

# *Femke Bol improves oldest record in indoor athletics*

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**Femke Bol**

Havana, February 20 (RHC) - The Dutch Femke Bol set a world record in the 400 meters indoors after winning the Dutch National Championships in Apeldoorn with a time of 49.26 seconds.

This time, the hurdler, who is now trying her hand at the 400m dash, improved by a wide margin the oldest record in indoor athletics, which belonged since 1982 (41 years) to Jarmila Katrochvilova (49.59).

"It was thanks to all the fans here that I got my record. I have never seen so many people here. When I crossed the finish line I knew the record was mine because of all the noise the crowd made," said 22-year-old Femke Bol.

Femke Bol, named European Athlete of the Year 2022, has compiled several indoor records in recent times. First, she stormed the 300-meter hurdles in Ostrava (Czech Republic) with 36.86 seconds and then she set the 500-meter record in Boston (United States) with a time of 1:05.63.

In the United States, Ryan Crouser beat his world record by one centimeter, with 23.38 meters during the Simplot Games in Pocatello, thus erasing the previous record set at the World Athletics Championships in Oregon 2022.

As for Cuba, the group covering the current indoor season remains concentrated in the Portuguese town of Montegordo.

The next presentation will be in Madrid, on February 22, where the presentations of the triple jumpers Liadagmis Povea and Leyanis Pérez, together with the long jumper Maykel Massó, have been confirmed.

By the way, Liadagmis and Leyanis lead the ranking of their specialty in the World Athletics Indoor Tour 2023 with 20 and 14 points, in that order.

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