

RESULT

101 - 10000m Lelaki - Final

Records	Result	Name	Team	Date	vanue
Championship Record CR	32:57.69	RUVESHWARAN A/L BALACHANDRAN	MMU	2025	VARSIY TRACK & FIELD CHAMPIOSHIP GRAND FINAL 2025
National Record NR	29:30.2	RAMACHANDRAN MURUSAMY		1994	

Heat 1		Start Time: 07:31 am					
Pos	Bib	Athlete	Team	Result	React	Remark	
1	237	NIKOS TAI LEE ONN	UM	32:51.44		CR	
2	137	RUVESHWARAN A/L BALACHANDRAN	MMU	33:35.51			
3	217	WEE SHAO HENG	UKM	33:38.26			
4	409	JOSHUA LOH YIXUN	USM	34:32.31			
5	238	GOH GAN WEI	UM	35:17.38			
6	169	Nem Jun Hong	TARUMT	35:21.34			
7	153	SHREE RAM A/L RAMESH	POLI	35:31.88			
8	117	SABINESSHVER A/L ARUL THEVER	KLUST	35:35.57			
9	177	YUE MUN HEW	TAYLORS	36:03.03			
10	395	HARRESH A/L RAMESH KUMAR	UPM	36:07.16			
11	422	MOHAMAD AMIR ZUKRI BIN MOHAMAD SAFIRULNOR	USM	36:15.36			
12	211	MUHAMMAD ZULFIQAR HAFIZUL MOHAMAD IMRAN	UITM	36:27.68			
13	135	MUHAMMAD SYAFIQ BIN ANUAR	KPMB	36:30.13			
14	292	GOLIATH VALERON SILI	UPSI	36:53.04			
15	184	MUHAMMAD FAHRIN AIMAN BIN YUSMIZAN	UCTATI	37:49.97			
16	357	AMIRUDIN AKMAL BIN MUHAMAD NORFADZLIM	UTM	38:13.13			
17	112	ADAM HAFIS BIN SULAIMAN	KKMAS	38:40.83			
18	314	CHONG JING HONG	UTAR	39:11.27			
19	345	PUGGAL RAJ A/L N.PIRAKAS	UTHM	41:35.65			
20	309	Low Chun Xin	UTAR	42:09.18			
21	315	TAN CHI XEE	UTAR	42:21.09			

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Heat 1

Start Time: 07:31 am

Pos	Bib	Athlete	Team	Result	React	Remark
22	116	JOENICHERO ANYA ANAK JUSTIN	KKMAS	52:06.60		
-	145	SHARVISHAKUMAREN A/L MUNIANDY	MSU	DNF		
-	129	AHMAD NAZEEM IMAN BIN AHMAD KAMIL	KPMB	DNF		

Approved by TD:

Technical Delegate (Signature & Name)
Date: _____

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