

COMPARISON OF EFFORT DISTRIBUTION
1400 METER HURDLES

Name	Res	Venue	H1 - H10	%	Perf.	Ap + R.I.	Appr.	%	Run-in	%	200m	%	2nd 200m	diff.	Fast Unit to	Slow Unit to	Unit of.	Unit of %		
Phillips	1 f	OG 1988	36.19	0.767	47.19pr	11.00	5.80	0.123	5.20	0.110	22.51	0.477	24.68	2.17	3.56	h2	4.54	h10	0.98	0.0208
Moses	3 f	OG 1988	36.30	0.763	47.56	11.26	6.07	0.128	5.37	0.113	22.56	0.474	25.00	2.44	3.67	h2	4.58	h10	0.91	0.0193
Dia Ba	2 f	OG 1988	36.31	0.769	47.23	10.92	5.96	0.126	4.96	0.105	22.59	0.478	24.64	2.05	3.64	h2	4.44	h10	0.80	0.0169
Al-Somaliy	2 f	OG 2000	36.40	0.766	47.53	11.13	5.94	0.125	5.19	0.109	22.62	0.476	24.91	2.29	3.72	h2	4.52	h10	0.80	0.0168
Mori	1 f	WC 1999	36.42	0.763	47.72	11.29	6.13	0.128	5.17	0.108	22.84	0.479	24.88	2.04		4.46	h10			
Young	4 f	OG 1988	36.54	0.762	47.94	11.40	6.07	0.127	5.33	0.111	22.66	0.473	25.28	2.62	3.65	h2	4.67	h10	1.02	0.0213
Taylor (L1)	1 f	OG 2000	36.56	0.770	47.50	10.94	5.90	0.124	5.04	0.106	22.66	0.477	24.84	2.18	3.72	h2	4.44	9.10	0.72	0.0152
Schmid	1	? 1982	?	?	47.54er						22.94	0.483	24.60	1.66						
Herbert (L6)	3 f	OG 2000	36.56	0.765	47.81	11.25	5.98	0.125	5.27	0.110	22.98	0.481	24.83	1.85	3.80	h2	4.48	h10	0.68	0.0142
Graham	5 f	OG 1988	36.80	0.766	48.04	11.24	6.15	0.128	5.08	0.106	23.15	0.482	24.89	1.74	3.81	h2	4.55	h10	0.74	0.0154
Carter (L5)	4 f	OG 2000	36.82	0.766	48.04	11.22	5.78	0.120	5.42	0.113	22.58	0.470	25.46	2.88	3.72	h2	4.60	h10	0.88	0.0183
Moses	1 sl	OG 1988	36.84	0.769	47.89	11.05	5.95	0.124	5.10	0.106	23.18	0.484	24.71	1.53	3.77	h2	4.44	h10	0.67	0.0140
Hemery	1 f	? 1968			48.24wr						23.44	0.486	24.80	1.36						
De Araujo (L8)	5 f	OG 2000	36.96	0.765	48.34	11.38	5.98	0.124	5.40	0.112	22.62	0.468	25.72	3.10	3.68	h2	4.68	h10	1.00	0.0207
Phillips	1 s2	OG 1988	37.04	0.769	48.19	11.15	5.92	0.123	5.23	0.109	22.93	0.476	25.26	2.33	3.83	h3	4.69	h10	0.86	0.0178
Herbert (L4)	1 s2	OG 2000	37.16	0.768	48.38	11.22	5.96	0.123	5.26	0.109	23.28	0.481	25.10	1.82	3.84	h2	4.56	h10	0.72	0.0149
Adkins	1 f	usatf 94	37.18	0.768	48.41	11.23	5.77	0.119	5.46	0.113	22.54	0.466	25.87	3.33	3.75	h3.4	4.86	h10	1.11	0.0229
Taylor (L3)	2 s2	OG 2000	37.28	0.769	48.49	11.21	5.84	0.120	5.37	0.111	22.85	0.471	25.64	2.79	3.76	h2	4.60	h10	0.84	0.0173
Clement	1 f	usatfjo 02	38.40	0.772	49.77pr	11.37	6.14	0.123	5.23	0.105	23.83	0.479	25.94	2.11	3.90	h2	4.66	h9	0.76	0.0153
Stamps (L1)	5 f	SEC 02	38.75	0.766	50.62pr	11.87	6.22	0.123	5.54	0.109	24.25	0.479	26.37	2.12	3.98	h2	4.79	h10	0.81	0.0160
Gunnell	1 f	WC 1993	40.44	0.767	52.74wr	12.30	6.68	0.127	5.62	0.107	25.33	0.480	27.41	2.08	4.14	h2	4.87	h10	0.73	0.0138
Pernia	1 f	WC 1999	40.47	0.765	52.89	12.42	6.58	0.124	5.84	0.110	25.14	0.475	27.75	2.61	4.13	h2.3	5.03	h10	0.90	0.0170
Privalova	1 f	OG 2000	40.50	0.764	53.02	12.52	6.55	0.124	5.97	0.113	25.04	0.472	27.98	2.94	4.13	h2	5.13	h10	1.00	0.0189
Farmer-Pat	2 f	WC 1993	40.53	0.768	52.79	12.26	6.55	0.124	5.71	0.108	25.11	0.476	27.68	2.57	4.06	h2	4.92	h10	0.86	0.0163
Buford-Bailey	2 f	WC 1995	40.54	0.770	52.62	12.08	6.47	0.123	5.61	0.107	24.79	0.471	27.83	3.04	4.03	h2	5.07	h10	1.04	0.0198
Buford-Bailey	1	Zurich 95	40.71	0.770	52.90	12.19	6.73	0.127	5.46	0.103	25.40	0.480	27.50	1.84	4.08	h2	5.05	h9	0.97	0.0183
Ledovskaya	2 f	OG 1988	41.08	0.772	53.18	12.10	6.36	0.119	5.74	0.108	24.83	0.467	28.35	3.52	4.05	h2	5.15	h10	1.10	0.0207
Stepanova	1 f	Stutt 86	41.09	0.771	53.32	12.23	6.65	0.125	5.61	0.105	25.66	0.481	27.66	2.00	4.15	h2	4.95	h10	0.80	0.0150
Busch	1 f	potdm 87	41.10	0.772	53.24	12.14	6.57	0.123	5.57	0.105	25.54	0.482	27.70	2.16	4.09	h2	5.02	h10	0.93	0.0175
Pernia	?	WC 2001	41.11	0.768	53.50	12.39	6.67	0.125	5.72	0.107	25.63	0.479	27.87	2.24	4.22	h2.3	5.07	h10	0.85	0.0159
Flintoff-King		OG 1988	41.15	0.774	53.17	12.02	6.53	0.123	5.49	0.103	25.48	0.479	27.69	2.21	4.16	h2	5.04	h10	0.88	0.0166
Busch	4 f	OG 1988	41.15	0.766	53.69	12.54	6.61	0.123	5.93	0.110	25.40	0.473	28.29	2.89	4.07	h2	5.19	h10	1.12	0.0209
Fiedler	3 f	OG 1988	41.26	0.769	53.63	12.37	6.33	0.118	6.04	0.113	24.99	0.466	28.64	3.65	4.04	h2	5.20	h10	1.16	0.0216
Gunnell	1 sl	WC 1993	41.47	0.767	53.95	12.48	6.79	0.126	5.69	0.105	25.31	0.469	28.64	3.33	4.06	h2	5.20	9.10	1.14	0.0211
Farmer-Pat	1 f	usa OT 92	41.70	0.778	53.62	11.92	6.5	0.121	5.42	0.101	25.66	0.479	27.96	2.30	4.23	h2	5.07	h10	0.84	0.0158
Ledovskaya	2 sl	OG 1988	41.75	0.773	54.01	12.26	6.42	0.119	5.84	0.108	24.91	0.462	29.10	4.19	4.03	h2	5.24	h10	1.21	0.0224
Flintoff-King	1 sl	OG 1988	41.84	0.775	54.00	12.16	6.58	0.122	5.58	0.108	25.67	0.475	28.33	2.66	4.18	h2	5.29	h10	1.11	0.0206
Gunnell	4 sl	OG 1988	41.85	0.768	54.48	12.63	6.87	0.126	5.76	0.106	26.51	0.487	27.97	1.46	4.25	h2	5.14	h10	0.89	0.0163
Sheffield	3 sl	OG 1988	42.14	0.775	54.36	12.22	6.42	0.118	5.80	0.107	25.61	0.471	28.75	3.14	4.10	h2	5.15	h10	1.05	0.0193
Lee	1 f	SEC 91	43.05	0.772	55.78pr	12.73	6.78	0.122	5.95	0.112	26.56	0.476	29.22	2.66	4.39	h2	5.24	9.10	0.85	0.0152
Hudson	? f	G.T. 94	44.78	0.775	57.76pr	12.98	6.96	0.120	6.02	0.104	27.79	0.481	29.97	2.18	4.65	h2	5.32	h10	0.67	0.0116
Finley	4 f	usa Jr 95	45.18	0.765	59.07	13.89	6.99	0.118	6.90	0.117	28.41	0.481	30.66	2.25	4.71	h3	5.38	9.10	0.67	0.0113

	80m	115m	150m	185m	220m	255m	290m	325m	360m	400m		
50.93 model	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	to finish	h1 to h10 td
units	6.32	3.97	4.01	4.07	4.17	4.29	4.43	4.57	4.71	4.84	5.55	39.06
cumulative	6.32	10.29	14.30	18.37	22.54	26.83	31.26	35.83	40.54	45.38	50.93	
					24.34						26.59	
51.40 model	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	to finish	h1 to h10 td
units	6.37	4.00	4.05	4.12	4.21	4.33	4.47	4.61	4.76	4.87	5.61	39.42
cumulative	6.37	10.37	14.42	18.54	22.75	27.08	31.55	36.16	40.92	45.79	51.40	
					24.57						26.83	
51.86 model	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	to finish	h1 to h10 td
units	6.43	4.05	4.09	4.15	4.24	4.37	4.51	4.65	4.79	4.93	5.65	39.78
cumulative	6.43	10.48	14.57	18.72	22.96	27.33	31.84	36.49	41.28	46.21	51.86	
					24.79						27.07	
52.33 model	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	to finish	h1 to h10 td
units	6.49	4.09	4.12	4.18	4.28	4.41	4.55	4.69	4.84	4.98	5.70	40.14
cumulative	6.49	10.58	14.70	18.88	23.16	27.57	32.12	36.81	41.65	46.63	52.33	
					25.01						27.32	
52.80 model	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	to finish	h1 to h10 td
units	6.54	4.13	4.16	4.22	4.32	4.45	4.59	4.73	4.87	5.03	5.76	40.50
cumulative	6.54	10.67	14.83	19.05	23.37	27.82	32.41	37.14	42.01	47.04	52.80	
					25.24						27.56	
53.27 model	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	to finish	h1 to h10 td
units	6.61	4.16	4.20	4.25	4.36	4.50	4.64	4.77	4.92	5.07	5.80	40.86
cumulative	6.61	10.77	14.97	19.22	23.57	28.07	32.71	37.48	42.40	47.47	53.27	
					25.46						27.81	
53.74 model	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	to finish	h1 to h10 td
units	6.66	4.20	4.23	4.30	4.40	4.54	4.67	4.81	4.96	5.11	5.86	41.22
cumulative	6.66	10.86	15.09	19.39	23.79	28.33	33.00	37.81	42.77	47.88	53.74	
					25.69						28.05	
54.21 model	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	to finish	h1 to h10 td
units	6.72	4.23	4.27	4.33	4.44	4.57	4.72	4.86	5.01	5.15	5.91	41.58
cumulative	6.72	10.95	15.22	19.55	23.99	28.56	33.28	38.14	43.15	48.30	54.21	
					25.91						28.30	
54.68 model	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	to finish	h1 to h10 td
units	6.78	4.26	4.31	4.37	4.48	4.62	4.76	4.90	5.05	5.19	5.96	41.94
cumulative	6.78	11.04	15.35	19.72	24.20	28.82	33.58	38.48	43.53	48.72	54.68	
					26.14						28.54	