

# The fastest-ever 4x400m splits – women

THE BEST LEGITIMATE MARKS, OFFICIAL, UNOFFICIAL AND ESTIMATED

† – Team disqualified for violation by another athlete; # – distance medley race (1200m, 400m, 800m, 1600m); # – sprint medley race (200m, 200m, 400m, 800m); ! – derived from photo-cell; A – at high altitude; e – estimated time; y – time for 440 yards (or 4x440 yards), worth 0.3 (or 1.1) quicker than 400m/4x400m.

47.6	Jarmila Kratochvílová	TCH	4	Athínai	11 Sep 82	(2, 3:22.17)
47.70	Marita Koch	GDR	4	Erfurt	3 Jun 84	(1, 3:15.92)
47.75	Kratochvílová		4	Helsinki	14 Aug 83	(2, 3:20.32)
47.80	Olga Bryzgina	URS	4	Seoul	1 Oct 88	(1, 3:15.17)
47.82	Olga V. Nazarova	URS	2	Seoul	1 Oct 88	(1, 3:15.17)
47.84	Tatána Kocembová	TCH	4	Praha	18 Aug 84	(2, 3:21.89)
47.9	Koch		4	Athínai	11 Sep 82	(1, 3:19.04)
47.9	Kratochvílová		4	London	21 Aug 83	(1, 3:20.79)
47.9	Koch		4	Canberra	4 Oct 85	(1, 3:19.49)
47.9	Kratochvílová		4	Frankfurt	5 Jul 81	(2, 3:27.13)
	(5/10)					
48.0	Allyson Felix	USA	2	Osaka	2 Sep 07	(1, 3:18.55)
48.08	Florence Griffith Joyner	USA	4	Seoul	1 Oct 88	(2, 3:15.51)
48.47	Irina Privalova	RUS	4	Stuttgart	22 Aug 93	(2, 3:18.38)
48.43	Sanya Richards-Ross	USA	4	Berlin	23 Aug 09	(1, 3:17.83)
48.44	Valerie Brisco	USA	3	Seoul	1 Oct 88	(2, 3:15.51)
	(10)					
48.5	Irena Szewinska	POL	4	Rome	8 Sep 74	(4, 3:26.4)
48.63	Grit Breuer	GER	4	Atlanta	3 Aug 96	(3, 3:21.14)
48.64	Petra Müller/Schersing	GDR	3	Roma	6 Sep 87	(1, 3:18.63)
48.7	Mariya Pinigina	URS	3	Canberra	4 Oct 85	(2, 3:20.60)
48.7	Michelle Collins	USA	2	Philadelphia	29 Apr 00	(1, 3:25.96)
48.76	Nicola Sanders	GBR	4	Osaka	2 Sep 07	(3, 3:20.04)
48.78	Jearl Miles-Clark	USA	4	Stuttgart	22 Aug 93	(1, 3:16.71)
48.8	Sabine Busch	GDR	2	Stuttgart	31 Aug 86	(1, 3:16.87)
48.83	Sherri Howard	USA	2	Los Angeles	11 Aug 84	(1, 3:18.29)
48.9	Bärbel Wöckel	GDR	3	Zagreb	16 Aug 81	(1, 3:19.83)
	(20)					
48.9	Ana Quirot	CUB	4	Havana	11 Aug 91	(1, 3:24.91)
48.93	Novlene Williams-Mills	JAM	4	Osaka	2 Sep 07	(2, 3:19.73)
48.90	Falilat Ogunkoya	NGR	4	Atlanta	3 Aug 96	(2, 3:21.04)
48.95	Irina Nazarova	URS	4	Moscow	1 Aug 80	(1, 3:20.12)
49.0	Gwen Torrence	USA	1	Stuttgart	22 Aug 93	(1, 3:16.71)
49.0	Monique Hennagan	USA	2	Munich	8 Aug 04	(2, 3:20.91)
49.1	Kirsten Emmelmann	GDR	2	Rome	6 Sep 87	(1, 3:18.63)
49.13	Jessica Beard	USA	4	Des Moines	11 Jun 11	(1, 3:26.31)
49.17	Diane Dixon	USA	2	Seoul	1 Oct 88	(2, 3:15.51)
49.2e	Lyudmila Litvinova	RUS	2	Beijing	23 Aug 08	(2, 3:18.82)
	(30)					
49.2	Lyudmila Dzhaligalova	URS	2	Tokyo	1 Sep 91	(1, 3:18.43)
49.20	Tatyana Firova	RUS	3	Beijing	23 Aug 08	(2, 3:18.82)
49.22	Shericka Williams	JAM	4	Daegu	3 Sep 11	(2, 3:18.71)
49.22	Anastasiya Kapachinskaya	RUS	4	Daegu	3 Sep 11	(3, 3:19.36)
49.25	Francena McCorory	USA	4	Moscow	17 Aug 13	(2, 3:20.41)
49.26	Ionela Tirlea	ROU	4	Paris	29 Jun 99	(2, 3:25.68)
49.3	Tatyana Alekseyeva	RUS	2	Stuttgart	22 Aug 93	(3, 3:18.38)
49.3e	Shereefa Lloyd	JAM	2	Beijing	23 Aug 08	(3, 3:20.40)
49.34	Deon Hemmings	JAM	4	Atlanta	3 Aug 96	(4, 3:21.69)
49.35	Cathy Freeman	AUS	4	Sydney	30 Sep 00	(4, 3:23.81)
	(40)					

## FASTEST BY STAGE:

48.93	Tatána Kocembová	TCH	1	Helsinki	14 Aug 83	(2, 3:20.32)
47.82	Olga V. Nazarova	URS	2	Seoul	1 Oct 88	(1, 3:15.17)
48.4	Tatána Kocembová	TCH	3	London	21 Aug 83	(1, 3:20.79)
47.6	Jarmila Kratochvílová	TCH	4	Athínai	11 Sep 82	(2, 3:22.17)