

400m, 400m hurdles

Women, best times 2011 (secs)

400 METRES

51.0

50.0

49.0

48.0

47.0

Anastasiya Kapachinskaya *RUS* **49.35**

Sanya Richards-Ross *USA* **49.66**

Amantle Montsho *BOT* **49.71**

Allyson Felix *USA* **49.81**

Rosemarie Whyte *JAM* **49.84**

47.60
Marita
Koch,
GDR,
Canberra
1985

400 METRES HURDLES

53.5

52.0

Kaliese Spencer *JAM* **52.79**

Zuzana Hejnova *CZE* **53.29**

Lashinda Demus *USA* **53.31**

Melaine Walker *JAM* **53.56**

Vania Stambolova *BUL* **53.68**

52.34 Yuliya
Pechenkina,
RUS, Tula 2003

**Kaliese
Spencer**

