Results

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National Record	**46.09**	-

Heat 1 Start Time: 10:11

Rk	Bib	Name	Team	Lane	R.Time	Result	Note
1	269	**MUHAMMAD SYAKIR DANIEL BIN FAUZ**	TERENGGANU	7		**48.93**	
2	324	**MUHAMMAD KHALIL B. HELMI**	SABAH	4		**49.78**	
3	383	**WILLS HARNESSY ANAK GINDAL**	JOHOR	6		**50.49**	
4	367	**WAN MOHD AL-HAFIZ BIN WAN MOHD**	KELANTAN	2		**50.84**	
5	155	**WAN KHAIRUL IMAN BIN WAN ROMELI**	PAHANG	3		**54.24**	
6	317	**MUHAMMAD SYAKIR BIN AZMI**	KEDAH	8		**54.31**	
	260	**MUHAMMAD DANIAL ASYRAF B SHAMSU**	SELANGOR	5		**DNS**	

Heat 2 Start Time: 10:19

Rk	Bib	Name	Team	Lane	R.Time	Result	Note
1	222	**RUSSEL BRYAN ANAK CHRISTIE**	SARAWAK	6		**49.07**	
2	263	**RAAM KUMAR A/L MUTHUKUMARAN**	SINGAPORE AA	8		**50.44**	
3	297	**RAIS RAZIQ BIN MUSTAPHA KAMAL**	WIL. PERSEKUTUAN	7		**50.57**	
4	337	**MUHAMMAD SAIFUL SAFWAN BIN SAIF**	ATM	2		**51.02**	
5	204	**AHMAD ZAID BIN ABAS**	NEGERI SEMBILAN	5		**52.37**	
6	314	**MUHAMMAD FIRDAUS BIN ZAINUN**	KEDAH	3		**53.93**	
7	147	**MUHAMMAD FIKRI HAKIM B. JEMIZAN**	PAHANG	4		**55.09**	

Heat 3 Start Time: 10:25

Rk	Bib	Name	Team	Lane	R.Time	Result	Note
1	307	**UMAR BIN OSMAN**	MSN	3		**48.61**	
2	268	**MUHAMMAD IRFAN BIN ZAKARIA**	TERENGGANU	5		**51.27**	
3	225	**MOHAMMAD RAMDHANI AZANI BIN ROS**	SARAWAK	4		**62.47**	
	118	**MUHAMMAD AIDIL AZHAR BIN AZRUL**	MELAKA	6		**DNS**	
	160	**SHAHRUL AMRI BIN ZULKIFLI**	PAHANG	2		**DNS**	
	167	**MUHAMMAD AQIL HAIL BIN MOHD RID**	PAHANG	7		**DNS**	
	184	**MUHAMMAD SAYYID AMIN BIN ROSLAN**	PULAU PINANG	8		**DNS**	

Heat 4 Start Time: 10:32

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
1	378	**MOHAMAD AKMAL HAZIQ BIN MOHD ZA**	JOHOR	3		**49.90**	
2	190	**AHMAD AMIR AIMAN B.MOHD KAMARUD**	PERAK	7		**49.96**	
3	142	**MUHAMMAD ARIEF SYAHREZA**	PAHANG	8		**51.51**	
4	214	**MUHAMMAD IMAN SYAQIR BIN MOHD F**	NEGERI SEMBILAN	4		**51.88**	
5	271	**RUSLEM ZIKRY PUTRA BIN ROSELI**	TERENGGANU	6		**52.48**	
6	315	**MOHAMMAD HAZIM AZFAR BIN MOHAMM**	KEDAH	2		**54.17**	
7	129	**VIVIAN SANJAY A/L MICHEAL**	MELAKA	5		**54.98**	

Heat 5 Start Time: 10:39

Rk	Bib	Name	Team	Lane	R.Time	Result	Note
1	352	**LUQMANUL HAKIM BIN KHAIRUL AKMA**	ATM	4		**48.42**	
2	189	**KANISHKANN A/L NATHAN**	PERAK	3		**49.02**	
3	223	**AKMAL AQQILLA BIN SELAMAT**	SARAWAK	8		**49.97**	
4	358	**MUHAMAD SYAZWAN BIN MOHD SAUFI**	KELANTAN	5		**50.68**	
5	380	**EMMET ZARIQ SHAH BIN AZRUL IZAH**	JOHOR	6		**51.10**	
	171	**IFWAD HAIDHAR BIN MOHD ROSDI**	PAHANG	7		**DNS**	

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Timing & Results provided by INNOTEX

400m Men - Heats

Summary

Rank	Heat	Bib	Name	Team	Result	Remark
1	3	225		SARAWAK	62.47	
2	5	352		ATM	48.42	
3	3	307		MSN	48.61	
4	1	269		TERENGGANU	48.93	
5	5	189		PERAK	49.02	
6	2	222		SARAWAK	49.07	
7	1	324		SABAH	49.78	
8	4	378		JOHOR	49.90	
9	4	190		PERAK	49.96	
10	5	223		SARAWAK	49.97	
11	2	263		SINGAPORE AA	50.44	
12	1	383		JOHOR	50.49	
13	2	297		WIL. PERSEKUTUAN	50.57	
14	5	358		KELANTAN	50.68	
15	1	367		KELANTAN	50.84	
16	2	337		ATM	51.02	
17	5	380		JOHOR	51.10	
18	3	268		TERENGGANU	51.27	
19	4	142		PAHANG	51.51	
20	4	214		NEGERI SEMBILAN	51.88	
21	2	204		NEGERI SEMBILAN	52.37	
22	4	271		TERENGGANU	52.48	
23	2	314		KEDAH	53.93	
24	4	315		KEDAH	54.17	
25	1	155		PAHANG	54.24	
26	1	317		KEDAH	54.31	
27	4	129		MELAKA	54.98	
28	2	147		PAHANG	55.09	
-	3	184		PULAU PINANG	DNS	
-	5	171		PAHANG	DNS	

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Timing & Results provided by INNOTEX

Rank	Heat	Bib	Name	Team	Result	Remark
-	3	167		PAHANG	DNS	
-	3	160		PAHANG	DNS	
-	3	118		MELAKA	DNS	
-	1	260		SELANGOR	DNS	

Approved by TD:

Technical Delegate Signature

Name: _____

Date: _____

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