

2026 European Championships Statistics - Men's 4x400mRelay

by K Ken Nakamura

Summary

All time Performance List at the European Championships

Performance	Performer	Time	Nation	Pos	Venue	Year
1	1	2:58.22	GBR	1	Split	1990
2		2:58.68	GBR	1	Budapest	1998
3		2:58.79	GBR	1	Zürich	2014
4	2	2:58.88	POL	2	Budapest	1998
5		2:59.13	GBR	1	Helsinki	1994
6		2:59.35	GBR	1	München	2022
7	3	2:59.38	RUS	2	Zürich	2014
8	4	2:59.47	BEL	1	Berlin	2018
9		2:59.49	BEL	2	München	2022
10	5	2:59.64	FRA	3	München	2022
11		2:59.84	GBR	1	Stuttgart	1986
11		2:59.84	BEL	1	Roma	2024

Margin of Victory

	Difference	Time	Nation	Venue	Year
Max	2.42	2:58.22	GBR	Split	1990
Min	0.08	3:01.10	BEL	Amsterdam	2016
	0.09	3:01.25	GBR	München	2002

Best Marks for Places in the European Championships

Pos	Time	Nation	Venue	Year
1	2:58.22	GBR	Split	1990
2	2:58.88	POL	Budapest	1998
3	2:59.64	FRA	München	2022
4	2:59.89	FRA	Zürich	2014
	3:00.54	ESP	München	2022
5	3:01.34	NED	München	2022
6	3:01.70	GER	Zürich	2014
	3:01.82	CZE	München	2022

Last thirteen European Championships:

Year	Gold	Time	Silver	Time	Bronze	Time
2024	BEL	2:59.84	ITA	3:00.81	GER	3:00.82
2022	GBR	2:59.35	BEL	2:59.49	FRA	2:59.64
2018	BEL	2:59.47	GBR	3:00.36	ESP	3:00.78
2016	BEL	3:01.10	POL	3:01.18	GBR	3:01.44
2014	GBR	2:58.79	RUS	2:59.38	POL	2:59.85
2012	BEL	3:01.09	GBR	3:01.56	GER	3:01.77
2010	RUS	3:02.14	GBR	3:02.25	BEL	3:02.60
2006	FRA	3:01.10	GBR	3:01.63	POL	3:01.73
2002	GBR	3:01.25	RUS	3:01.34	FRA	3:02.76
1998	GBR	2:58.68	POL	2:58.88	ESP	3:02.47
1994	GBR	2:59.13	FRA	3:01.11	RUS	3:03.10
1990	GBR	2:58.22	FRG	3:00.64	GDR	3:01.51
1986	GBR	2:59.84	FRG	3:00.17	URS	3:00.47

All time Performance List at the European Championships

Performance	Performer	Time	Nation	Pos	Venue	Year
1	1	2:58.22	GBR	1	Split	1990
2		2:58.68	GBR	1	Budapest	1998
3		2:58.79	GBR	1	Zürich	2014
4	2	2:58.88	POL	2	Budapest	1998
5		2:59.13	GBR	1	Helsinki	1994
6		2:59.35	GBR	1	München	2022
7	3	2:59.38	RUS	2	Zürich	2014
8	4	2:59.47	BEL	1	Berlin	2018
9		2:59.49	BEL	2	München	2022
10	5	2:59.64	FRA	3	München	2022
11		2:59.84	GBR	1	Stuttgart	1986
11		2:59.84	BEL	1	Roma	2024
13		2:59.85	POL	3	Zürich	2014
14		2:59.89	FRA	4	Zürich	2014
15	6	3:00.17	FRG	2	Stuttgart	1986
16		3:00.36	GBR	2	Berlin	2018
17	7	3:00.47	URS	3	Stuttgart	1986
18		3:00.51	FRG	1	Athinai	1982
19	8	3:00.54	ESP	4	München	2022
20		3:00.64	FRG	2	Split	1990
21		3:00.65	GBR	1h1	Zürich	2014
22		3:00.68	GBR	2	Athinai	1982
23		3:00.77	FRA	1h2	Roma	2024
24		3:00.78	ESP	3	Berlin	2018
25		3:00.80	URS	3	Athinai	1982
25		3:00.80	FRA	2h1	Zürich	2014
27	9	3:00.81	ITA	2	Roma	2024
28	10	3:00.82	GER	3	Roma	2024
29		3:01.09	BEL	1	Helsinki	2012
29		3:01.09	BEL	2h2	Roma	2024
31		3:01.10	FRA	1	Göteborg	2006
31		3:01.10	BEL	1	Amsterdam	2016
33		3:01.11	FRA	2	Helsinki	1994
34		3:01.18	POL	2	Amsterdam	2016
35		3:01.25	GBR	1	München	2002
36		3:01.27	ESP	1h1	München	2022
37		3:01.34	RUS	2	München	2002
37	11	3:01.34	NED	5	München	2022
39		3:01.37	ITA	4	Stuttgart	1986
40		3:01.43	FRA	4	Roma	2024
41		3:01.44	GBR	3	Amsterdam	2016
41		3:01.44	GER	3h2	Roma	2024
41		3:01.44	ESP	5	Roma	2024
44		3:01.45	ESP	4h2	Roma	2024
45	12	3:01.51	GDR	3	Split	1990
46		3:01.56	GBR	2	Helsinki	2012
47		3:01.57	NED	2h1	München	2022
48		3:01.62	GBR	1h1	Berlin	2018
49		3:01.63	GBR	2	Göteborg	2006
49		3:01.63	GBR	1h1	Amsterdam	2016
51	13	3:01.67	IRL	5	Zürich	2014
51		3:01.67	FRA	2h1	Berlin	2018
53		3:01.69	GBR	1h1	Roma	2024
54		3:01.70	GER	6	Zürich	2014
55		3:01.73	POL	3	Göteborg	2006

Slowest winning (auto) time: 3:03.33 by GBR in 1974
Slowest winning time since 1990: 3:01.25 by GBR in 2002

Margin of Victory

	Difference	Time	Nation	Venue	Year
Max	2.42	2:58.22	GBR	Split	1990
Min	0.08 0.09	3:01.10 3:01.25	BEL GBR	Amsterdam München	2016 2002

Difference between third and fourth place

	Difference	3 rd place Time	Nation	Venue	Year
Max	2.42 1.97 2.4h	3:01.44 3:00.80 3:16.6h	GBR URS SWE	Amsterdam Athinai Torino	2016 1982 1934
Min	0.01	3:02.47	ESP	Budapest	1998

Best Marks for Places in the European Championships

Pos	Time	Nation	Venue	Year
1	2:58.22	GBR	Split	1990
2	2:58.88	POL	Budapest	1998
3	2:59.64 2:59.85 3:00.47	FRA POL URS	München Zürich Stuttgart	2022 2014 1986
4	2:59.89 3:00.54 3:01.37	FRA ESP ITA	Zürich München Stuttgart	2014 2022 1986
5	3:01.34 3:01.44 3:01.67 3:02.27 3:02.46	NED ESP IRL POL YUG	München Roma Zürich Berlin Split	2022 2024 2014 2018 1990
6	3:01.70 3:01.82 3:01.89 3:02.34 3:02.74	GER CZE POR ITA ESP	Zürich München Roma Berlin Split	2014 2022 2024 2018 1990
7	3:01.89 3:02.51 3:02.60 3:03.00 3:03.33	GBR GER BEL CZE FRA	Roma München Zürich Berlin Split	2024 2022 2014 2018 1990
8	3:02.10 3:03.04 3:04.17	HUN ITA URS	Roma München Split	2024 2022 1990

Fastest time in each round

Round	Time	Nation	Venue	Year
Final	2:58.22	GBR	Split	1990
Qualifying	3:00.65 3:00.77 3:00.80 3:01.09	GBR FRA FRA BEL	Zurich Roma Zürich Roma	2014 2024 2014 2024

Fastest non-qualifier for the final

Time	Position	Nation	Venue	Year
3:02.95	5h1	POL	München	2022

3:03.50	4h1	NED	Roma	2024
3:03.59	6h1	POR	München	2022
3:03.68	7h1	SLO	München	2022

Average from last nine European Championships

	Average	2024	2022	2018	2016	2014	2012	2010	2006	2002	1998	1994
Winning Time	3:00.4	2:59.84	2:59.35	3:01.62	3:01.10	2:58.79	3:01.09	3:02.14	3:01.10	3:01.25	2:58.68	2:59.13
Winning Medal (3 rd)	3:01.7	3:00.82	2:59.64	3:02.52	3:01.44	2:59.85	3:01.77	3:02.60	3:01.73	3:02.76	3:02.47	3:03.10
Missing Medal (4 th)	3:02.4	3:01.43	3:00.54	3:02.75	3:03.86	2:59.89	3:02.37	3:02.65	3:02.83	3:03.82	3:02.48	3:03.46

Man & Woman from the same team winning the corresponding event:

Nation	Men	Women	Venue	Year
RUS	RUS	RUS	Barcelona	2010

Medals by Countries:

Nation	Gold	Silver	Bronze
GBR	10	8	1
FRA	4	2	3
FRG	3	6	1
BEL	4	1	1
GER	2		2
POL	1	4	2
RUS	1	2	1
GDR	1		2
ITA		2	1
URS		1	2
SWE			5
ESP			2
FIN			1
SUI			1
TCH			1

4x100m – 4x400m double gold medalist in the same championships

Nation	Venue	Year
GBR	München	2022
GBR	Zürich	2014
GBR	München	2002
GBR	Budapest	1998
FRA	Athinai	1969
FRG	Budapest	1962
GER	Paris	1938
GER	Torino	1934

Last thirteen European Championships:

Year	Gold	Time	Silver	Time	Bronze	Time
2024	BEL	2:59.84	ITA	3:00.81	GER	3:00.82
2022	GBR	2:59.35	BEL	2:59.49	FRA	2:59.64
2018	BEL	2:59.47	GBR	3:00.36	ESP	3:00.78
2016	BEL	3:01.10	POL	3:01.18	GBR	3:01.44
2014	GBR	2:58.79	RUS	2:59.38	POL	2:59.85
2012	BEL	3:01.09	GBR	3:01.56	GER	3:01.77
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2002	GBR	3:01.25	RUS	3:01.34	FRA	3:02.76
1998	GBR	2:58.68	POL	2:58.88	ESP	3:02.47
1994	GBR	2:59.13	FRA	3:01.11	RUS	3:03.10

1990	GBR	2:58.22	FRG	3:00.64	GDR	3:01.51
1986	GBR	2:59.84	FRG	3:00.17	URS	3:00.47

Last twelve World Championships:

Year	Gold	Time	Silver	Time	Bronze	Time
2025	BOT	2:57.76	USA	2:57.83	RSA	2:57.83
2023	USA	2:57.31	FRA	2:58.45	GBR	2:58.71
2022	USA	2:56.17	JAM	2:58.58	BEL	2:58.72
2019	USA	2:56.69	JAM	2:57.90	BEL	2:58.78
2017	TTO	2:58.12	USA	2:58.61	GBR	2:59.00
2015	USA	2:57.82	TTO	2:58.20	GBR	2:58.51
2013	USA	2:58.71	JAM	2:59.88	RUS	2:59.90
2011	USA	2:59.31	RSA	2:59.87	JAM	3:00.10
2009	USA	2:57.86	GBR	3:00.53	AUS	3:00.90
2007	USA	2:55.56	BAH	2:59.18	POL	3:00.05
2005	USA	2:56.91	BAH	2:57.32	JAM	2:58.07
2003	FRA	2:58.96	JAM	2:59.60	BAH	3:00.53
2001	BAH	2:58.19	JAM	2:58.39	POL	2:59.71

Last six Olympics:

Year	Gold	Time	Silver	Time	Bronze	Time
2024	USA	2:54.43	BOT	2:54.53	GBR	2:55.83
2020	USA	2:55.70	NED	2:57.18	BOT	2:57.27
2016	USA	2:57.30	JAM	2:58.16	BAH	2:58.49
2012	BAH	2:56.72	USA	2:57.05	TRI	2:59.40
2008	USA	2:55.39	BAH	2:58.03	GBR	2:58.81
2004	USA	2:55.91	AUS	3:00.60	NGR	3:00.90
2000	NGR	2:58.68	JAM	2:58.78	BAH	2:59.23

All time European List

Performance	Performer	Time	Nation	Pos	Venue	DMY
1	1	2:55.83	GBR	3	Paris	10 Aug 2024
2	1	2:56.60	GBR	2	Atlanta	3 Aug 1996
3		2:56.65	GBR	1	Athinai	10 Aug 1997
4	2	2:57.18	NED	2	Tokyo	7 Aug 2021
5		2:57.53	GBR	1	Tokyo	1 Sept 1991
6	3	2:57.75	BEL	4	Paris	10 Aug 2024
7		2:57.88	BEL	4	Tokyo	7 Aug 2021
8		2:57.98	BEL	2h2	Tokyo	20 Sept 2025
9	4	2:58.00	POL	1	Uniondale	22 July 1998

Fastest Performances on European Soil

Performance	Performer	Time	Nation	Pos	Venue	DMY
1	1	2:54.29	USA	1	Stuttgart	22 Aug 1993
2		2:54.43	USA	1	Paris	10 Aug 2024
3	2	2:54.53	BOT	2	Paris	10 ug 2024
4		2:55.74	USA	1	Barcelona	8 Aug 1992
5	3	2:55.83	GBR	3	Paris	10 Aug 2024

Fastest Performances in August

Performance	Performer	Time	Nation	Pos	Venue	DMY
1	1	2:54.29	USA	1	Stuttgart	22 Aug 1993
2	2	2:54.43	USA	1	Paris	10 Aug 2024
3	3	2:54.53	BOT	2	Paris	10 Aug 2024

Combined 2025 & 2026 European List

Performance	Performer	time	Nation	Pos	Venue	DMY
1	1	2:57.98	BEL	2h2	Tokyo	20 Sept 2025
2	2	2:58.11	GBR	3h2	Tokyo	20 Sept 2025
3		2:58.19	BEL	2	Guangzhou	11 May 2025
4	3	2:58.22	NED	3h1	Gaborone	2 May 2026
5	4	2:58.80	FRA	4	Guangzhou	11 May 2025
6	5	2:59.01	POR	2h2	Gaborone	2 May 2026
7		2:59.48	BEL	4	Tokyo	21 Sept 2025
8		2:59.70	POR	5h2	Tokyo	20 Sept 2025
9		2:59.75	POR	4	Gaborone	3 May 2026

Please send any corrections to KKenNakamura@gmail.com