



## RESULT

### 105 - 5000 METER (LELAKI) AKHIR - Final

Records	Result	Name	Team	Date	vanue
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Heat 1		Start Time: 10:05 am				
Pos	Bib	Athlete	Team	Result	React	Remark
1	463	JAYVIND A/L THANABALAN	NEGERI SEMBILAN	<b>16:09.19</b>		
2	155	DEVINDRA A/L MUNIANDY	KEDAH	<b>16:25.07</b>		
3	458	VASHANTH A/L PUTHISIRAMANI	NEGERI SEMBILAN	<b>16:39.60</b>		
4	208	MUHAMMAD NURAMMAR BIN MOHAMMAD IKBAL	COACH KENEY RUN CLINIQUE	<b>16:46.98</b>		
5	525	Naresh Vadevellan	MSN SELANGOR	<b>16:48.89</b>		
6	409	KEAN KESHVIN SINGH	SUKMA PERAK	<b>16:55.14</b>		
7	771	POVEN KUMAR A/L MUTHU	SUKMA JOHOR	<b>16:55.70</b>		
8	1032	MUHAMMAD ZAFRAN BIN AZIZOL	WIJUARA	<b>16:56.48</b>		
9	171	MUHAMMAD FARRIZ HAIKAL BIN ABDULLAH	KEDAH	<b>17:05.58</b>		
10	23	JED TEH QI XIAN	W RUNNING TEAM	<b>17:22.69</b>		
11	1691	ahmad adil irsyad bin ahmad ikmal	MSN SELANGOR	<b>17:22.84</b>		
12	536	Ooi Zhi Xiang	MSN SELANGOR	<b>17:26.31</b>		
13	1120	AHMAD FAIZ BIN ABDUL RAHIM	SSN JOHOR	<b>17:58.56</b>		
14	13	AHMAD RAYYAN BIN NOORZAIRIN	BEBAS (AHMAD RAYYAN)	<b>18:02.75</b>		
15	560	tee shea khai	MSN SELANGOR	<b>18:06.18</b>		
16	82	MUHAMMAD WAFIQ QAYYUM BIN MOHD BAHRI	YRC	<b>18:25.61</b>		
17	268	Danish A/L Suresh	YRC	<b>18:29.47</b>		
18	1098	ADAM HAFIS BIN SULAIMAN	SBYRC	<b>18:59.19</b>		
19	625	MUHAMMAD AMIRUDDIN AL HAFIY BIN SHAFFRI	SSTMI	<b>19:10.15</b>		
20	301	HARISH KUMAR A/L RISHI KUMAR	B STAR RUNNING CLUB	<b>19:24.55</b>		



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Heat 1		Start Time: 10:05 am				
Pos	Bib	Athlete	Team	Result	React	Remark
21	713	MUHAMMAD AHNAF FATTAH BIN MOHD FAIZAL	BCH RUNNERS	<b>19:31.99</b>		
22	708	AHMAD FARHAN NAUFAL BIN AHMAD DANIAL	BCH RUNNERS	<b>19:36.95</b>		
23	210	TENGGU HADIF RIFQI BIN TENGGU AFFIRIZAL	COACH KENEY RUN CLINIQUE	<b>19:42.45</b>		
24	211	WIRAPUTRA DASS	COACH KENEY RUN CLINIQUE	<b>22:01.85</b>		
-	511	SABINESSHVER A/L ARUL THEVER	MSN SELANGOR	<b>DNF</b>		
-	633	HARRAZ ASYRAAF BIN ABDUL FATTAH	SSTMI	<b>DNF</b>		
-	733	IMAAN AYDIN UMAIR BIN LUQMAN HAKIM	M.A.G	<b>DNF</b>		
-	787	VISVA RAJ A/L PEARAM	SUKMA JOHOR	<b>DNF</b>		
-	22	MUHAMMAD ADAM AMJAD BIN MOHD AZIZUL	TEAM COACH RADELEA	<b>DNS</b>		
-	326	NIFAIL SULHI BIN SILAHUDDIN	KELAB OLAHRAGA SETIAWANGSA	<b>DNS</b>		
-	459	NEM JUN HONG	NEGERI SEMBILAN	<b>DNS</b>		
-	243	LEE YIZER	SMJK CONFUCIAN	<b>DNS</b>		
-	634	IMAN BIN MUZAIDI	SSTMI	<b>DNS</b>		
-	20	MUHAMMAD FARHAN BIN MOHD MUZALI	TEAM COACH RADELEA	<b>DNS</b>		
-	540	Tamilalagan a/l Shanker	MSN SELANGOR	<b>DNS</b>		
-	19	WAN ISHMEL THOHA BIN WAN MUHAMMAD ASRUL ARIF	TEAM COACH RADELEA	<b>DNS</b>		

Heat 2		Start Time: 10:31 am				
Pos	Bib	Athlete	Team	Result	React	Remark
1	1611	KARTHIK A/L RATNAM	MSPAHANG	<b>16:47.70</b>		
2	523	SHARVISHAKUMAREN A/L MUNIANDY	MSN SELANGOR	<b>16:57.19</b>		
3	785	HARITH DANIAL BIN NORSHAHIZAN	SUKMA JOHOR	<b>17:00.02</b>		



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Heat 2

Start Time: 10:31 am

Pos	Bib	Athlete	Team	Result	React	Remark
4	772	LAI YI HNG	SUKMA JOHOR	<b>17:05.11</b>		
5	207	ZAFEER ERFAN BIN ALI MOHAMAD	COACH KENEY RUN CLINIQUE	<b>17:08.08</b>		
6	1039	MUHAMMAD HARIZ BIN MUHAMAD MAZUAN	WIJUARA	<b>17:11.62</b>		
7	706	AMER FIRASH ISAAC ZUHAYR BIN AMER FAHMIE	BCH RUNNERS	<b>17:17.79</b>		
8	1692	ang chern yang	MSN SELANGOR	<b>17:19.71</b>		
9	1196	WAN MUHAMMAD ASHRIEL BIN WAN MAZLAN	MSPAANG	<b>17:22.54</b>		
10	24	LOO KENG SHANE	W RUNNING TEAM	<b>17:36.61</b>		
11	769	HON JIA CHENG	SUKMA JOHOR	<b>18:00.53</b>		
12	636	MUHAMMAD FARIS HAIKAL BIN MUMAMAD FAIZAL	SSTMI	<b>18:15.64</b>		
13	637	MUHAMMAD SYAZWAN BIN RAZLAN	SSTMI	<b>18:17.36</b>		
14	899	NUH DAMIAN FARISH BIN ABDUL HAMID	SAAS ATHLETICS	<b>18:25.48</b>		
15	977	MUHAMMAD SYAMIL BIN SUHARDI	KGR	<b>18:28.21</b>		
16	714	MUHAMMAD FAZIL SIDDIQ BIN MUHAMAD KHALID	BCH RUNNERS	<b>18:30.45</b>		
17	676	SYAFIQ BIN MUHAMMAD IMRAN	PERLIS	<b>18:37.16</b>		
18	832	MUHAMMAD IMAN IFFAT BIN MOHD REDZUAN	PANDAN PERDANA RUNNING CLUB	<b>19:11.16</b>		
19	978	AMMAR MIKAEL MUKHLASIEN BIN MOHD NORHEFI	KGR	<b>19:33.18</b>		
20	712	MUHAMMAD KHALISH AMSYAR BIN MOHD SUZALI	BCH RUNNERS	<b>19:50.29</b>		
21	1097	RIVENESH A/L SUGU MARAN	SBYRC	<b>19:55.24</b>		
22	940	AKMAL HAFIY BIN ABDUL RASHID	SP ATHLETICS	<b>20:01.81</b>		
23	739	ARVINDRAA DINESHERAN	M.A.G	<b>20:11.99</b>		
24	707	AHMAD FARISH HAIQAL BIN AHMAD DANIAL	BCH RUNNERS	<b>20:38.99</b>		
25	857	ALIFF NAZIRUL FAHMY BIN NASARUDDIN	IPTEK	<b>20:53.71</b>		



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Heat 2

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26	38	DEVARUBAN KAMALENDRAN	LGRA	<b>20:59.42</b>		
27	303	VITESH A/L CHENDRAN	B STAR RUNNING CLUB	<b>21:09.95</b>		
28	939	FAHIM SYAHMI BIN ABDUL RASHID	SP ATHLETICS	<b>21:17.52</b>		
29	710	MUHAMMAD CALIPH AYISY ZHAFRAN B. MOHD YASIR	BCH RUNNERS	<b>21:27.16</b>		
30	1145	JAYVARMAN KARTIGESU	KELAB OLAHRAGA DINAMIK	<b>21:35.88</b>		
31	711	MUHAMMAD FARIS ISKANDAR B. MOHD ABDUL FATAH	BCH RUNNERS	<b>23:57.62</b>		
-	852	MUHAMMAD IMAN FIRDAUS BIN MUHAMAT SANUJA	SMK SERI PERMAISURI	<b>DNF</b>		
-	834	KRISTHWARAN A/L VIMELESHWARAN	PANDAN PERDANA RUNNING CLUB	<b>DNF</b>		
-	817	MUHAMAD IRFAN BIN ABD MUIS	CFC ATHLETICS	<b>DNS</b>		
-	21	MOHAMMAD HAIMAN HAKIM BIN SAYUTI	TEAM COACH RADELEA	<b>DNS</b>		

**Approved by TD:**

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Technical Delegate (Signature & Name)  
Date: \_\_\_\_\_

**Approved by TD:**

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Technical Delegate (Signature & Name)  
Date: \_\_\_\_\_