Results

Report generated 11 Nov 2026 08:32:43 MYT

National Record	-

Final 1 Start Time: 07:09

Rk	Bib	Name	Team	Lane	R.Time	Result	Note
1	403	**DAREN JAMES NAIR A/L RODNEY JAM**	HELP UNIVERSITY	5		**15:38.72**	
2	335	**DINESH VARMA A/L SELVAM**	MALAYSIA UNIVERSITY	8		**16:22.65**	
3	414	**MUHAMMAD ALIFNASRIQ BIN ZULKEFL**	LANG HIJAU	7		**17:19.98**	
4	341	**WAN MUHAMMAD ASHRIEL BIN WAN MA**	PEKAN ATHLETICS	14		**17:26.37**	
5	419	**DEVINDRA A/L MUNIANDY**	LANG HIJAU	6		**17:29.15**	
6	406	**AMIRUDIN AKMAL BIN MUHAMAD NORF**	SSTMI	2		**18:09.27**	
7	141	**AZANIS AZAMIN**	MAKSAK PERLIS	3		**18:19.27**	
8	366	**MUHAMMAD AIRIL MUKRIZ BIN HAMIZ**	SMK SYED HUSSEN	19		**19:07.17**	
9	339	**MUHAMMAD ADIB ZAFRAN BIN SAIFUL**	K.O. BAINUN	17		**19:21.39**	
10	319	**MUHAMMAD ADAM BIN ZAINAL ANUAR**	JAGUH IMPIAN	15		**20:31.30**	
11	249	**DANIAL MUSYRIF BIN MADZENON**	SMK PERLIS	4		**20:36.65**	
12	152	**MUHAMMAD ADAM NZE EZEAMAKU B. A**	MI ATHLETICS	16		**20:49.16**	
13	375	**MUHAMMAD ANIQ NAUFAL BIN MUZAKR**	PERLIS A	12		**22:19.69**	
14	154	**MOHAMMAD TAUFIQ B. MOHD KAMAL**	MI ATHLETICS	13		**22:55.29**	
15	243	**ALIFF BIN AZAMIN**	SMK PERLIS	1		**23:05.32**	
	109	**MUHAMMAD AIRIL HAIKAL BIN ABDUL**	HUSTLES ATHLITICS	18		**DNF**	
	186	**IRMANSYAH**	PASI KALIMANTAN BARAT	10		**DNF**	
	334	**MATHAN RAJ A/L GUNASAGARAN**	MALAYSIA UNIVERSITY	11		**DNF**	
	343	**HAFY ZIKRY BIN MAZARUL ARIF**	PEKAN ATHLETICS	9		**DNF**	

Final 2 Start Time: 07:35

Rk	Bib	Name	Team	Lane	R.Time	Result	Note
1	240	**VIMAL GOVENDARAJOO**	PPMIKI-LMS	1		**15:38.59**	
2	292	**MUHAMMAD ASHRAF BIN MOHAMAD ZA**	PDRM	2		**15:45.37**	
3	463	**MUHAMMAD FAROOQ BIN MUHAMMAD ZU**	KELAB OLAHRAGA GARUDA	3		**15:51.60**	
4	508	**SHAWN ROSHAN SINGH**	PERAK	16		**16:35.76**	
5	395	**MUHAMMAD NURDIN BIN IBRAHIM**	TEAM SIK	8		**16:52.30**	
6	348	**MUHAMMAD ZULFAHMI BIN ROSHIDI**	ATM	12		**16:59.00**	

Legend: Rk = Ranking DNS = Did Not Start DNF = Did Not Finish DQ = Disqualified Q = Qualified by Place q = Qualified by Time

Timing & Results provided by INNOTEX

Rk	Bib	Name	Team	Lane	R.Time	Result	Note
7	350	**SHREE RAM A/L RAMESH**	K.O.PANTHER	17		**17:22.73**	
8	346	**MUHAMMAD MUADZ BIN ABDUL HALIM**	ATM	21		**17:26.86**	
9	102	**MUHAMMAD ZULFIQAR HAFIZUL BIN M**	ARAU HURRICANE	13		**18:02.93**	
10	506	**SHARVIND SIVAKUMAR**	SELANGOR	15		**18:23.23**	
11	470	**MUHAMMAD HAIKAL BIN RASHID**	TAR.MLD PERLIS	4		**18:55.87**	
12	512	**MUHAMMAD HAZ IM BIN MUHAMMAD RU**	PERLIS A	5		**19:12.30**	
13	368	**UMAR YUSUF BIN JEYZEE**	SMK SYED HUSSEN	20		**19:24.45**	
14	259	**TAN ZHI JUN**	UUM	19		**19:59.67**	
15	150	**MUHAMMAD SAFIY SAFWAN B. MOHD S**	MI ATHLETICS	9		**20:04.06**	
16	260	**MUHAMMAD MUZAMMIL BIN MD NAZAR**	UUM	6		**21:45.68**	
17	155	**MUHAMMAD SYAHMIN DANIAL B. ABDU**	MI ATHLETICS	11		**23:03.41**	
	108	**SYAFIQ BIN MUHAMMAD IMRAN**	HUSTLES ATHLITICS	18		**DNS**	
	111	**MUHAMMAD NIZAR QUSYAIRI BIN MUH**	HUSTLES ATHLITICS	7		**DNS**	
	236	**RISHERAAM A/L PARAMESWARAN**	W.PERSEKUTUAN	14		**DNS**	
	462	**MUHAMMAD SYAFIQ BIN WAHIDAN**	GOLDEN ELEPHANT WARRIOR	10		**DNS**	

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Timing & Results provided by INNOTEX

5000m Lelaki - Final

Summary

Rank	Heat	Bib	Name	Team	Result	Remark
1	2	240		PPMIKI-LMS	15:38.59	
2	1	403		HELP UNIVERSITY	15:38.72	
3	2	292		PDRM	15:45.37	
4	2	463		KELAB OLAHRAGA GARUDA	15:51.60	
5	1	335		MALAYSIA UNIVERSITY	16:22.65	
6	2	508		PERAK	16:35.76	
7	2	395		TEAM SIK	16:52.30	
8	2	348		ATM	16:59.00	
9	1	414		LANG HIJAU	17:19.98	
10	2	350		K.O.PANTHER	17:22.73	
11	1	341		PEKAN ATHLETICS	17:26.37	
12	2	346		ATM	17:26.86	
13	1	419		LANG HIJAU	17:29.15	
14	2	102		ARAU HURRICANE	18:02.93	
15	1	406		SSTMI	18:09.27	
16	1	141		MAKSAK PERLIS	18:19.27	
17	2	506		SELANGOR	18:23.23	
18	2	470		TAR.MLD PERLIS	18:55.87	
19	1	366		SMK SYED HUSSEN	19:07.17	
20	2	512		PERLIS A	19:12.30	
21	1	339		K.O. BAINUN	19:21.39	
22	2	368		SMK SYED HUSSEN	19:24.45	
23	2	259		UUM	19:59.67	
24	2	150		MI ATHLETICS	20:04.06	
25	1	319		JAGUH IMPIAN	20:31.30	
26	1	249		SMK PERLIS	20:36.65	
27	1	152		MI ATHLETICS	20:49.16	
28	2	260		UUM	21:45.68	
29	1	375		PERLIS A	22:19.69	
30	1	154		MI ATHLETICS	22:55.29	

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Rank	Heat	Bib	Name	Team	Result	Remark
31	2	155		MI ATHLETICS	23:03.41	
32	1	243		SMK PERLIS	23:05.32	
-	1	334		MALAYSIA UNIVERSITY	DNF	
-	1	109		HUSTLES ATHLITICS	DNF	
-	1	186		PASI KALIMANTAN BARAT	DNF	
-	1	343		PEKAN ATHLETICS	DNF	
-	2	462		GOLDEN ELEPHANT WARRIOR	DNS	
-	2	108		HUSTLES ATHLITICS	DNS	
-	2	236		W.PERSEKUTUAN	DNS	
-	2	111		HUSTLES ATHLITICS	DNS	

Approved by TD:

Technical Delegate Signature

Name: _____

Date: _____

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