



RESULT

101 - 5000m Wanita - Final

Records	Result	Name	Team	Date	venue
Record Sukma RSU	17:46.01	MELINDER KAUR RAGBIR SINGH	Pulau Pinang	2010	
Record SAGA RSA	20:56.71	NUR DENISHA SHAZLIATIE BINTI ABDULLAH	KALABAKAN	2023	

Heat 1

Start Time: 07:31 am

Pos	Bib	Athlete	Team	Result	React	Remark
1	059	NUR DENISHA SHAZLIATIE BINTI ABDULLAH	KBN	20:04.43		RSA
2	522	EFYNA ARES LIZOD	PTS	20:35.56		
3	603	CHELSIE DEVINA SARAVANAN	RNU	21:14.32		
4	193	ADELLA DHANISA BINTI MUHAMMAD ADAM DANIAL	KKU	22:27.60		
5	893	AMANDA MOUSIN	TRN	23:42.60		
6	850	ASMINAH ELIS	TGD	26:02.52		
7	108	SYLEYANA VEYANE BINTI KINDOS	KGU	27:48.95		
8	408	LISNAH PETRUS	PTN	27:58.42		
9	101	SHERLLY LIVYA BINTI KINDOS	KGU	29:00.78		
10	849	RELANIE BINTI TEBIN	TGD	29:17.78		
11	407	LAURA ANAK JUNANI	PTN	29:34.80		
-	203	ALYA MARISSA BINTI MAIZUL ANUAR	KKU	DNS		

Approved by TD:

Technical Delegate (Signature & Name)

Date: _____

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Date: _____