

Africa W. all-time Top 100 end 2016
400H

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|----|------------------------------|------------|--------------|----------|-----------|-----------------|----------|-------------------|
| 1 | BIDOUANE Nezha | MAR | 52.90 | | 69 | 25/08/99 | 2 | Sevilla |
| 2 | BOTHMA Myrtle | RSA | 53.74 | A | 64 | 18/04/86 | 1 | Johannesburg |
| 3 | FEBBRAIO Surita | RSA | 54.05 | A | 73 | 01/04/03 | 1 | Pretoria |
| 4 | NEL Wenda | RSA | 54.37 | | 88 | 20/05/15 | 1 | Beijing |
| 5 | ODUMOSU Muizat Ajoke | NGR | 54.40 | | 87 | 06/08/12 | 1sf3 | London |
| 6 | EL MOUTAWAKIL Nawal | MAR | 54.61 | | 62 | 08/08/84 | 1 | Los Angeles |
| 7 | DIOUF Mame Tacko | SEN | 54.75 | | 76 | 16/06/99 | 3 | Athína |
| 8 | JABIR AHMED Mona | SUD | 54.93 | | 87 | 22/07/07 | 1 | Argel |
| 9 | USIFO Maria | NGR | 55.16 | | 64 | 06/06/86 | 1 | Indianapolis |
| 10 | LAMBARKI Hayat | MAR | 55.27 | | 88 | 27/06/13 | 1 | Mersin |
| 11 | OLUWAKWEMI Adekoya | NGR | 55.30 | | 93 | 14/06/13 | 2 | Warri |
| 12 | AKINREMI Omolade | NGR | 55.44 | | 74 | 02/06/95 | 2 | Knoxville |
| 13 | OGOGBUNAM Amaka | NGR | 55.46 | | 90 | 14/08/14 | 2 | Marrakech |
| 14 | FICK Charmaine | RSA | 55.49 | A | 59 | 16/04/83 | 1 | Bloemfontein |
| 15 | SOULAMA Aïssata | BUR | 55.49 | | 79 | 22/07/07 | 2 | Argel |
| 16 | LHABZE Lamiae | MAR | 55.51 | | 84 | 27/06/13 | 2 | Mersin |
| 17 | LUOGON Kou | LBR | 55.55 | | 84 | 01/05/09 | 3 | Baie Mahault |
| 18 | van RENSBURG Ina | RSA | 55.81 | A | 56 | 30/04/82 | 1 | Germiston |
| 19 | WIENAND Janet | RSA | 55.82 | A | 85 | 07/07/06 | 1 | Pretoria |
| 20 | MANUNGA Koki | KEN | 55.82 | A | 93 | 11/07/15 | 1 | Nairobi |
| 21 | EBERSOHN Annerie | RSA | 55.87 | A | 90 | 25/05/13 | 1 | Potchefstroom |
| 22 | TATA-MUYA Rose | KEN | 55.94 | A | 60 | 08/08/87 | 2 | Nairobi |
| 23 | van der VEEN Karen | RSA | 55.99 | | 66 | 26/04/88 | 2 | Stellenbosch |
| 24 | KABOUD MEBAM Carole | CMR | 56.03 | | 78 | 05/07/08 | 2r1 | Chambery |
| 25 | ONANUGA Saidat | NGR | 56.05 | | 74 | 22/04/01 | 2 | Walnut |
| 26 | MAIYO Maureen Jelagat | KEN | 56.12 | A | 85 | 26/06/16 | 2 | Durban |
| 27 | NDU Ugonna | NGR | 56.13 | | 91 | 07/06/13 | 5 | Eugene |
| 28 | van ZYL Kerrylyn | RSA | 56.19 | A | 74 | 05/04/02 | 3 | Germiston |
| 29 | UYS-Van HEERDEN Lana | RSA | 56.23 | A | 68 | 03/05/93 | 1 | Pretoria |
| 30 | TERBLANCHE Debbie | RSA | 56.25 | A | 67 | 16/02/91 | 2 | Germiston |
| 31 | SKHYI Hanane | MAR | 56.28 | | 83 | 30/06/07 | 3 | Meknès |
| 32 | ZETOUANI Nadia | MAR | 56.29 | | 70 | 09/07/94 | 1 | Limoges |
| 33 | FAYE Mame Fatou | SEN | 56.37 | | 86 | 15/07/12 | | Dakar |
| 34 | WOMPLOU Marie | CIV | 56.39 | | 69 | 12/07/94 | 3 | Bondoufle |
| 35 | JAMESON Tameka | NGR | 56.44 | | 89 | 21/05/16 | 4 | Tucson |
| 36 | RAZAIARIMALALA Cendrino | MAD | 56.49 | | 78 | 01/07/01 | 2r1 | Saint-Etienne |
| 37 | OBIJOR Catherine | NGR | 56.50 | | 85 | 21/07/01 | 2 | Lagos |
| 38 | AKINREMI Omotayo | NGR | 56.55 | | 74 | 14/04/01 | 2 | Tempe |
| 39 | SWART Irma | RSA | 56.66 | | 65 | 22/04/89 | 3 | Durban |
| 40 | MOUSSA Houria | ALG | 56.66 | | 82 | 22/06/06 | 1 | El-Djezair |
| 41 | AYEDOU Bimbo Miel | BEN | 56.66 | | 91 | 24/07/11 | 1 | Ouagadougou |
| 42 | ULLRICH Ronelle | RSA | 56.81 | A | 75 | 03/04/95 | 2 | Pietersburg |
| 43 | WASIKE Florence | KEN | 56.86 | A | 79 | 05/07/08 | 1 | Nairobi |
| 44 | STEPHENS Gladys | NGR | 56.88 | | 84 | 12/07/08 | 1r1 | Alcalá de Henares |
| 45 | KYALISIMA Ruth | UGA | 57.02 | | 55 | 06/08/84 | 7s2 | Los Angeles |
| 46 | NDUBUEZE Elisabeth | NGR | 57.02 | | 79 | 22/08/98 | 4 | Dakar |
| 47 | KOTZE Amanda | RSA | 57.04 | | 86 | 02/06/07 | 2r2 | Neerpelt |
| 48 | LACHGAR Zahra | MAR | 57.12 | | 78 | 16/07/04 | 4 | Brazzaville |
| 49 | van der MERWE Adri | RSA | 57.17 | | 76 | 03/03/01 | 3 | Durban |
| 50 | JONARY Aurelie | MAD | 57.20 | A | 69 | 04/09/97 | 1 | Antananarivo |
| 51 | SWANEPOEL Karen | RSA | 57.23 | A | 65 | 03/05/93 | 2 | Pretoria |
| 52 | LOUW Cecillia | RSA | 57.23 | | 76 | 20/03/98 | 3 | Cape Town |
| 53 | EKSTEEN Cecilia | RSA | 57.23 | | 76 | 20/03/98 | | Kapstadt |
| 54 | VOGEL Elmarie | RSA | 57.24 | A | 60 | 18/04/86 | 3 | Johannesburg |
| 55 | NAUSE Madele | RSA | 57.1 | hA | 63 | 24/10/86 | | Bloemfontein |
| 56 | CEESAY Nusrat | GAM | 57.24 | | 81 | 20/04/12 | | Azusa |
| 57 | RAZANAMALALA Hanitrasoa Olga | MAD | 57.25 | | 88 | 29/08/11 | 7h2 | Daegu |
| 58 | van der BURGH Marna | RSA | 57.26 | A | 57 | 21/03/88 | | Pretoria |

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| 59 | ONYEMUWA Mary | NGR | 57.27 | | 83 | 19/05/07 | 1 | Lagos |
| 60 | RAZAFINJANAHARY Lantosoa | MAD | 57.29 | | 81 | 19/10/00 | 1h2 | Santiago de Chile |
| 61 | TOURE Gnima | SEN | 57.30 | | 75 | 06/07/99 | | Sotteville les Rouen |
| 62 | OSSAI Rita | NGR | 57.31 | | 95 | 16/06/16 | 1 | Sofia |
| 63 | BLACKBURN Danielle | RSA | 57.37 | | 75 | 29/04/95 | | Durban |
| 64 | VERSTER Leonie | RSA | 57.3 | hA | 57 | 07/04/78 | | Germiston |
| 65 | MAKDACH Mounia | MAR | 57.44 | | | 13/07/08 | 3 | Tanger |
| 66 | NATHANIEL Glory Onome | NGR | 57.44 | | 96 | 31/07/15 | 3 | Warri |
| 67 | OOSTHUIZEN Bermien | RSA | 57.52 | A | 62 | 09/04/83 | | Germiston |
| 68 | HADDAR Dehia | ALG | 57.56 | | 95 | 16/07/16 | 1 | El-Djezair |
| 69 | LOUWRENS Leonie | RSA | 57.61 | | 59 | 15/11/80 | | Krugersdorp |
| 70 | BECKER Vanessa | RSA | 57.61 | A | 79 | 27/01/01 | | Pietersburg |
| 71 | KEBAOUI Hend | TUN | 57.69 | | 69 | 28/07/95 | | Lindau |
| 72 | MYBURGH Hybré | RSA | 57.6 | h | 52 | 05/07/74 | | Frankfurt |
| 73 | du TOIT Lorraine | RSA | 57.74 | A | 64 | 21/03/88 | | Pretoria |
| 74 | MAGERMAN Gezelle | RSA | 57.75 | A | 97 | 20/07/16 | 2h2 | Bydgoszcz |
| 75 | AKPOFA Daisy Faith | NGR | 57.77 | | 96 | 21/05/16 | 1 | Sapele |
| 76 | ROELOFSE Hanlie | RSA | 57.81 | A | 59 | 02/05/81 | | Pretoria |
| 77 | LARABA Nasiru | NGR | 57.84 | | | 30/07/99 | 3h1 | Lagos |
| 78 | NAIT Aisha | SLE | 57.84 | | 93 | 15/05/16 | | Yallahassee |
| 79 | SENEKAL Jean-Marie | RSA | 57.85 | | 92 | 26/06/16 | 4 | Durban |
| 80 | RAS Zonja | RSA | 57.92 | A | 63 | 02/03/90 | | Potchefstroom |
| 81 | NWOGU Ann | NGR | 57.93 | | 95 | 14/06/13 | 3 | Warri |
| 82 | DJAMALIDINE Salhate | COM | 57.97 | | 78 | 25/07/03 | 6r1 | Narbonne |
| 83 | ERHARUYI Esther | NGR | 58.08 | | | 30/07/99 | 1h2 | Lagos |
| 84 | LIEBENBERG Licinda | RSA | 58.08 | | 86 | 14/03/09 | | Stellenbosch |
| 85 | SWANEPOEL Helene | RSA | 58.08 | | 96 | 13/07/13 | | Donetsk |
| 86 | BABOLAYI Oarabile | BOT | 58.09 | | 92 | 14/09/11 | 4h1 | Maputo |
| 87 | KOSTER Dominique | RSA | 58.11 | | 77 | 27/01/01 | | Pietersburg |
| 88 | AKINREMI Taiye | NGR | 58.12 | | 70 | 28/06/92 | | |
| 89 | KAHIA Houda | MAR | 58.12 | | 89 | 17/07/10 | | Casablanca |
| 90 | NNAMUKA Rosemary | NGR | 58.21 | | 69 | 02/05/92 | | |
| 91 | NYAKAWA Callen | KEN | 58.24 | A | 83 | 16/06/07 | 1 | Nairobi |
| 92 | CHELAGAT Maureen | KEN | 58.32 | A | 90 | 26/06/07 | 2 | Nairobi |
| 93 | JOAQUIM Delfina | ANG | 58.34 | | 80 | 11/07/99 | 1 | Lisboa |
| 94 | SYLLA-LE BOUARD Aminata | SEN | 58.36 | | 84 | 18/06/05 | | Nice |
| 95 | BALSAMO Monique | RSA | 58.42 | | 84 | 08/06/02 | | Germiston |
| 96 | KOLA Caroline | KEN | 58.51 | A | 66 | 23/07/94 | | Nairobi |
| 97 | OLUWAKEMI Francis Ruth | NGR | 58.54 | | 93 | 21/06/14 | 2 | Calabar |
| 98 | DOMENECH Sophie | SEN | 58.59 | | 71 | 31/05/97 | | Narbonne |
| 99 | KLOPPERS Annie | RSA | 58.60 | | 65 | 30/03/85 | | Krugersdorp |
| 100 | HUTCHINSON Shona | RSA | 58.60 | A | 74 | 03/03/06 | | Pretoria |