

## Start list

### 400m W / K

WORLD RECORD(Open)	<b>49.17</b>	BOL Femke	NED	Glasgow (GBR)	24-03-02
EUROPEAN RECORD(Open)	<b>49.17</b>	BOL Femke	NED	Glasgow (GBR)	24-03-02
POLISH RECORD(Open)	<b>50.83</b>	KACZMAREK Natalia	KS Podlasie Białystok	Toruń	23-02-19
MEETING RECORD(Open)	<b>50.44</b>	JAEGER Henriette	NOR	Toruń	25-02-16
Min. WICH(Open)	<b>51.75</b>			Kujawy Pomorze (POL)	26-03-20

Lane	Bib	Athlete	Birth	Club/Country	PB	2026
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#### Heat A/2

26-02-22 17:45

<b>2</b>	118	Nikola HOROWSKA	01-01-03	POLAND (POL)	54.87/26	54.87
<b>3</b>	106	Anna GRYC	99-10-16	POLAND (POL)	52.19/26	52.19
<i>5 msc World Championships 4x400m 2025, 2 msc World Indoor Championships 4x400m 2025</i>						
<b>4</b>	96	Justyna ŚWIĘTY-ERSETIC	92-12-03	POLAND (POL)	51.04/22	
<i>2 msc Olympic Games 4x400m 2021, 6 msc Olympic Games 4x400m 2016, 2 msc World Championships 4x400m 2019, 3 msc World Championships 4x400m 2017, 2 msc World Indoor Championships 4x400m 2016 &amp; 2018 &amp; 2025, 1 msc European Championships 400m 2018</i>						
<b>5</b>	61	Lieke KLAVER	98-08-20	NETHERLANDS (NED)	50.10/24	51.00
<i>2 msc Olympic Games 4x400m 2024, 6 msc Olympic Games 4x400m 2021, 1 msc World Championships 4x400m 2023, 3 msc World Championships 4x400m 2025, 1 msc World Indoor Championships 4x400m 2024, 2 msc World Indoor Championships 400, 2024, 4x400m 2022</i>						
<b>6</b>	11	Lurdes Gloria MANUEL	05-07-12	CZECHIA (CZE)	51.03/26	51.03
<i>4 msc European Championships 400m 2024, 3 msc European Indoor Championships 4x400m 2025, 4 msc European Indoor Championships 400m 2025,</i>						

#### Heat B/2

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<b>3</b>	83	Marika POPOWICZ-DRAPAŁA	88-04-28	POLAND (POL)	51.87/24	
<i>6 msc World Championships 4x400m 2023, 2 msc European Championships 4x100m 2022, 3 msc European Championships 4x100m 2010 &amp; 2012, 3 msc European Indoor Championships 4x400m 2023, 2 msc European U23 Championships 4x100m 2009,</i>						
<b>4</b>	54	Nickisha PRYCE	01-03-07	JAMAICA (JAM)	50.83/24	51.29
<i>2 msc World Championships 4x400m 2023 &amp; 2025</i>						
<b>5</b>	69	Natalia BUKOWIECKA	98-01-17	POLAND (POL)	50.83/23	
<i>2 msc Olympic Games 4x400m 2021, 3 msc Olympic Games 400m 2024, 2 msc World Championships 400m 2023, 2 msc World Indoor Championships 4x400m 2018, 3 msc World Indoor Championships 4x400m 2022, 1 msc European Championships 400m 2024, 2 msc European Championships 400m 2022</i>						
<b>6</b>	143	Emma ZAPLETALOVA	00-03-24	SLOVAKIA (SVK)	50.78/26	50.78
<i>3 msc World Championships 400H 2025, 8 msc European Championships 4x400m 2018, 1 msc European U23 Championships 400H 2021</i>						

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PB-personal best, SB-season best, NR-National Record, ER-European Record, WR-World Record

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TOP 10- POLSKA / POLAND (26-02-22)					TOP 10 ŚWIAT/WORLD (26-02-22)					
1	GRYC Anna	KS AZS AWF Warszawa	52.19	26-02-08	Metz (FRA)	1	Amber Anning	GBR	50.51	7 Feb Fayetteville AR
2	KUŚ Anastazja	KS AZS UWM Olsztyn	53.46	26-02-15	Rzeszów	2	Henriette Jæger	NOR	50.62	8 Feb Metz
3	ŁOZOWSKA Karolina	KS AZS AWF Warszawa	53.50	26-02-07	Spała	3	Britton Wilson	USA	50.66	13 Feb Fayetteville AR
4	KOCZANOWA Margarita	KS AZS AKF Kraków	53.53	26-01-24	Spała	4	Emma Zapletalová	SVK	50.78	8 Feb Metz
5	SMOLIŃSKA Izabela	RLTL GGG Radom	53.63	26-02-01	Toruń	5	Madison Whyte	USA	50.82	7 Feb Albuquerque NM
6	OSIPIUK Klaudia	KS AZS-AWF Biała Podlask	53.94	26-02-07	Rzeszów	6	Lieke Klaver	NED	51.00	3 Feb Ostrava
7	DROZD Wiktoria	AZS UMCS Lublin	54.24	26-02-07	Rzeszów	7	Lurdes Gloria Manuel	CZE	51.03	8 Feb Metz
8	KANICKA Inga	KS Stal LA Ostrów Wlkp.	54.49	26-02-12	Ostrava (CZE)	8	Dejanea Oakley	JAM	51.11	31 Jan Fayetteville AR
9	KUBIS Paulina	KS AZS AWF Wrocław	54.50	26-02-14	Toruń	9	Zaya Akins	USA	51.15	23 Jan Clemson SC
10	LESIEWICZ Kornelia	KS AZS AKF Kraków	54.78	26-02-07	Rzeszów	10	Shaquena Foote	JAM	51.27	13 Feb Clemson SC

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