		14			?	?	15					
José Luis GASPAR	6,2	3,92	3,96	4,24	4,44	4,6	4,76	4,76	4,72	4,8	5,31	51,71	22,76	2,51
CUB	G	13			15				14					
Ruan MENTZ	6,04											DNF		
RSA	G													

What a season for the 17 year old **Jaheel HYDE**: after breaking the 110m hurdles Youth World Record (12.96), the Jamaican wins the 400m hurdles Junior world championships with a very good time: 49.29! The Youth World Record is 49.01, but with 0.84cm hurdles... He is able to clear the hurdles with both legs

Ali Khamis KHAMIS has a really well balanced race, allowing him to clear the last hurdles with a lot of speed. In October, he won the Asian game in 49.71!

Tim HOLMES has a tactic which looks studied: stepping 13 from the beginning, and adding 2 steps at the 8th hurdle. Unfortunately, the change to 15 strides makes him loose 0.4 seconds, because he has had to lengthen his strides for clearing the 7th hurdle in 13





Youth Olympic Game

400m hurdles

MEN	1	2	3	4	5	6	7	8	9	10	arr	Tps	5 H	écart entre les 200m
Zhihang XU	6,30	4,00	4,06	3,95	4,06	4,24	4,36	4,60	4,68	4,80	5,56	50,61	22,37	2,48
CHN	D	14				15								
Mohamed Fares Jlassi	6,17	4,08	4,04	3,96	4,12	4,2	4,44	4,6	4,84	4,76	5,4	50,61	22,37	2,51
TUN	G	13		12	13		14		15					
Victor Coroller	6,31	4,2	4,16	4,08	4,42	4,48	4,52	4,52	4,64	4,68	5,2	51,19	23,15	1,31
FRA	D	14		13	15									

Chinese **Zhihang XU** wins in front of his crowd, after a well controlled race. Even if it seems that between the 3rd and the 4th hurdles, the medallists let a little go..

Tunisian **Mohammed Fares Jlassi**, made a tactical mistake in this interval, which doesn't allow him to win: the steps 12 (!!!), this way he stay on his bad leg on hurdles 5 and 6.

Going faster, **Victor Coroller** takes 1 stride off too. However, understanding his mistake, he relaxed a bit at the 5th hurdle: he steps 15 , and stay in 15 strides until the end of the race. French National Record.

Women	1	2	3	4	5	6	7	8	9	10	arr	time	5th H	Difference btween he two 200m
Gezelle Magerman	6,90	4,80	4,80	5,00	5,08	5,12	5,04	5,12	5,08	5,16	5,81	57,91	26,58	0,65
RSA	D	16												
Michaela Peskova	6,98	4,52	4,52	4,60	4,72	4,92	5,16	5,36	5,60	5,60	6,24	58,26	25,38	3,56
SVK	D	15					16		17					
Anne Sofie Kirkegaard	6,76	4,68	4,60	4,60	4,88	5,16	5,08	5,36	5,52	5,52	6,36	58,60	25,52	3,35
DEN	?	?	?	D	G	?	G	17						

Gezelle Magerman makes history: every intervals in 16 steps! Nobody has done that tactic in an international championship (as far as we know). Of course, it's only possible with a slow start, as evidenced in the small difference between the first and the second 200m: 0.65!! Once again: never seen before!

At the 6th hurdle, the South African was last. But in the last 150m, she catches up one by one her opponents, who started too fast...

Michaela Peskova has already a good tactic, which allows her to clear only 1 hurdle with her bad leg: the 7th. She breaks her personal best too, despite a fast first part of the race (difference between the 1st and the second part: 3.56 seconds!)