

RESULT

109 - 400m Lelaki - Heats

| Records | Result | Name | Team | Date | vanue |
|---------------------------|--------|------|------|------|-------|
| National Record NR | | | | 0000 | |

| Heat 1 | | Start Time: 09:54 am | | | | |
|--------|-----|----------------------|------|--------|-------|--------|
| Pos | Bib | Athlete | Team | Result | React | Remark |

| Heat 2 | | Start Time: 10:02 am | | | | |
|--------|-----|----------------------|------|--------|-------|--------|
| Pos | Bib | Athlete | Team | Result | React | Remark |

| Heat 3 | | Start Time: 10:09 am | | | | |
|--------|-----|----------------------|------|--------|-------|--------|
| Pos | Bib | Athlete | Team | Result | React | Remark |

| Heat 4 | | Start Time: 10:14 am | | | | |
|--------|-----|----------------------|------|--------|-------|--------|
| Pos | Bib | Athlete | Team | Result | React | Remark |

| Heat 5 | | Start Time: 10:21 am | | | | |
|--------|-----|----------------------|------|--------|-------|--------|
| Pos | Bib | Athlete | Team | Result | React | Remark |

| Heat 6 | | Start Time: 10:26 am | | | | |
|--------|-----|----------------------|------|--------|-------|--------|
| Pos | Bib | Athlete | Team | Result | React | Remark |

Approved by TD:

 Technical Delegate (Signature & Name)
 Date: _____

RESULT

400m Lelaki

Summary

| Rank | Heat | Bib | Name | Team | Result | Remark |
|------|------|-----|------|-----------------------------|--------|--------|
| 1 | 2 | 507 | | PERAK | 49.87 | q |
| 2 | 1 | 124 | | KOM | 50.33 | q |
| 3 | 5 | 216 | | TERENGGANU | 50.53 | q |
| 4 | 5 | 398 | | HELP UNIVERSITY | 51.39 | q |
| 5 | 4 | 464 | | KELAB OLAHRAGA GARUDA | 51.43 | q |
| 6 | 3 | 220 | | TERENGGANU | 52.19 | q |
| 7 | 2 | 415 | | LANG HIJAU | 53.15 | q |
| 8 | 5 | 428 | | LANG HIJAU | 53.41 | q |
| 9 | 2 | 277 | | MS DEAF | 53.53 | |
| 10 | 3 | 373 | | PERLIS A | 53.87 | |
| 11 | 2 | 489 | | SELANGOR | 53.95 | |
| 12 | 2 | 437 | | SSN KEDAH | 54.18 | |
| 13 | 1 | 188 | | SMK BUKHARY | 54.52 | |
| 14 | 5 | 227 | | UNIMAP | 54.65 | |
| 15 | 1 | 377 | | PERLIS A | 55.00 | |
| 16 | 5 | 495 | | SELANGOR | 55.07 | |
| 17 | 5 | 169 | | MI ATHLETICS | 55.37 | |
| 18 | 1 | 213 | | SSM PAHANG | 55.55 | |
| 19 | 3 | 500 | | SELANGOR | 55.79 | |
| 20 | 6 | 385 | | PERLIS B | 55.87 | |
| 21 | 2 | 191 | | SMK BUKHARY | 57.49 | |
| 22 | 1 | 384 | | PERLIS B | 57.97 | |
| 23 | 4 | 345 | | ATM | 58.54 | |

RESULT

| Rank | Heat | Bib | Name | Team | Result | Remark |
|------|------|-----|------|---------------------|--------|--------|
| 24 | 3 | 192 | | SMK BUKHARY | 59.10 | |
| 25 | 4 | 195 | | SMK BUKHARY | 59.20 | |
| 26 | 3 | 297 | | IPGMPP | 59.33 | |
| 27 | 3 | 168 | | MI ATHLETICS | 59.99 | |
| 28 | 1 | 170 | | MI ATHLETICS | 60.22 | |
| 29 | 4 | 214 | | SSM PAHANG | 61.06 | |
| 30 | 4 | 194 | | SMK BUKHARY | 61.62 | |
| 31 | 6 | 190 | | SMK BUKHARY | 64.21 | |
| 32 | 5 | 193 | | SMK BUKHARY | 64.52 | |
| 33 | 2 | 477 | | TAR.MLD PERLIS | 66.88 | |
| - | 4 | 465 | | KPTM KUANTAN | DNS | |
| - | 2 | 308 | | PLMSD K.SELANGOR | DNS | |
| - | 4 | 135 | | MAKSAK PERLIS | DNS | |
| - | 3 | 481 | | SELANGOR | DNS | |

Approved by TD:

 Technical Delegate (Signature & Name)

Date: _____