

# RESULT

## 109 - 400m Men - Heats

Records	Result	Name	Team	Date	vanue
National Record <b>NR</b>	46.09			0000	

### Heat 1

Start Time: 10:11 am

Pos	Bib	Athlete	Team	Result	React	Remark
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### Heat 2

Start Time: 10:19 am

Pos	Bib	Athlete	Team	Result	React	Remark
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### Heat 3

Start Time: 10:25 am

Pos	Bib	Athlete	Team	Result	React	Remark
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### Heat 4

Start Time: 10:32 am

Pos	Bib	Athlete	Team	Result	React	Remark
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### Heat 5

Start Time: 10:39 am

Pos	Bib	Athlete	Team	Result	React	Remark
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### Approved by TD:

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

# RESULT

## 400m Men

### 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	

## RESULT

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

**Approved by TD:**

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

Date: \_\_\_\_\_