

## Start List

### 400 m W45

EUROPEAN RECORD MASTERS (45)	57.22	Annette Quaid	IRL	Athlone, IRL	23-01-29
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L/O	Bib	Athlete	Cat.	Country	2026
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#### SEMIFINAL-1

26-03-28 12:50

2	2845	Amanda VAZQUEZ DONCEL-MORIANO	W45	Spain	61.93
3	2518	Bianca Cristina PAUN	W45	Romania	59.49
4	1637	Oksana CHODA	W45	Lithuania	62.00
5	2180	Alicja MIELCZAREK	W45	Poland	65.00
6	808	Nina HOWORKA	W45	Germany	65.00

#### SEMIFINAL-2

26-03-28 12:50

3	2815	Elisabet RUZ GUTIÉRREZ	W45	Spain	60.75
4	3096	Liz AMOS	W45	United Kingdom	59.50
5	1930	Malgorzata GASOWSKA-STEPNIAK	W45	Poland	62.50
6	465	Césarine BIRIKEM IROUME	W45	France	64.74

*Qualification: first 2 in each heat(Q)and the next 2 fastest (q)*

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SB-Season Best, WR-World Record, NR-National R.

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