

2026 European Championships Statistics – Women's 400m

by K Ken Nakamura

Summary

All time performance list at the European Championships

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	48.15	Marita Koch	GDR	1	Athina	1982
2		48.22	Marita Koch		1	Stuttgart	1986
3	2	48.85	Jarmila Kratochvilova	TCH	2	Athina	1982
4		48.94	Marita Koch		1	Praha	1978
5	3	48.98	Natalia Kaczmarek	POL	1	Roma	2024
6	4	49.07	Rhasidat Adeleke	IRL	2	Roma	2024
7	5	49.44	Femke Bol	NED	1	München	2022
8	6	49.50	Grit Breuer	GDR	1	Split	1990
9	7	49.67	Olga Vladykina-Bryzgina	URS	2	Stuttgart	1986
10	8	49.69	Vanya Stambolova	BUL	1stf	Göteborg	2006

Margin of Victory

	Difference	Winning time	Name	Nat	Venue	Year
Max	1.45	48.22	Marita Koch	GDR	Stuttgart	1986
Min	0.02	51.77	Nicole Duclos	FRA	Athina	1969

Best Marks for Places in the European Championships

Pos	Time	Name	Nat	Venue	Year
1	48.15	Marita Koch	GDR	Athina	1982
2	48.85	Jarmila Kratochvilova	TCH	Athina	1982
3	49.88	Petra Müller-Schersing	GDR	Stuttgart	1986
4	50.43	Kirsten Emmelmann Libania Grenot	GDR ITA	Stuttgart Barcelona	1986 2010
5	50.53	Rhasidat Adeleke	IRL	München	2022

Multiple Gold Medalists:

Libania Grenot (ITA): 2014, 2016
 Grit Breuer (GDR): 1990; 1998
 Marita Koch (GDR): 1978; 1982; 1986;
 Mariya Itkina (URS): 1958; 1962

Last thirteen 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 Swiet-Ersetic	POL	50.41	Maria Belimpasaki	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
1994	Marie Jose Perek	FRA	50.33	Svetlana Goncharenko	RUS	51.24	Phylis Smith	GBR	51.30
1990	Grit Breuer	GDR	49.50	Petra Schersing Muller	GDR	50.51	Marie-Jose Perek	FRA	50.84
1986	Marita Koch	GDR	48.22	Olga Vladykina	URS	49.67	Petra Muller	GDR	49.88

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1	1	48.15	Marita Koch	GDR	1	Athinai	1982
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4		48.94	Marita Koch		1	Praha	1978
5	3	48.98	Natalia Kaczmarek	POL	1	Roma	2024
6	4	49.07	Rhasidat Adeleke	IRL	2	Roma	2024
7	5	49.44	Femke Bol	NED	1	München	2022
8	6	49.50	Grit Breuer	GDR	1	Split	1990
9	7	49.67	Olga Vladykina-Bryzgina	URS	2	Stuttgart	1986
10	8	49.69	Vanya Stambolova	BUL	1sf1	Göteborg	2006
11	9	49.84	Petra Müller-Schersing	GDR	1sf1	Stuttgart	1986
12		49.85	Vanya Stambolova		1	Göteborg	2006
13		49.88	Petra Müller-Schersing		3	Stuttgart	1986
14	10	49.89	Tatyana Firova	RUS	1	Barcelona	2010
15	11	49.92	Kseniya Ustalova	RUS	2	Barcelona	2010
16		49.93	Grit Breuer		1	Budapest	1998
17		49.94	Natalia Kaczmarek		2	München	2022
18	12	50.08	Lieke Klaver	NED	3	Roma	2024
19	13	50.10	Antonina Krivoshapka	RUS	3	Barcelona	2010
20	14	50.14	Riita Salin	FIN	1	Roma	1974
21	15	50.15	Tatyana Veshkurova	RUS	2	Göteborg	2006
22	16	50.21	Helena Fuchsova	CZE	2	Budapest	1998
23		50.22	Marita Koch	GDR	1h1	Athinai	1982
24		50.23	Olga Vladykina-Bryzgina		2sf1	Stuttgart	1986
25	17	50.28	Olga Zaytseva	RUS	3	Göteborg	2006
26	18	50.29	Anna Kielbasinska	POL	3	München	2022
27	19	50.33	Marie-Jose Perec	FRA	1	Helsinki	1994
28	20	50.38	Christina Lathan-Brehmer	GDR	2	Praha	1978
28		50.38	Jarmila Kratochvilova		1h2	Athinai	1982
28	21	50.38	Olga Kotlyarova	RUS	3	Budapest	1998
31		50.39	Vanya Stambolova		1h2	Göteborg	2006
32	22	50.40	Irena Szewinska	POL	3	Praha	1978
32		50.40	Natalia Kaczmarek	POL	1sf2	München	2022
34	23	50.41	Justyna Swiety-Ersetic	POL	1	Berlin	2018
35	24	50.43	Kirsten Emmelmann	GDR	4	Stuttgart	1986
35	25	50.43	Libania Grenot	ITA	4	Barcelona	2010
35		50.43	Libania Grenot		1sf3	Amsterdam	2016
38	26	50.45	Olesya Zykina	RUS	1	München	2002
38	26	50.45	Maria Belimpasaki	GRE	2	Berlin	2018
38		50.45	Anna Kielbasinska		1sf1	München	2022
41		50.47	Olesya Zykina		1h1	München	2002
42	28	50.48	Uta Rohländer-Fromm	GER	4	Budapest	1998
43		50.49	Olga Zaytseva		1sf2	Göteborg	2006
44	29	50.50	Victoria Ohuruogu	GBR	2sf2	München	2022
45		50.51	Petra Müller-Schersing		2	Split	1990
45		50.51	Victoria Ohuruogu		4	München	2022
47	30	50.52	Lurdes Gloria Manuel	CZE	4	Roma	2024
48		50.53	Rhasidat Adeleke		5	München	2022
49		50.54	Rhasidat Adeleke		1sf1	Roma	2024
50	31	50.55	Dagmar Rübsam-Neubauer	GDR	2h2	Athinai	1982
50	31	50.55	Tatana Kocembova	TCH	3	Athinai	1982
52		50.56	Lieke Klaver	NED	6	München	2022
53	33	50.57	Sabine Busch	GDR	4	Athinai	1982
53		50.57	Lieke Klaver	NED	1sf3	Roma	2024
55	34	50.58	Irina Baskakova	URS	5	Athinai	1982
56		50.59	Lieke Klaver		2sf1	München	2022
57		50.60	Femke Bol		1sf3	München	2022
58	35	50.64	Gaby Bussmann	FRG	3h2	Athinai	1982
58	35	50.64	Mariyana Dimitrova	BUL	4	Göteborg	2006

Slowest winning (auto) time: 52.14 in Helga Seidler (GDR) in 1971

Slowest winning time since 1990: 51.13 by Moa Hjelmer (SWE) in 2012
51.10 by Libania Grenot (ITA) in 2014
50.73 by Libania Grenot (ITA) in 2016

Margin of Victory

	Difference	Winning time	Name	Nat	Venue	Year
Max	1.45	48.22	Marita Koch	GDR	Stuttgart	1986
Min	0.02	51.77	Nicole Duclos	FRA	Athinai	1969

Difference between first and third

	Diff	Winning time	3 rd place time	Winner's Name	Nat	Venue	Year
Max	2.39	48.16	50.55	Marita Koch	GDR	Athinai	1982
Min	0.21	49.89	50.10	Tatyana Firova	RUS	Barcelona	2010

Difference between 3rd and 4th place (medal versus no medal)

	Difference	3 rd place time	Name	Nat	Venue	Year
Max	0.85	50.40	Irena Szewinska	POL	Praha	1978
Min	0.00	51.38	Indira Terrero	ESP	Zürich	2014
	0.02	50.55	Tatana Kocembova	TCH	Athinai	1982

Best Marks for Places in the European Championships

Pos	Time	Name	Nat	Venue	Year
1	48.15	Marita Koch	GDR	Athinai	1982
2	48.85	Jarmila Kratochvilova	TCH	Athinai	1982
3	49.88	Petra Müller-Schersing	GDR	Stuttgart	1986
4	50.43	Kirsten Emmelmann	GDR	Stuttgart	1986
		Libania Grenot	ITA	Barcelona	2010
5	50.53	Rhasidat Adeleke	IRL	München	2022
	50.58	Irina Baskakova	URS	Athinai	1982
6	50.56	Lieke Klaver	NED	München	2022
	50.71	Andrea Mikdos	ROU	Roma	2024
	50.76	Dagmar Rübsam-Neubauer	GDR	Athinai	1982
7	50.90	Svetlana Pospelova	RUS	Göteborg	2006
8	51.28	Iga Baumgart-Witan	POL	München	2022
	51.46	Joanne Cuddihy	IRL	Göteborg	2006

Fastest time in each round (Only 2 rounds were contested in 2002, 1982, 1958)

Round	Time	Name	Nat	Venue	Year
Final	48.15	Marita Koch	GDR	Athinai	1982
Semi-final	49.69	Vanya Stambolova	BUL	Göteborg	2006
First round	50.22	Marita Koch (only two rounds contested)	GDR	Athinai	1982
	50.39	Vanya Stambolova	BUL	Göteborg	2006

Fastest non-qualifier for the final (Only 2 rounds were contested in 2002, 1982, 1958)

Time	Position	Name	Nat	Venue	Year
50.83	5sf2	Yelena Korban (only two rounds contested)	URS	Athinai	1982
51.21	5sf3	Amandine Brossier	FRA	München	2022
51.25	4sf1	Gunta Vaicule	LAT	München	2022

Multiple Gold Medalists:

Libania Gronot (ITA): 2014, 2016
Grit Breuer (GDR): 1990; 1998
Marita Koch (GDR): 1978; 1982; 1986;
Mariya Itkina (URS): 1958; 1962

Multiple Medalists:

Natalia Kaczmarek (POL)	2022 Silver, 2024 Gold
Libania Grenot (ITA):	2014 Gold; 2016 Gold
Marie-Jos Percic (FRA):	1990 Bronze; 1994 Gold
Grit Breuer (GDR):	1990 Gold; 1998 Gold; 2002 Silver
Marita Koch (GDR):	1978 Gold; 1982 Gold; 1986 Gold
Peter Müller-Schersing (GDR):	1986 Bronze; 1990 Silver;
Mariya Itkina (URS):	1958 Gold; 1962 Gold

Medals by Countries:

Nation	Gold	Silver	Bronze
GDR	5	3	2
RUS	2	4	3
FRA	2	2	2
URS	2	2	
ITA	2		
POL	2	1	2
TCH	1	1	1
GER	1	1	
NED	1		3
FIN	1		
BUL	1		
SWE	1		
GBR		1	4
FRG		1	1
CZE		1	
HUN		1	
UKR		1	
IRL		1	
GRE		1	
AUT			1
BLR			1
ESP			1

Multiple Medals by athletes from a single nation

Nation	Year	Gold	Silver	Bronze
POL	2022		Kaczmarek	Kielbasinska
RUS	2010	Firova	Ustalova	Krivoshapka
RUS	2006		Veshkurova	Zaytseva
GDR	1990	Breuer	Müller-Schersing	
GDR	1986	Koch		Müller-Schersing
TCH	1982		Kratochvilova	Kocembova
GDR	1978	Koch	Lathan-Brehmer	
GDR	1971	Seidler		Lohse
FRA	1969	Duclos	Besson	
URS	1958	Itkina	Parlyuk	

200m – 400m double medalist in the same championships

Name	Nation	200m	400m	Venue	Year
Mariya Itkina	URS	Bronze	Gold	Stockholm	1958

200m – 400m double medalist in the different championships

Name	Nat	200m	Venue	Year	400m	Venue	Year
Mariya Itkina	URS	Gold	Bern	1954	Gold	Stockholm/Beograd	1958/1962
Irena Szewinska	POL	Gold	Budapest/Roma	1966/1974	Bronze	Praha	1978

Average from last nine European Championships

	Average	2024	2022	2018	2016	2014	2012	2010	2006	2002	1998	1994
Winning Time	50.21	48.98	49.44	50.41	50.73	51.10	51.23	49.89	49.85	50.45	49.93	50.33
Winning Medal (3 rd)	50.82	50.08	50.29	50.77	51.47	51.38	51.94	50.10	50.28	51.02	50.38	51.30
Missing Medal (4 th)	51.08	50.52	50.51	51.21	51.55	51.38	52.01	50.43	50.64	51.53	50.48	51.65

Man & Woman from the same team winning the corresponding event

Never happened

Athletes with Olympic, World and European gold (Olympic and Euro gold before 1983)

Name	Nation	Olympics	World	European
Marie-Jose Perec	FRA	1992, 1996	1991, 1995	1994
Marita Koch	GDR	1980	Did not run 400m in 1983 Worlds	1978, 1982, 1986

European Champion who previously won European Junior gold medal

Name	Nat	European Championships	European Junior Championships
Femke Bol	NED	2022	2019 (at 400mH)
Tatyana Firova	RUS	2010	2001
Olesya Zykina	RUS	2002	1999

Last thirteen 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 Belimpasaki	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 Krivoshapka	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
1994	Marie Jose Perec	FRA	50.33	Svetlana Goncharenko	RUS	51.24	Phylis Smith	GBR	51.30
1990	Grit Breuer	GDR	49.50	Petra Schersing Muller	GDR	50.51	Marie-Jose Perec	FRA	50.84
1986	Marita Koch	GDR	48.22	Olga Vladykina	URS	49.67	Petra Muller	GDR	49.88

European U-23 Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2025	Henriette Jaeger	NO	49.74	Yemi Mary John	GBR	50.50	Alexe Deau	FRA	50.94
2023	Yemi Mary John	GB	51.04	Henriette Jager	NOR	51.06	Keely Hodgkinson	GBR	51.76
2021	Lada Vondrova	CZE	51.19	Barbora Malikova	CZE	51.23	Silke Lemmens	SUI	52.09
2019	Natalia Kaczmarek	POL	52.34	Lada Vondrova	CZE	52.40	Andrea Miklos	ROU	52.66
2017	Gunta Latiseva-Cudare	LAT	52.00	Laura Müller	GER	52.42	Laura de Witte	NED	52.51
2015	Bianca Razor	RO	51.31	Yekaterina Renzhina	RUS	51.51	Patrycja Wyciszkiewicz	POL	51.63
2013	Lenora Guion-Firmin	FRA	51.68	Mirela Lavric	ROU	52.06	Justyna Swiety	POL	52.22
2011	Olga Topilskaya	RUS	51.45	Yuliya Trekhova	RUS	52.67	Lena Schmidt	GER	52.66
2009	Kseniya Ustalova	RUS	51.74	Kseniya Zadorina	RUS	51.76	Anna Sedova	RUS	52.58
2007	Lyudmila Litvinova	RUS	51.25	Olga Shulikova	RUS	51.57	Kseniya Zadorina	RUS	51.78
2005	Olga Zaitseva	RUS	50.72	Christine Ohuruogu	GBR	50.73	Yelena Migunova	RUS	51.59
2003	Helen Karagounis(Thieme)	GBR	51.78	Solen Desert	FRA	52.05	Tatyana Firova	RUS	52.14
2001	Antonina Yefremova	UKR	52.29	Helen Thieme	GBR	52.75	Aneta Lemiesz	POL	53.25
1999	Otilia Ruicu	ROU	51.93	Jitka Burianova	CZE	52.01	Grazyna Prokopek	POL	52.28
1997	Allison Curbishley	GBR	50.85	Hana Benesova	CZE	51.82	Claudia Angerhausen	GER	53.45

Last fourteen European Junior (U20) Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
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2025	Charlotte Henrich	GBR	51.68	Johanna Martin	GER	52.00	Anastazja Kus	POL	52.23
2023	Lurdes Gloria Manuel	CZE	51.94	Alexe Deau	FRA	52.53	Myrte van der Schoot	NED	52.85
2021	Kornelia Lesiewicz	POL	52.46	Yemi Mary John	GBR	53.06	Veronika Arkhipova	ANA	53.41
2019	Polina Miller	RUS	51.72	Amber Anning	GBR	52.18	Barbora Malikova	CZE	52.37
2017	Anastasiya Bryzhina	UKR	52.01	Andrea Miklos	ROU	52.31	Hannah Williams	GBR	52.55
2015	Laviai Nielsen	GBR	52.28	Cheriece Hylton	GBR	53.16	Anastasiya Bednova	RUS	53.27
2013	Patrycja Wyciszkiewicz	POL	51.56	Bianca Razor	ROU	51.82	Yekaterina Renzhina	RUS	52.27
2011	Bianca Razor	ROU	51.96	Yulia Yurenya	BLR	53.03	Madiea Ghafoor	NED	53.73
2009	Yuliya Baraley	UKR	52.80	Liliya Gafiyatullina	RUS	53.51	Moa Hjelmer	SWE	54.01
2007	Danijela Grgic	CRO	52.45	Kseniya Ustalova	RUS	52.92	Olga Fomina	RUS	53.68
2005	Danijela Grgic	CRO	52.42	Kseniya Zadorina	RUS	53.39	Angela Morosan	ROU	53.48
2003	Mairya Dryakhlova	RUS	52.65	Joanne Cuddihy	IRL	53.62	Christine Ohuruogu	GBR	54.21
2001	Tatyana Firova	RUS	52.94	Lisa Miller	GBR	53.29	Kim Wall	GBR	53.52
1999	Olesya Zykina	RUS	52.00	Natalya Lavshuk	RUS	53.44	Justyna Karolkiewicz	POL	53.78
1997	Kristina Perica	CRO	53.07	Alina Rapanu	ROU	53.10	Cindy Ega	FRA	53.17

Last thirteen European Indoor Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2025	Lieke Klaver	NED	50.38	Henriette Jaeger	NOR	50.45	Paula Sevilla	ESP	50.99
2023	Femke Bol	NED	49.85	Lieke Klaver	NED	50.57	Anna Kielbasinska	POL	51.25
2021	Femke Bol	NED	50.63	Justyna Swiety-Ersetic	POL	51.41	Jodie Williams	GBR	51.73
2019	Lea Sprunger	SUI	51.61	Cynthia Bolingo	BEL	51.62	Lisanne De Witte	NED	52.34
2017	Floria Guei	FRA	51.90	Zuzana Hejnova	CZE	52.42	Justyna Swiety	POL	52.52
2015	Nataliya Pyhyda	UKR	51.96	Indira Terrero	ESP	52.63	Seren Bundy-Davies	GBR	52.64
2013	Patrycja Wyciszkiewicz	POL	51.56	Bianca Razor	ROU	51.82	Yekaterina Renzhina	RUS	52.27
2011	Denisa Rosolva	CZE	51.73	Olesya Krasnomovets	RUS	51.80	Kseniya Zadorina	RUS	52.03
2009	Antonina Krivoschapka	RUS	51.18	Nataliya Pyhyda	UKR	51.44	Darya Safonova	RUS	51.85
2007	Nicola Sanders	GBR	51.00	Ilona Usovich	BLR	51.00	Olesya Zykina	RUS	51.69
2005	Svetlana Pospelova	RUS	50.41	Svetlana Usovich	BLR	50.55	Irina Rosikhina	RUS	52.05
2002	Natalya Antyukh	RUS	51.65	Claudia Marx	GER	52.15	Karen Shinkins	IRL	52.17
2000	Svetlana Pospelova	RUS	51.66	Natalya Nazarova	RUS	51.69	Helena Fuchsova	CZE	52.32
1998	Grit Breuer	GER	50.45	Ionela Tirlea	ROU	50.56	Helena Fuchsova	CZE	51.22

Last twelve World Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2025	Sydney McLaughlin	USA	47.78	Marileidy 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-	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 ten Olympics:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Marileidy Paulino	DOM	48.17	Salwa Eid Naser	BRN	48.53	Natalia	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 Perec	FRA	48.25	Cathy Freeman	AUS	48.63	Falilat Ogunkoya	NGR	49.10
1992	Marie Joe Perec	FRA	48.83	Olga Bryzgina	EUN	49.05	Ximena Restrepo	COL	49.64
1988	Olga Bryzgina	URS	48.65	Petra Muller	GDR	49.45	Olga Nazarova	URS	49.90
1984	Valerie Brisco-Hooks	USA	48.83	Chandra Cheeseborough	USA	49.05	Kathy Cook	GBR	49.43

All time European List

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	47.60	Marita Koch	GDR	1	Canberra	6 Oct 1985
2	2	47.99	Jarmila Kratochvilova	TCH	1	WC-Helsinki	10 Aug 1983
3		48.16	Marita Koch		1	EC-Athina	8 Sept 1982
3		48.16	Marita Koch		1	Praha	17 Aug 1984
5		48.22	Marita Koch		1	Stuttgart	28 Aug 1986
6	3	48.25	Marie-Jose Perec	FRA	1	Atlanta	29 July 1996

Fastest Performances on European Soil

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	47.99	Jarmila Kratochvilova	TCH	1	WC-Helsinki	10 Aug 1983
2	2	48.16	Marita Koch	GDR	1	EC-Athina	8 Sept 1982
2		48.16	Marita Koch		1	Praha	17 Aug 1984

Fastest Performances in August

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	47.99	Jarmila Kratochvilova	TCH	1	Helsinki	10 Aug 1983
2	2	48.16	Marita Koch	GDR	1	Praha	17 Aug 1984
3	3	48.17	Marileidy Paulino	DOM	2	Paris	9 Aug 2024
4		48.22	Marita Koch		1	Stuttgart	28 Aug 1986

Fastest Performances in GBR

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	49.05	Sanya Richards-Ross	USA	1	London	28 July 2006
2	2	49.33	Tatana Kocembova	TCH	1	London	28 Aug 1983
3	3	49.51	Jarmila Kratochvilova	TCH	1	London	11 Sept 1981

Combined 2025 & 2026 European List

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	49.15	Henriette Jaeger	NOR	2	London	18 July 2026
2	2	49.27	Natalia Bukowiecka	POL	4	Tokyo	18 Sept 2025
3	3	49.36	Amber Anning	GBR	5	Tokyo	18 Sept 2025
4	4	49.37	Lurdes Gloria Manuel	CZE	2	Paris	28 June 2026
5		49.38	Amber Anning		2sf3	Tokyo	16 Sept 2025
6		49.44	Lurdes Gloria Manuel		3	Monaco	10 July 2026
7	5	49.48	Femke Bol-Broeder	NED	1	Madrid	27 June 2025
8		49.49	Henriette Jaeger		3	Zurich	28 Aug 2025
9		49.52	Henriette Jaeger		1	Oslo	10 June 2026
10	6	49.58	Lieke Klaver	NED	5	Monaco	10 July 2026
11		49.60	Henriette Jaeger		1	Roma	4 June 2026
12		49.62	Henriette Jaeger		2	Oslo	12 June 2025

Please send any corrections to KKenNakamura@gmail.com