World records in 400m hurdles

Men : 46.78 s Women : 52.20 s

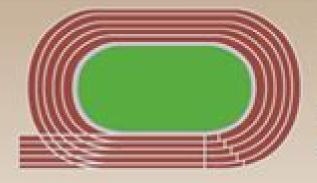


Men : 91.4 cm Women : 76.2 cm



Running direction

Accidentally knocking over the hurdles does not cause the athlete to be disqualified.



Ten hurdles are placed along the length of a 400m track at an interval of 35 meters.



400m (a lap of an oval track with separate lanes)

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Christian G. Meyer

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