

2026 World Indoor Championships Statistics – Women's 400m - by K Ken Nakamura

Summary page:

All time performance list at the World Indoor Championships

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	49.17	Femke Bol	NED	1	Glasgow	2024
2	2	50.04	Olesya Krasnomovets	RUS	1	Moskva	2006
3	3	50.16	Lieke Klaver	NED	2	Glasgow	2024
4	4	50.19	Natalya Nazarova	RUS	1	Budapest	2004
5	5	50.21	Vania Stambolova	BUL	2	Moskva	2006
6	6	50.23	Irina Privalova	RUS	1	Barcelona	1995

Slowest winning time: 51.66 by Sabine Busch (GDR) in 1987; slower winning time of 53.35 was recorded by Diane Dixon (USA) in 1985 World Indoor Games

Margin of Victory (in final)

	Difference	Time	Name	Nat	Venue	Year
Max	1.15	50.23	Irina Privalova	RUS	Barcelona	1995
Min	0.01	51.09	Olesya Zykina	RUS	Valencia	2008

Fastest time in each round

Round	Time	Name	Nat	Heat/Semi	Venue	Year
Final	49.17	Femke Bol	NED	Final	Glasgow	2024
	50.04	Olesya Krasnomovets	RUS	Final	Moskva	2006
Semi-final	50.61	Olesya Krasnomovets	RUS	1sf2	Moskva	2006
First round	50.79*	Amber Anning	GBR	1h3	Nanjing	2025
	51.04	Vania Stambolova	BUL	1h1	Moskva	2006

Fastest non-qualifier for the final

Time	Position	Name	Nat	Venue	Year
51.48	4sf2	Henriette Jaeger	NOR	Glasgow	2024

Best Marks for Places in the World Championships

Pos	Time	Name	Nat	Venue	Year
1	49.17	Femke Bol	NED	Glasgow	2024
	50.04	Olesya Krasnomovets	RUS	Moskva	2006
2	50.16	Lieke Klaver	NED	Glasgow	2024
3	50.24	Alexis Holmes	USA	Glasgow	2024

Multiple Gold Medalists:

Sandie Richards (JAM): 1993, 2001,

Natalya Nazarova (RUS): 2003, 2004

Fastest Performances in March (only indoor performances are listed)

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	49.17	Femke Bol	NED	1	Glasgow- WIC	2 Mar 2024
2	2	49.48	Britton Wilson	USA	1	Albuquerque	11 Mar 2023
3	3	49.59	Jarmila Kratchvilova	TCH	1	Milano	7 Mar 1982
4		49.69	Jarmila Kratchvilova		1	Budapest	6 Mar 1983
5	4	49.78	Aaliyah Butler	USA	1	College Station	1 Mar 2025

World Indoor Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2025	Amber Anning	GBR	50.60	Alexis Holmes	USA	50.63	Henriette Jaeger	NOR	50.92
2024	Femke Bol	NED	49.17	Lieke Klaver	NED	50.16	Alexis Holmes	USA	50.24
2022	Shanaue Miller-Uibo	BAH	50.31	Femke Bol	NED	50.57	Stephanie McPherson	JAM	50.79
2018	Courtney Okolo	USA	50.55	Shakima Wimbley	USA	51.47	Eilidh Doyle	GBR	51.60
2016	Kemi Adekoya	BRN	51.45	Ashley Spencer	USA	51.72	Quanera Hayes	USA	51.76

All time performance list at the World Indoor Championships

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	49.17	Femke Bol	NED	1	Glasgow	2024
2	2	50.04	Olesya Krasnomovets	RUS	1	Moskva	2006
3	3	50.16	Lieke Klaver	NED	2	Glasgow	2024
4	4	50.19	Natalya Nazarova	RUS	1	Budapest	2004
5	5	50.21	Vania Stambolova	BUL	2	Moskva	2006
6	6	50.23	Irina Privalova	RUS	1	Barcelona	1995
7	7	50.24	Alexis Holmes	USA	3	Glasgow	2024
8	8	50.31	Shaunae Miller-Uibo	BAH	1	Beograd	2022
9	9	50.34	Christine Amertil	BAH	3	Moskva	2006
10	10	50.55	Courtney Okolo	USA	1	Birmingham	2018
11		50.57	Femke Bol		2	Beograd	2022
12		50.60	Natalya Nazarova		4	Moskva	2006
13	11	50.60	Amber Anning	GBR	1	Nanjing	2025
14		50.61	Olesya Krasnomovets		1sf2	Moskva	2006
15		50.63	Alexis Holmes		2	Nanjing	2025
16	12	50.64	Diane Dixon	USA	1	Sevilla	1991
16		50.65	Olesya Krasnomovets		2	Budapest	2004
18		50.66	Vania Stambolova		1sf1	Moskva	2006
19		50.66	Femke Bol		1sf2	Glasgow	2024
19		50.67	Natalya Nazarova		2sf1	Moskva	2006
21	13	50.79	Sanya Richards-Ross	USA	1	Istanbul	2012
22	13	50.79	Stephanie Ann McPherson	JAM	3	Beograd	2022
22		50.79	Amber Anning		1sf3	Nanjing	2025
24	15	50.80	Grit Breuer	GER	1	Maebashi	1999
25	16	50.83	Jearl Miles Clark	USA	1sf2	Maebashi	1999
26		50.83	Natalya Nazarova		1	Birmingham	2003
27	17	50.87	Tonique Williams	BAH	3	Budapest	2004
28		50.88	Grit Breuer		1sf1	Maebashi	1999
29	18	50.89	Laviai Nielsen	GBR	4	Glasgow	2024
29		50.90	Natalya Nazarova		1sf1	Birmingham	2003
31		50.91	Natalya Nazarova		1sf2	Budapest	2004
32	19	50.92	Henriette Jaeger	NOR	3	Nanjing	2025
32	20	50.93	Sandie Richards	JAM	1	Toronto	1993
32	20	50.93	Ana Guevara	MEX	2sf2	Maebashi	1999
35		50.96	Jearl Miles Clark		1	Paris	1997
36	22	50.99	Sandra Myers	ESP	2	Sevilla	1991
36		50.99	Sanya Richards-Ross		1sf3	Istanbul	2012
36		50.99	Alexis Holmes		2sf2	Glasgow	2024
39	23	51.03	Tatyana Alekseyeva	RUS	2	Toronto	1993
39		51.04	Sandie Richards		1	Lisboa	2001
41		51.04	Vania Stambolova		1h1	Moskva	2006
42	24	51.04	Debbie Dunn	USA	1	Doha	2010
42	25	51.09	Olesya Zykina	RUS	1	Valencia	2008
44		51.09	Christine Amertil		2sf2	Moskva	2006
45		51.10	Natalya Nazarova		2	Valencia	2008
45		51.11	Christine Amertil		2sf1	Birmingham	2003
45		51.11	Christine Amertil		2	Birmingham	2003
48	26	51.12	Francena McCorory	USA	1	Sopot	2014
49		51.13	Grit Breuer		1h1	Maebashi	1999
49		51.13	Grit Breuer		3	Birmingham	2003
51	27	51.13	Tatyana Firova	RUS	2	Doha	2010
52		51.17	Sandie Richards		2	Paris	1997
53		51.18	Olesya Krasnomovets		1h3	Moskva	2006
53		51.18	Lieke Klaver		1sf1	Glasgow	2024
54	28	51.23	Talitha Diggs	USA	5	Glasgow	2024
54		51.24	Natalya Nazarova		1h3	Birmingham	2003
56	29	51.25	Falilat Ogunkoya	NGR	2	Maebashi	1999
56	29	51.25	Novlene Williams	JAM	3sf1	Moskva	2006

Slowest winning time: 51.66 by Sabine Busch (GDR) in 1987; slower winning time of 53.35 was recorded by Diane Dixon (USA) in 1985 World Indoor Games

Margin of Victory (in final)

	Difference	Time	Name	Nat	Venue	Year
Max	1.15	50.23	Irina Privalova	RUS	Barcelona	1995
	0.99	49.17	Femke Bol	NED	Glasgow	2024
	0.97	50.79	Sanya Richards-Ross	USA	Istanbul	2012
	0.92	50.55	Courtney Okolo	USA	Birmingham	2018
	0.88	51.66	Sabine Busch	GDR	Indianapolis	1987
Min	0.01	51.09	Olesya Zykina	RUS	Valencia	2008
	0.03	50.60	Amber Anning	GBR	Nanjing	2025
	0.10	50.93	Sandie Richards	JAM	Toronto	1993

Difference between first and third

	Diff	Winning time	3 rd place time	Winner's Name	Nat	Venue	Year
Max	1.55	50.23	51.78	Irina Privalova	RUS	Barcelona	1995
	1.08	50.96	52.04	Jearl Miles Clark	USA	Paris	1997
Min	0.30	50.83	51.13	Natalya Nazarova	RUS	Birmingham	2003
		50.04	50.34	Olesya Krasnomovets	RUS	Moskva	2006
	0.31	51.45	51.72	Kemi Adekoya	BRN	Portland	2016
	0.32	51.09	51.41	Olga Zykina	RUS	Valencia	2008
	0.32	50.60	50.92	Amber Anning	GBR	Nanjing	2025

Difference between third and fourth (medal versus no medal)

	Difference	3 rd place time	Name of bronze medalist	Nat	Venue	Year
Max	1.22**	54.08 **	Charmaine Crooks	CAN	Paris **	1985**
	1.03	51.50	Vania Stambolova	BUL	Doha	2010
	0.86	50.92	Henriette Jaeger	NOR	Nanjing	2025
	0.78	51.71	Olesya Zykina	RUS	Lisboa	2001
Min	0.02	52.04	Helena Fuchsova	CZE	Paris	1997
	0.08	52.68	Judit Forgacs	HUN	Indianapolis	1987
		51.37	Jearl Miles	USA	Toronto	1993

** World Indoor Games in 1985

Fastest time in each round

Round	Time	Name	Nat	Heat/Semi	Venue	Year
Final	49.17	Femke Bol	NED	Final	Glasgow	2024
	50.04	Olesya Krasnomovets	RUS	Final	Moskva	2006
Semi-final	50.61	Olesya Krasnomovets	RUS	1sf2	Moskva	2006
	50.66	Vania Stambolova	BUL	1sf1	Moskva	2006
		Femke Bol	NED	1sf2	Glasgow	2024
First round	50.79*	Amber Anning	GBR	1h3	Nanjing	2025
	51.04	Vania Stambolova	BUL	1h1	Moskva	2006

* Only two rounds in 2025

Fastest non-qualifier for the final

Time	Position	Name	Nat	Venue	Year
51.48	4sf2	Henriette Jaeger	NOR	Glasgow	2024
51.53	4sf1	Ilona Usovich	BLR	Moskva	2006
51.69	4sf2	Olga Kotlyarova	RUS	Maebashi	1999

Average from last thirteen (21st century) World Indoor Championships

	Average	2025	2024	2022	2018	2016	2014	2012	2010	2008	2006	2004	2003	2001
Winning Time	50.63	50.60	49.17	50.31	50.55	51.45	51.12	50.79	51.04	51.09	50.04	50.19	50.83	51.04
Winning Medal	51.24	50.92	50.24	50.79	51.60	51.76	52.06	51.82	51.50	51.41	50.34	50.87	51.13	51.71
Slowest to Make Final	52.50	52.22	52.47	51.81	52.63	53.13	53.20	52.78	52.34	52.83	52.17	52.35	52.18	52.43

400m – 800m double medalists: None**Best Marks for Places in the World Indoor Championships**

Pos	Time	Name	Nat	Venue	Year
1	49.17	Femke Bol	NED	Glasgow	2024
	50.04	Olesya Krasnomovets	RUS	Moskva	2006
2	50.16	Lieke Klaver	NED	Glasgow	2024
	50.21	Vania Stambolova	BUL	Moskva	2006
	50.57	Femke Bol	NED	Beograd	2022
	50.63	Alexis Holmes	USA	Nanjing	2025
	50.65	Olesya Krasnomovets	RUS	Budapest	2004
3	50.24	Alexis Holmes	USA	Glasgow	2024
	50.34	Christine Amertil	BAH	Moskva	2006
4	50.60	Natalya Nazarova	RUS	Moskva	2006
5	51.23	Talitha Diggs	USA	Glasgow	2024
	51.75	Sandie Richards	JAM	Maebashi	1999
6	51.37	Susanne Gogl-Walli	AUT	Glasgow	2024
	52.04	Deon Hemmings	JAM	Maebashi	1999

Best Marks for Places - all competitions

Pos	Time	Name	Nat	Venue	DMY
1	49.17	Femke Bol	NED	Glasgow	2 Mar 2024
	49.24	Femke Bol	NED	Apeldorn	18 Feb 2024
	49.24	Isabella Whittaker	USA	Virginia Beach	15 Mar 2025
	49.26	Femke Bol	NED	Apeldorn	19 Feb 2023
2	49.90	Isabella Whittaker	USA	College Station	1 Mar 2025
	50.01	Sabine Busch	GDR	Wien	2 Feb 1984
3	50.24	Alexis Holmes	USA	Glasgow	2 Mar 2024
	50.34	Christine Amertil	BAH	Moskva	12 Mar 2006
4	50.60	Natalya Nazarova	RUS	Moskva	12 Mar 2006

Multiple Gold Medalists:

Sandie Richards (JAM): 1993, 2001,
 Natalya Nazarova (RUS): 2003, 2004

Multiple Medalists:

Alexis Holmes (GBR) 2024 Bronze, 2025 Silver
 Femke Bol (NED) 2022 Silver, 2024 Gold
 Shanaue Miller-Uibo (BAH): 2014 Bronze, 2022 Gold
 Vania Stambolova (BUL): 2006 Silver; 2010 Bronze
 Olesya Krasnomovets (RUS): 2004 Silver; 2006 Gold
 Christine Amertil (BAH): 2003 Silver, 2006 Bronze
 Natalya Nazarova (RUS): 2003 Gold; 2004 Gold; 2008 Silver
 Olesya Zykina (RUS): 2001 Bronze; 2008 Gold
 Grit Breuer (GER): 1999 Gold; 2003 Bronze
 Jearl Miles (USA): 1993 Bronze; 1997 Gold; 1999 Bronze
 Sandie Richards (JAM): 1993 Gold; 1995 Silver, 1997 Silver; 2001 Gold
 Diane Dixon (USA): 1989 Silver; 1991 Gold (1985 (Indoor Games) Gold)

Multiple Medals by athletes from a single nation

Nation	Year	Gold	Silver	Bronze
NED	2024	Femke Bol	Leike Klaver	
USA	2018	Courtney Okolo	Shakima Wimbley	
USA	2012	Sanya Richards-Ross		Natasha Hastings
RUS	2008	Olesya Zykina	Natalya Nazarova	
RUS	2004	Natalya Nazarova	Olesya Krasnomovets	

RUS	2001		Olga Kotlyarova	Olesya Zykina
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Man & Woman from the same team winning the corresponding event: Never happened

Medals by Countries:

Nation	Gold	Silver	Bronze
USA	6+1**	5	6
RUS	5	6	1
JAM	2	3	1
BAH	1	1	3
NED	1	2	
GER	1		1
GBR	1		1
GDR	1		
FRG	1		
BRN	1		
BUL		1	2
NGR		1	
ESP		1	
BEL		1**	
HUN			1
CAN			1+1**
SUI			1
CZE			1
NOR			1

** World Indoor Games medal

Fastest known splits in the World Indoor Championships

	Time	Final Pos	Name	Nat	Venue	Year
First 200m	23.42	1 st	Shanaue Miller-Uibo	BAH	Beograd	2022
	23.57	1 st	Natalya Nazarova	RUS	Birmingham	2003
Last 200m	26.34	1 st	Irina Privalova	RUS	Barcelona	1995

World Indoor Champion with World Championships Gold medal

Name	Nat	World Indoor Championships	World Championships
Shanaue Miller-Uibo	BAH	2022	2022
Sanya Richards-Ross	USA	2012	2009
Jearl Miles Clark	USA	1997	1993

World Indoor Championships medalist with Olympic medal

Name	Nat	World Indoor Championships	Year	Olympics	Year
Shanaue Miller-Uibo	BAH	Gold	2022	Gold	2016, 2020
Sanya Richards-Ross	USA	Gold	2012	Gold	2012
Tonique Williams-Darling	BAH	Bronze	2004	Gold	2004
Falilat Ogunkova	NGR	Silver	1999	Bronze	1996

World Indoor Champion who previously won World Junior gold medal

Name	Nat	World Indoor Championships	World Junior Championships
Shanaue Miller-Uibo	BAH	2022	2010
Natalya Nazarova	RUS	2003, 2004	1998
Grit Breuer	GDR	1999	1988

World Indoor Championships medalists who previously won World Youth gold medal:

Name	Nat	World Indoor Championships	World Youth Championships
Shanaue Miller-Uibo	BAH	2022	2011

World Indoor Champion with European Championships gold medal

Name	Nat	World Indoor Championships	European Championships
Femek Bol	NED	2024	2022
Olesya Zykina	RUS	2008	2002
Grit Breuer	GDR	1999	1990, 1998

World Indoor Championships medalist with Asian Games or Asian Championships medal:

Name	Nat	World Indoor	Year	Asian Games	Year	Asian Champ	Year
Kemi Adekoya	BRN	Gold	2016	Gold	2014		

World Indoor Championships medalist with All African Games/African Championships gold

Name	Nat	World Indoor Champ	Year	All Africa Games	African Championships
Falilat Ogunkova	NGR	Silver	1999	1999	1989, 1998

Ogunkova is the only African medalist at the World Indoor Championships

World Indoor Championships medalist with Pan American Games' medal

Name	Nat	World Indoor Championships	Year	Pan American Games	Year
Courtney Okolo	USA	Gold	2018	Bronze	2019
Christine Amertil	BAH	Silver	2003	Silver	2007
Jearl Miles	USA	Bronze	1993,1999	Bronze	1991
Jillian Richardson	CAN	Bronze	1989	Silver	1987

World Indoor Champion with Commonwealth Games Gold medal

Name	Nat	World Indoor Championships	Commonwealth Games
Shanaue Miller-Uibo	BAH	2022	2018 (200m)
Sandie Richards	JAM	1993, 2001	1998

Last thirteen World Indoor Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2025	Amber Anning	GBR	50.60	Alexis Holmes	USA	50.63	Henriette Jaeger	NOR	50.92
2024	Femke Bol	NED	49.17	Lieke Klaver	NED	50.16	Alexis Holmes	USA	50.24
2022	Shanaue Miller-Uibo	BAH	50.31	Femke Bol	NED	50.57	Stephanie McPherson	JAM	50.79
2018	Courtney Okolo	USA	50.55	Shakima Wimbley	USA	51.47	Eilidh Doyle	GBR	51.60
2016	Kemi Adekoya	BRN	51.45	Ashley Spencer	USA	51.72	Quanera Hayes	USA	51.76
2014	Francena McCorory	USA	51.12	Kaliese Spencer	JAM	51.54	Shaunae Miller	BAH	52.06
2012	Sanya Richards-Ross	USA	50.79	Aleksandra Fedoriva	RUS	51.76	Natasha Hastings	USA	51.82
2010	Debbie Dunn	USA	51.04	Tatyana Firova	RUS	51.13	Vania Stambolova	BUL	51.50
2008	Olesya Zykina	RUS	51.09	Natalya Nazarova	RUS	51.10	Shareese Woods	USA	51.41
2006	Olesya Krasnomovetts	RUS	50.04	Vania Stambolova	BUL	50.21	Christine Amertil	BAH	50.34
2004	Natalya Nazarova	RUS	50.19	Olesya Krasnomovets	RUS	50.65	Tonique Williams	BAH	50.87
2003	Natalya Nazarova	RUS	50.83	Christine Amertil	BAH	51.11	Grit Breuer	GER	51.13
2001	Sandie Richards	JAM	51.04	Olga Kotlyarova	RUS	51.56	Olesya Zykina	RUS	51.71

Last ten World Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2025	Sydney McLaughlin-Levone	USA	47.78	Mariledy Paulino	DOM	47.98	Salwa Eid Naser	BRN	48.19
2023	Marileidy Paulino	DOM	48.76	Natalia Kaczmarek	POL	49.57	Sada Williams	BAR	49.60
2022	Shaunae Miller-Uibo	BAH	49.11	Marileidy Paulino	DOM	49.60	Sada Williams	BAR	49.75
2019	Salwa Eid Naser	BRN	48.14	Shaunae Miller-Uibo	BAH	48.37	Shericka Jackson	JAM	49.47
2017	Phyllis Francis	USA	49.92	Salwa Eid Naser	BRN	50.06	Allyson Felix	USA	50.08
2015	Allyson Felix	USA	49.26	Shaunae Miller	BAH	49.67	Shericka Jackson	JAM	49.99
2013	Christine Ohuruogu	GBR	49.41	Amantle Montsho	BOT	49.41	Antonina Krivoschapka	RUS	49.78
2011	Amantle Montsho	BOT	49.56	Allyson Felix	USA	49.59	Anastasiya Kapachinskaya	RUS	50.24
2009	Sanya Richards	USA	49.00	Shericka Williams	JAM	49.32	Antonina Krivoschapka	RUS	49.71
2007	Christine Ohuruogu	GBR	49.61	Nicola Sanders	GBR	49.65	Novlene Williams	JAM	49.66

2005	Tonique Williams Darling	BAH	49.55	Sanya Richards	USA	49.74	Ana Guevara	MEX	49.81
2003	Ana Guevara	MEX	48.89	Lorraine Fenton	JAM	49.43	Amy Mbacke Thiam	SEN	49.95
2001	Amy Mbacke Thiam	SEN	49.86	Lorraine Fenton	JAM	49.88	Ana Guevara	MEX	49.97

Last eight Olympics:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Marileidy Paulino	DOM	48.17	Salwa Eid Naser	BRN	48.53	Natalia Kaczmarek	POL	48.98
2020	Shaunae Miller-Uibo	BAH	48.36	Marileidy Paulino	DOM	49.20	Allyson Felix	USA	49.46
2016	Shaunae Miller	BAH	49.44	Allyson Felix	USA	49.51	Shericka Jackson	JAM	49.85
2012	Sanya Richards-Ross	USA	49.56	Christine Ohuruogu	GBR	49.70	Deedee Trotter	USA	49.72
2008	Christine Ohuruogu	GBR	49.62	Shericka Williams	JAM	49.69	Sanya Richards	USA	49.93
2004	Tonique Williams-Darling	BAH	49.41	Ana Guevara	MEX	49.56	Natalya Antyukh	RUS	49.89
2000	Cathy Freeman	AUS	49.11	Lorraine Graham	JAM	49.58	Katherine Merry	GBR	49.72
1996	Marie Jose Perc	FRA	48.25	Cathy Freeman	AUS	48.63	Falilat Ogunkoya	NGR	49.10
1992	Marie Jose Perc	FRA	48.83	Olga Bryzgina	EUN	49.05	Ximena Restrepo	COL	49.64

Last twelve World Junior Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Lurdes Gloria Manuel	CZE	51.29	Dianna Proctor	CAN	51.98	Zaya Akins	USA	52.00
2022	Yemi Mary John	GBR	51.50	Damaris Mutunga	KEN	51.71	Rupal	IND	51.85
2020	Imaabong Nse Uko	NGR	51.55	Karnelia Lesiewicz	POL	51.97	Sylvia Chelangat	KEN	52.23
2018	Hima Das	IND	51.46	Andrea Miklos	ROU	52.07	Taylor Manson	USA	52.28
2016	Tiffany James	JAM	51.32	Lynna Irby	USA	51.39	Junelle Bromfield	JAM	52.05
2014	Kendall Baisden	USA	51.85	Gilda Casanova	CUB	52.59	Olivia Baker	USA	53.00
2012	Ashley Spencer	USA	50.50	Kedecia Baird	GUY	51.04	Erika Rucker	USA	51.10
2010	Shaunae Miller	BAH	52.52	Margaret Etim	NGR	53.05	Bianca Razor	ROU	53.17
2008	Sade Abugan	NGR	51.84	Jessica Beard	USA	52.09	Susana Clement	CUB	52.36
2006	Danijela Grigic	CRO	50.78	Sonita Sutherland	JAM	51.42	Nawal Al-Jak	SUD	51.67
2004	Natasha Hastings	USA	52.04	Sonita Sutherland	JAM	52.41	Ashlee Kidd	USA	52.45
2002	Monique Henderson	USA	51.10	Sanya Richards	USA	51.49	Sheryl Morgan	JAM	52.61
2000	Jana Pittman	AUS	52.45	Aneta Lemiersz	POL	52.78	Norma Gonzalez	COL	53.30
1998	Natalya Nazarova	RUS	52.02	Nakiya Johnson	USA	52.09	Yudalis Diaz	CUB	52.39

Last ten World Youth Championships

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2017	Barbora Malikova	CZE	52.74	Mary Moraa	KEN	53.31	Giovana Rosalia Dos	BRA	53.57
2015	Salwa Eid Naser	BRN	51.50	Lynna Irby	USA	51.79	Catherine Reid	GBR	52.25
2013	Sabrina Bakare	GBR	52.77	Olivia Baker	USA	53.38	Tiffany James	JAM	52.77
2011	Shaunae Miller	BAH	51.84	Christian Brennan	CAN	52.12	Olivia James	JAM	52.14
2009	Ebony Eutsey	USA	52.88	Michelle Brown	USA	53.44	Sandra Wagner	SWE	53.52
2007	Yuliya Baraley	UKR	53.57	Latoya McDermott	JAM	54.12	Alexandra Stukova	SVK	54.46
2005	Nawal Al-Jak	SUD	51.19	Danijeta Grgic	CRO	51.30	Aymee Martinez	CUB	52.04
2003	Natasha Hastings	USA	53.41	Antonina Krivoshapka	RUS	53.54	Jaimee-Lee Hoebergen	AUS	53.78
2001	Stephanie Smith	USA	52.19	Jerricka Chapple	USA	52.80	Anneisha McLaughlin	JAM	53.35
1999	Monique Henderson	USA	52.28	Helen Okpanachi	NGR	52.38	Norma Gonzalez	COL	52.39

Last eight European Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Natalia Kaczmarek	POL	48.98	Rhasidat Adeleke	IRL	49.07	Lieke Klaver	NED	50.08
2022	Femke Bol	NED	49.44	Natalia Kaczmarek	POL	49.94	Anna Kielbasinska	POL	50.29
2018	Justyna Swiety-Ersetic	POL	50.41	Maria Belibasaki	GRE	50.45	Lisanne de Witte	NED	50.77
2016	Libania Grenot	ITA	50.73	Floria Guei	FRA	51.21	Anyika Onuora	GBR	51.47
2014	Libania Grenot	ITA	51.10	Olga Zemlyak	UKR	51.36	Indira Terrero	ESP	51.38
2012	Moa Hjelmer	SWE	51.13	Kseniya Zadorina	RUS	51.26	Ilona Usovich	BLR	51.94

2010	Tatyana Firova	RUS	49.89	Kseniya Ustalova	RUS	49.92	Antonina Krivoschapka	RUS	50.10
2006	Vanya Stambolova	BUL	49.85	Tatyana Veshkurova	RUS	50.15	Olga Zaytseva	RUS	50.28
2002	Olesya Zykina	RUS	50.45	Grit Breuer	GER	50.70	Lee McConnell	GBR	51.02
1998	Grit Breuer	GER	49.93	Helena Fuchsova	CZE	50.21	Olga Kotlyarova	RUS	50.38

Last six Asian Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2023	Kemi Adekoya	BRN	50.66	Salwa Eid Naser	BR	50.92	Sheeren Samson Vallybouy	MA	52.58
2018	Salwa Naser	BRN	50.09	Hima Das	IND	50.79	Elina Mikhina	KAZ	52.63
2014	Kemi Adekoya	BRN	51.59	Quach Thi Lan	VIE	52.06	Machettira Raju Poovamma	IND	52.36
2010	Olga Tereshkova	KAZ	51.97	Asami Chiba	JPN	52.68	Marina Maslenko	KAZ	52.70
2006	Olga Tereshkova	KAZ	51.86	Manjet Kaur	IND	52.17	Asami Tanno	JPN	53.04
2002	Damayanthi Dharsha	SRI	51.13	K Mathew Beenamol	IND	52.04	Svetlana Bodritskaya	KAZ	52.10
1998	Damayanthi Dharsha	SRI	51.57	Chen Yuxiang	CH	52.50	Svetlana Bodritskaya	KAZ	53.00

Last eleven Asian Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2023	Nadeesha	SRI	52.61	Farida Soliyeva	UZB	52.95	Aishwarya Mishra	IND	53.07
2019	Salwa Eid Naser	BR	51.34	Elina Mikhina	KAZ	53.19	Machettira Poovamma	IND	53.21
2017	Nirmla	IND	52.01	Quach Thi	VIE	52.78	Jisna Mathew	IND	53.32
2015	Yang Huizhen	CH	52.37	Machettira Poovamma	IND	53.07	Anastasiya Kudinova	KAZ	53.41
2013	Zho Yanmin	CH	52.49	Raju Poovamma	IND	53.37	Greta Taslakian	LIB	53.43
2011	Olga Tereshkova	KAZ	52.37	Gulustan Ieso	IRQ	52.80	Chen Jingwen	CHN	52.89
2009	Asami Tanno	JPN	53.32	Chen Lin	CHN	53.55	Manjeet Kaur	IND	53.66
2007	Chitra Soman	IND	53.03	Asami Tanno	JPN	53.20	Menike Wickramasinghe	SIR	54.11
2005	Manjeet Kaur	IND	51.50	Satti Geetha	IND	51.75	Asami Tanno	JPN	52.91
2003	Yin Yin Khine	MY	52.96	Bu Fanfang	CHN	52.97	Svetlana Bodritskaya	KAZ	53.19
2002	Tatyana Roslanova	KAZ	52.61	Zamira Amirova	UZB	53.87	Nguyen Thi Tinh	VIE	54.57
2000	Damayanthi Dharsha	SRI	51.05	K Mathews Beenamol	IND	51.41	Chen Yuxiang	CHN	52.81

Last six All Africa Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Mary Moraa	KEN	50.57	Esther Joseph	NGR	51.61	Sita Sibiri	BUR	51.74
2019	Galefele Moroko	BOT	51.30	Favour Ofili	NGR	51.68	Grace Obour	GHA	51.86
2015	Kabange Mupopo	ZAM	50.22	Patience George	NGR	50.71	Tjipekapora Herunga	NAM	51.55
2011	Amantle Montsho	BOT	50.87	Amy Mbacke Thiam	SEN	51.77	Tjipekapora Herunga	NAM	51.84
2007	Amantle Montsho	BOT	51.13	Joy Eze	NGR	51.20	Sade Abugan	NGR	51.44
2003	Fatou Bintou Fall	SEN	51.38	Doris Jacob	NGR	51.41	Mirelle Nguimgo	CMR	51.59
1999	Falilat Ogunkoya	NGR	50.02	Olabisi Afolabi	NGR	50.34	Amy Mbacke Thiam	SEN	50.95

Last ten African Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Miranda Coetzee	RSA	51.16	Quincy Malekani	ZAM	51.56	Elizabeth Joseph	NGR	51.94
2022	Miranda Coetzee	RSA	51.82	Mingilish Nidy	ZAM	52.36	Veronica Mutua	KEN	52.76
2018	Caster Semenya	RSA	49.96	Christine Botlogetswa	BOT	51.19	Yinka Ajayi	NGR	51.34
2016	Mupopo Kabange	ZAM	51.56	M Wambui	KEN	52.24	P George	NGR	52.33
2014	Sade Abugan	NGR	51.21	Kabange Mpopo	ZAM	51.21	Patience George	NGR	51.68
2012	Amantle Montsho	BOT	49.54	Regina George	NGR	51.11	Amy Mbacke Thiam	SEN	51.68
2010	Amantle Montsho	BOT	50.03	Amy Mbacke Thiam	SEN	51.32	Sade Abugan	NGR	51.63
2008	Amantle Montsho	BOT	49.83	Sade Abugan	NGR	50.89	Racheal Nachula	ZAM	51.39
2006	Amy Mbacke Thiam	SEN	52.22	Amantle Montsho	BOT	52.68	Louise Ayetoche	CIV	52.92
2004	Fatou Bintou Fall	SEN	50.62	Nadjina Kaltouma	CHA	50.80	Hortense Bewouda	CMR	51.15
2002	Nadjina Kaltouma	CHA	51.09	Mireille Nguimgo	CMR	51.61	Awatef Ben Hassine	TUN	52.22
2000	Claudine Komgang	CMR	51.35	Mireille Nguimgo	CMR	51.81	Nadjina Kaltouma	CHA	52.27

Last six Pan American Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2023	Martina Weil	CHI	51.48	Nicole Caicedo	ECU	51.76	Evelyn Aguilar	COL	51.95
2019	Shericka Jackson	JAM	50.73	Paola Moran	MEX	51.02	Courtney Okolo	USA	51.22
2015	Kendall Baisden	USA	51.27	Shakima Wimbley	USA	51.36	Kineke Alexander	VIN	51.50
2011	Yennifer Padilla	COL	51.53	Daysurami Bonne	CUB	51.69	Geisa Coutinho	BRA	51.87
2007	Ana Guevara	MEX	50.34	Christine Amertil	BAH	50.99	Indira Terrero	CUB	51.09
2003	Ana Guevara	MEX	50.36	Hazel-Ann Regis	GRN	51.56	Aliann Pompey	GUY	52.06
1999	Ana Guevara	MEX	50.91	Michelle Collins	USA	51.21	Claudine Williams	JAM	51.58

Last six Commonwealth Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2022	Sada Williams	BAR	49.90	Victoria Ohuruogu	ENG	50.72	Jodie Williams	ENG	51.26
2018	Amantle Montsho	BOT	50.15	Anastasia Le-Roy	JAM	50.57	Stephenie McPherson	JAM	50.93
2014	Stephenie McPherson	JAM	50.67	Novlene Williams-Mills	JAM	50.86	Christine Day	JAM	51.09
2010	Amantle Montsho	BOT	50.10	Aliann Pompey	GUY	51.65	Christine Amertil	BAH	51.96
2006	Christine Ohuruogu	ENG	50.28	Tonique Williams-Darling	BAH	50.76	Novlene Williams	JAM	51.12
2002	Aliann Pompey	GUY	51.63	Lee McConnell	SCO	51.68	Sandie Richards	JAM	51.79
1998	Sandie Richards	JAM	50.17	Allison Curbishley	SCO	50.71	Donna Franser	ENG	51.01

Fastest Performances in March (only indoor performances are listed)

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	49.17	Femke Bol	NED	1	Glasgow- WIC	2 Mar 2024
2	2	49.48	Britton Wilson	USA	1	Albuquerque	11 Mar 2023
3	3	49.59	Jarmila Kratchvilova	TCH	1	Milano	7 Mar 1982
4		49.69	Jarmila Kratchvilova		1	Budapest	6 Mar 1983
5	4	49.78	Aaliyah Butler	USA	1	College Station	1 Mar 2025
6		49.85	Femke Bol		1	Istanbul	4 Mar 2023
7	5	49.90	Isabella Whittaker	USA	2	College Station	1 Mar 2025
8	6	49.97	Tatana Kocembova	TCH	1	Goteborg	4 Mar 1984

Combined 2025 & 2026 World Indoor List

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	49.24	Isabella Whittaker	USA	1	Virginia Beach-NCAA	14 Mar 2025
2	2	49.78	Aaliyah Butler	USA	1	College Station	1 Mar 2025
3		49.90	Isabella Whittaker		2	College Station	1 Mar 2025
4		49.97	Aaliyah Butler		1	Virginia Beach-NCAA	14 Mar 2025
5	3	50.28	Ella Onojuvwevwo	NGR	1h4	Fayetteville – NCAA	13 Mar 2026
6	4	50.38	Lieke Klaver	NED	1	Apeldoorn – EIC	8 Mar 2025
7	5	50.44	Henriette Jaeger	NOR	1	Torun	16 Feb 2025
8		50.45	Henriette Jaeger		2	Apeldoorn -EIC	8 Mar 2025
9	6	50.47	Dejanea Oakley	JAM	1r1	Fayetteville – NCAA	14 Mar 2026
10	7	50.51	Alexis Holmes	USA	1	Staten Island	23 Feb 2025
10	7	50.51	Amber Anning	GBR	1	Fayetteville	7 Feb 2026
12		50.57	Amber Anning		1	Fayetteville	14 Feb 2025

Please send corrections to KKenNakamura@gmail.com

The new records set in WC will be reported through my twitter account @KKenNakamura