

2026 European Championships Statistics - Women's 4x400mRelay by K Ken Nakamura

Summary

All time Performance List at the European Championships

Performance	Performer	Time	Nation	Pos	Venue	Year
1	1	3:16.87	GDR	1	Stuttgart	1986
2		3:19.05	GDR	1	Athinai	1982
3	2	3:20.87	NED	1	München	2022
4		3:21.02	GDR	1	Split	1990
5		3:21.20	GDR	1	Praha	1978
6	3	3:21.26	RUS	1	Barcelona	2010
7	4	3:21.68	POL	2	München	2022
8	5	3:21.74	GBR	3	München	2022
9	6	3:22.12	BEL	4	München	2022
10	7	3:22.17	TCH	2	Athinai	1982
11	8	3:22.34	FRA	1	Helsinki	1994
12		3:22.39	NED	1	Roma	2024

Margin of Victory

	Difference	Time	Nation	Venue	Year
Max	5.93	3:16.87	GDR	Stuttgart	1986
Min	0.03	3:30.82	GBR	Athinai	1969

Best Marks for Places in the European Championships

Pos	Time	Nation	Venue	Year
1	3:16.87	GDR	Stuttgart	1986
2	3:21.68	POL	München	2022
3	3:21.74	GBR	München	2022
	3:22.79	URS	Athinai	1982
4	3:22.12	BEL	München	2022
	3:24.14	GBR	Helsinki	1994
5	3:23.77	FRA	Roma	2024
6	3:23.91	POL	Roma	2024

Last thirteen European Championships:

Year	Gold	Time	Silver	Time	Bronze	Time
2024	NED	3:22.39	IRL	3:22.71	BEL	3:22.95
2022	NED	3:20.87	POL	3:21.68	GBR	3:21.74
2018	POL	3:26.59	FRA	3:27.17	GBR	3:27.40
2016	GBR	3:25.05	FRA	3:25.96	ITA	3:27.49
2014	FRA	3:24.27	UKR	3:24.32	GBR	3:24.34
2012	UKR	3:25.07	FRA	3:25.49	CZE	3:26.02
2010	RUS	3:21.26	GER	3:24.07	GBR	3:24.32
2006	RUS	3:25.12	BLR	3:27.69	POL	3:27.77
2002	GER	3:25.10	RUS	3:25.59	POL	3:26.15
1998	GER	3:23.03	RUS	3:23.56	GBR	3:25.66
1994	FRA	3:22.34	RUS	3:24.06	GER	3:24.10
1990	GDR	3:21.02	URS	3:23.34	GBR	3:24.78
1986	GDR	3:16.87	FRG	3:22.80	POL	3:24.65

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1	1	3:16.87	GDR	1	Stuttgart	1986
2		3:19.05	GDR	1	Athinai	1982
3	2	3:20.87	NED	1	München	2022
4		3:21.02	GDR	1	Split	1990
5		3:21.20	GDR	1	Praha	1978
6	3	3:21.26	RUS	1	Barcelona	2010
7	4	3:21.68	POL	2	München	2022
8	5	3:21.74	GBR	3	München	2022
9	6	3:22.12	BEL	4	München	2022
10	7	3:22.17	TCH	2	Athinai	1982
11	8	3:22.34	FRA	1	Helsinki	1994
12		3:22.39	NED	1	Roma	2024
13	9	3:22.53	URS	2	Praha	1978
14	10	3:22.71	IRL	2	Roma	2024
15		3:22.79	URS	3	Athinai	1982
16	11	3:22.80	FRG	2	Stuttgart	1986
17		3:22.95	BEL	3	Roma	2024
18	12	3:23.03	GER	1	Budapest	1998
19		3:23.34	URS	2	Split	1990
20	13	3:23.40	ITA	4	Roma	2024
21		3:23.56	RUS	2	Budapest	1998
22		3:23.77	FRA	5	Roma	2024
23		3:23.79	GBR	1h1	München	2022
24		3:23.91	POL	6	Roma	2024
25		3:24.06	RUS	2	Helsinki	1994
26		3:24.07	GER	2	Barcelona	2010
27		3:24.10	GER	3	Helsinki	1994
28		3:24.14	GBR	4	Helsinki	1994
29		3:24.2h	URS	1h1	Praha	1978
30		3:24.27	FRA	1	Zürich	2014
31		3:24.32	GBR	3	Barcelona	2010
31	14	3:24.32	UKR	2	Zürich	2014
33		3:24.34	GBR	3	Zürich	2014
34		3:24.65	POL	3	Stuttgart	1986
35		3:24.78	GBR	3	Split	1990
36		3:24.81	IRL	1h2	Roma	2024
37		3:25.02	RUS	4	Zürich	2014
38		3:25.05	GBR	1	Amsterdam	2016
39		3:25.07	UKR	1	Helsinki	2012
40		3:25.10	GER	1	München	2002
41		3:25.12	FRG	4	Split	1990
41		3:25.12	RUS	1	Göteborg	2006
43		3:25.15	FRA	2h2	Roma	2024
44		3:25.16	FRA	5	Split	1990
44		3:25.16	BEL	3h2	Roma	2024
46		3:25.2h	GDR	1	Roma	1974
47		3:25.25	ESP	4h2	Roma	2024
48		3:25.28	ITA	5h2	Roma	2024
49		3:25.44	BEL	2h1	München	2022
50		3:25.49	FRA	2	Helsinki	2012
51		3:25.59	RUS	2	München	2002
51		3:25.59	POL	1h1	Roma	2024
53		3:25.66	GBR	3	Budapest	1998
54	15	3:25.7h	FIN	2	Roma	1974

Slowest winning (auto) time: 3:30.82 by GBR in 1969

Slowest winning time since 1990: 3:26.59 by POL in 2018; 3:25.12 by RUS in 2006

Margin of Victory

	Difference	Time	Nation	Venue	Year
Max	5.93	3:16.87	GDR	Stuttgart	1986
Min	0.03	3:30.82	GBR	Athinaí	1969

Difference between third and fourth place

	Difference	Time	Nation	Venue	Year
Max	2.92	3:22.79	URS	Athinaí	1982
Min	0.04	3:24.10	GER	Helsinki	1994

Best Marks for Places in the European Championships

Pos	Time	Nation	Venue	Year
1	3:16.87	GDR	Stuttgart	1986
2	3:21.68	POL	München	2022
	3:22.17	TCH	Athinaí	1982
3	3:21.74	GBR	München	2022
	3:22.79	URS	Athinaí	1982
4	3:22.12	BEL	München	2022
	3:23.40	ITA	Roma	2024
	3:24.14	GBR	Helsinki	1994
5	3:23.77	FRA	Roma	2024
	3:25.16	FRA	Split	1990
6	3:23.91	POL	Roma	2024
	3:26.63	IRL	München	2022
	3:27.61	FRA	Budapest	1998
7	3:26.94	SUI	München	2022
		ESP	Roma	2024
	3:28.30	ITA	Zürich	2014
	3:29.31	ITA	Budapest	1998
8	3:27.11	GER	Roma	2024
	3:29.70	ESP	München	2022
	3:30.17	POL	Helsinki	2012
	3:30.63	ROU	Amsterdam	2016
	3:31.82	BEL	Zürich	2014
	3:31.83	HUN	Budapest	1998

Fastest time in each round

Round	Time	Nation	Venue	Year
Final	3:16.87	GDR	Stuttgart	1986
Qualifying	3:23.79	GBR	München	2022
	3:24.2h	URS	Praha	1978

Fastest non-qualifier for the final

Time	Position	Nation	Venue	Year
3:26.05	4h1	NOR	Roma	2024
3:26.51	5h1	FIN	Roma	2024

Average from last nine European Championships

	Average	2024	2022	2018	2016	2014	2012	2010	2006	2002	1998	1994
Winning Time	3:23.7	3:22.39	3:20.87	3:26.59	3:25.05	3:24.27	3:25.07	3:21.26	3:25.12	3:25.10	3:23.03	3:22.34
Winning Medal (3 rd)	3:25.3	3:22.95	3:21.74	3:27.40	3:27.49	3:24.34	3:26.02	3:24.32	3:27.77	3:26.15	3:25.66	3:24.10
Missing Medal (4 th)	3:25.8	3:23.40	3:22.12	3:27.69	3:27.60	3:25.02	3:26.20	3:25.71	3:28.17	3:26.65	3:27.24	3:24.14

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
GDR	6		
FRA	2	4	
RUS	2	3	
GER	2	1	1
GBR	2		6
UKR	1	1	
POL	1	1	4
NED	2		
URS		2	3
FRG		2	1
BLR		1	
TCH		1	
FIN		1	
IRL		1	
CZE			1
ITA			1
BEL			1

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

Nation	Venue	Year
GDR	Roma	1974
GDR	Athinai	1982
GDR	Stuttgart	1986
GDR	Split	1990
RUS	Goteborg	2006

Last thirteen European Championships:

Year	Gold	Time	Silver	Time	Bronze	Time
2024	NED	3:22.39	IRL	3:22.71	BEL	3:22.95
2022	NED	3:20.87	POL	3:21.68	GBR	3:21.74
2018	POL	3:26.59	FRA	3:27.17	GBR	3:27.40
2016	GBR	3:25.05	FRA	3:25.96	ITA	3:27.49
2014	FRA	3:24.27	UKR	3:24.32	GBR	3:24.34
2012	UKR	3:25.07	FRA	3:25.49	CZE	3:26.02
2010	RUS	3:21.26	GER	3:24.07	GBR	3:24.32
2006	RUS	3:25.12	BLR	3:27.69	POL	3:27.77
2002	GER	3:25.10	RUS	3:25.59	POL	3:26.15
1998	GER	3:23.03	RUS	3:23.56	GBR	3:25.66
1994	FRA	3:22.34	RUS	3:24.06	GER	3:24.10
1990	GDR	3:21.02	URS	3:23.34	GBR	3:24.78
1986	GDR	3:16.87	FRG	3:22.80	POL	3:24.65

Last twelve World Championships:

Year	Gold	Time	Silver	Time	Bronze	Time
2025	USA	3:16.61	JAM	3:19.25	NED	3:20.18
2023	NED	3:20.72	JAM	3:20.88	GBR	3:21.04
2022	USA	3:17.79	JAM	3:20.74	GBR	3:22.64
2019	USA	3:18.92	POL	3:21.89	JAM	3:22.37

2017	USA	3:19.02	GBR	3:25.00	POL	3:25.41
2015	JAM	3:19.13	USA	3:19.44	GBR	3:23.62
2013	USA	3:20.41	GBR	3:22.61	FRA	3:24.21
2011	USA	3:18.09	JAM	3:18.71	GBR	3:23.63
2009	USA	3:17.83	JAM	3:21.15	GBR	3:25.16
2007	USA	3:18.55	JAM	3:19.73	GBR	3:20.04
2005	RUS	3:20.95	JAM	3:23.29	GBR	3:24.44
2003	USA	3:22.63	RUS	3:22.91	JAM	3:22.92
2001	JAM	3:20.65	GER	3:21.97	RUS	3:24.92

Last six Olympics:

Year	Gold	Time	Silver	Time	Bronze	Time
2024	USA	3:15.27	NED	3:19.50	GBR	3:19.72
2020	USA	3:16.85	POL	3:20.53	JAM	3:21.24
2016	USA	3:19.06	JAM	3:20.34	GBR	3:25.88
2012	USA	3:16.87	RUS	3:20.23	JAM	3:29.95
2008	USA	3:18.54	JAM	3:20.40	GBR	3:22.68
2004	USA	3:19.01	RUS	3:20.16	JAM	3:22.00
2000	JAM	3:23.25	RUS	3:23.46	NGR	3:23.80

All time European List

Performance	Performer	Time	Nation	Pos	Venue	DMY
1	1	3:15.17	URS	1	Seoul	1 Oct 1988
2	2	3:15.92	GDR	1	Erfurt	3 June 1984
2		3:16.87	GDR	1	Stuttgart	31 Aug 1986
4		3:18.29	GDR	3	Seoul	1 Oct 1988

Fastest Performances on European Soil

Performance	Performer	Time	Nation	Pos	Venue	DMY
1	1	3:15.27	USA	1	Paris	10 Aug 2024
2	2	3:15.92	GDR	1	Erfurt	3 June 1984
3		3:16.71	USA	1	Stuttgart	22 Aug 1993
4		3:16.87	GDR	1	Stuttgart	31 Aug 1986

Fastest Performances in August

Performance	Performer	Time	Nation	Pos	Venue	DMY
1	1	3:15.27	USA	1	Paris	10 Aug 2024
2		3:16.71	USA	1	Stuttgart	22 Aug 1993
3		3:16.85	USA	1	Tokyo	7 Aug 2021

Combined 2025 & 2026 European List

Performance	Performer	time	Nation	Pos	Venue	DMY
1	1	3:20.18	NED	3	Tokyo	21 Sept 2025
2	2	3:20.96	NOR	1	Gaborone	3 May 2026
3	3	3:21.25	ESP	2	Gaborone	3 May 2026
4	4	3:21.28	GBR	1h3	Gaborone	2 May 2026
5	5	3:22.15	BEL	4	Tokyo	21 Sept 2025
6		3:22.77	GBR	4	Gaborone	3 May 2026
7	6	3:22.78	NOR	2h3	Gaboron	2 May 2026
8	7	3:22.91	POL	5	Tokyo	21 Sept 2025
9		3:23.12	NED	5	Gaborone	3 May 2026
10	8	3:23.40	ITA	6	Gaborone	3 May 2026
11		3:23.71	NOR	6	Tokyo	21 Sept 2025

Please send any corrections to KKenNakamura@gmail.com