

World records in 400m hurdles

Men : 46.78 s

Women : 52.20 s

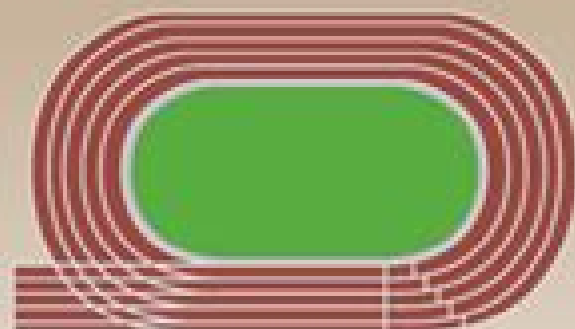
Hurdle heights

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)

Hurdle Training 400m Hurdle Marking Colors

M Lipman



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