

# The fastest-ever 4x400m splits – men

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.

42.94*	Michael Johnson	USA	4	Stuttgart	22 Aug 93	(1, 2:54.29)
43.10	Jeremy Wariner	USA	4	Osaka	2 Sep 07	(1, 2:55.56)
43.1	Quincy Watts	USA	2	Barcelona	8 Aug 92	(1, 2:55.74)
43.18	Wariner		4	Beijing	23 Aug 08	(1, 2:55.39)
43.2A	Ron Freeman	USA	2	Mexico City	20 Oct 68	(1, 2:56.16)
43.2	Wariner		2	Austin	8 Apr 06	(2, 3:00.04)
43.3	Demetrius Pinder	BAH	2	London	10 Aug 12	(1, 2:56.72)
43.23	Butch Reynolds	USA	3	Stuttgart	22 Aug 93	(1, 2:54.29)
43.4y	Maurice Peoples	USA	4	Baton Rouge	9 Jun 73	(3, 3:05.0y)
43.4A	Freeman		2	Mexico City	19.10.68	(1h1, 3:00.71)
43.4	Watts		2	Tokyo	1 Sep 91	(2, 2:57.57)
	(12/8)					
43.4	Steve Lewis	USA	4	Barcelona	8 Aug 92	(1, 2:55.74)
43.41	Tony McQuay	USA	3	London	10 Aug 12	(2, 2:57.05)
43.42	Chris Brown	BAH	4	Helsinki	14 Aug 05	(2, 2:57.32)
	(10)					
43.49	Darold Williamson	USA	4	Sacramento	11 Jun 05	(6, 3:01.83)
43.5	Roddie Haley	USA	2	Philadelphia	25 Apr 86	(1, 9:22.6#)
43.5¶	Tyree Washington	USA	3	Uniodale	22 Jul 98	(DQ, 2:54.20)
43.51	Davian Clarke	JAM	4	Athens	10 Aug 97	(2, 2:56.75)
43.53¶	Calvin Harrison	USA	3	Sydney	30 Sep 00	(DQ, 2:56.35)
43.56	Denis Alekseyev	RUS	4	Beijing	23 Aug 08	(3, 2:58.06)
43.57	Mark Richardson	GBR	4	Athens	10 Aug 97	(1, 2:56.65)
43.6	Julius Sang	KEN	4	Munich	10 Sep 72	(1, 2:59.83)
43.6	Raymond Pierre	USA	3	Kingston	6 May 89	(1, 3:00.66)
43.6	Angelo Taylor	USA	4	Amherst	6 Jun 98	(1, 3:01.89)
	(20)					
43.6	Jerome Young	USA	2	Philadelphia	26 Apr 03	(1, 2:58.40)
43.6	Derrick Brew	USA	2	Athīnai	28 Aug 04	(1, 2:55.91)
43.6e	Kevin Borlée	BEL	2	Zurich	17 Aug 14	(7, 3:02.60)
43.63!	Fred Newhouse	USA	3	Montréal	30 Jul 76	(1h1, 2:59.52)
43.66	Derek Mills	USA	3	Atlanta	3 Aug 96	(1, 2:55.99)
43.69	Calvin Smith	USA	4	Eugene	12 Jun 10	(3, 3:01.87)
43.7	Alberto Juantorena	CUB	4	Dusseldorf	6 Sep 77	(3, 3:02.77)
43.7	Gabriel Tiacoh	CIV	4	Los Angeles	24 May 86	(2, 3:05.96)
43.7	Henry Thomas	USA	3	Walnut	26 Apr 87	(1, 3:01.09)
43.7	Avard Moncur	BAH	2	Edmonton	11 Aug 01	(1h2, 3:00.88)
	(30)					
43.7e	Jonathan Borlée	BEL	2	Beijing	23 Aug 08	(5, 2:59.37)
43.7	Josh Mance	USA	2	London	10 Aug 12	(2, 2:57.05)
43.73	Martyn Rooney	GBR	4	Beijing	23 Aug 08	(4, 2:58.81)
43.75	Alonzo Babers	USA	3	Los Angeles	11 Aug 84	(1, 2:57.91)
43.78	Arnaud Mølherbe	RSA	4	Seville	29 Aug 99	(3, 3:00.20)
43.78	Ingo Schultz	GER	4	Edmonton	12 Aug 01	(7, 3:03.52)
43.78	Michael Blackwood	JAM	4	Madrid	21 Sep 02	(1, 2:59.19)
43.79	Danny Everett	USA	1	Seoul	1 Oct 88	(1, 2:56.16)
43.79	Sunday Bada	NGR	4	Gothenburg	12 Aug 95	(1h3, 3:01.09)
43.8	Seymour Newman	JAM	4	Montreal	31 Jul 76	(5, 3:02.84)
	(40)					
43.8	Ian Morris	TTO	3	Austin	4 Apr 86	(2, 3:13.93#)
43.8¶	Roy Martin	USA	4	Austin	5 Apr 86	(DQ, 3:01.07)
43.8	LaShawn Merritt	USA	4	Nassau	25 May 14	(1, 2:57.25)

## FURTHER NOTABLE 440 YARDS TIMES:

43.8y	Larry Black	USA	4	Philadelphia	29 Apr 72	(1, 3:03.1y)
43.9y	Larry James	USA	4	Philadelphia	27 Apr 68	(1, 3:06.1y)

\* This time is taken from photo-finish pictures taken at the start and finish of Johnson's leg supplied by Seiko. Using different methods, the DLV Biomechanics Report from Stuttgart 1993 variously shows times of 42.91 and 42.92

## Questionable timing (analysis of the available video of the race indicates an actual time of about 44.4):

43.58	Usain Bolt	JAM	4	Kingston	27 Feb 10	(2, 3:05.77)
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## Disqualified by doping control:

43.1	Antonio Pettigrew	USA	2	Athīnai	10 Aug 97	(DQ, 2:56.47)
43.2	Pettigrew		2	Uniodale	22 Jul 98	(DQ, 2:54.20)

## FASTEST BY STAGE:

43.79	Danny Everett	USA	1	Seoul	1 Oct 88	(1, 2:56.16)
43.1	Quincy Watts	USA	2	Barcelona	8 Aug 92	(1, 2:55.74)
43.23	Butch Reynolds	USA	3	Stuttgart	22 Aug 93	(1, 2:54.29)
42.94	Michael Johnson	USA	4	Stuttgart	22 Aug 93	(1, 2:54.29)

# 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	Athínaí	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	Athínaí	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	Athínaí	11 Sep 82	(2, 3:22.17)