



115 - 400M L21 - Prelims

Records	Result	Name	Team	Date	vanue
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Heat 1	Start Time: 12:15 pm					
Pos	Bib	Athlete	Team	Result	React	Remark
1	0572	MOHAMAD DANISH AL MIRAN MD ASHRAFUDDIN	FALCON ATHLETICS	54.26		
2	0571	ONG ZI YANG	FALCON ATHLETICS	56.29		
3	0015	Wan Muhammad Farhan bin Wan Mohd Syahril	INDIVIDU	57.50		
4	0897	MUHAMMAD AMIN BIN AZHARI	MSIPGM	58.18		
5	0329	NG HAO YANG	SMK JINJANG	62.82		
6	0330	TAN MING HAO	SMK JINJANG	63.36		
-	0948	MUHAMMAD FIKRI HAKIM JEMIZAN	MSS PAHANG	DNS		

Heat 2	Start Time: 12:19 pm					
Pos	Bib	Athlete	Team	Result	React	Remark
1	0570	ETHAN RAVIN DE ROZARIO	FALCON ATHLETICS	53.22		
2	0573	CHAN JIA JIE	FALCON ATHLETICS	54.12		
3	0078	CHAI KAI LE	SEKOLAH SUKAN BUKIT JALIL	54.23		
4	0286	DISHALAN A/L MANIMARAN	KELAB OLAHRAGA SHAHSARA	54.96		
5	0837	M. AZEEM MIIQAEL SULAIMAN	BEECITY SQUAD	55.03		
6	0981	MAGESWARAN THURAI SINGAM	ALFA GABRIANS RUNNING CLUB	56.70		
7	0331	LAW YI HEEN	SMK JINJANG	60.03		

RESULT

Heat 3

Start Time: 12:24 pm

Pos	Bib	Athlete	Team	Result	React	Remark
1	0498	MUHAMMAD YAFIK HAKIMI AZMIR ESMAD	SUKMA JOHOR	52.43		
2	0569	BOWEN NG YI KHAI	FALCON ATHLETICS	55.97		
3	0344	IMRAN HASSAN MOHAMED ZAKIE	IMRAN HASSAN	57.23		
4	0975	JISHVAN RAU MAHINTRA	ALFA GABRIANS RUNNING CLUB	59.14		
5	0832	ARIFF ARMAN ABDUL MUHAIMIN	BEECITY SQUAD	59.44		
-	0262	M HAZIQ HAIKAL FAUZI	SSM TERENGGANU	DNS		
-	0124	MUHAMMAD ALTAF AMSYAR	SEKOLAH SUKAN BUKIT JALIL	DNS		

Heat 4

Start Time: 01:18 pm

Pos	Bib	Athlete	Team	Result	React	Remark
1	0497	WILLS HARNESSY ANAK GINDAL	SUKMA JOHOR	52.02		q
2	0125	ISMANDAR HAKIMI ISMAIL	SEKOLAH SUKAN BUKIT JALIL	52.68		
3	1019	ERWIN GRENGGORI @ GREGORY	SABAH	53.96		
4	0508	CHONG KAH BAO	SUKMA JOHOR	54.18		
5	0680	M. HAZIQ ADAM MOHD HAZRIN	TELOK GADONG ATHLETICS	54.28		
6	0364	HARRISH POOBALAN	MBPJ	56.26		
7	0629	MUHAD ZAFRIL HAKIMI BIN ZAMRI	SSN JOHOR TUN HUSSEIN ONN	58.66		
-	0263	M HARITH HAIKAL MAZLI	SSM TERENGGANU	DNS		



RESULT

Heat 5	Start Time: 12:33 pm					
Pos	Bib	Athlete	Team	Result	React	Remark
1	0496	AHMAD IZZUDDIN BIN SHAH MOHD ADDLI	SUKMA JOHOR	52.12		q
2	1024	AHMAD HAZIQ BIN ZURAIK	UIAM TEAM HT	53.76		
3	0363	SAMUEL RUBEN KALU	MBPJ	53.97		
4	0131	Hazim Azfar Mohammad Hafiz	KEDAH	54.16		
5	0678	M. ZAFIR SYAHMI JOHARI	TELOK GADONG ATHLETICS	56.89		
6	0658	DARWISY NUQMAN RUSLI	SEKOLAH SUKAN NEGERI SELANGOR	59.09		
7	0249	DANESH SHAH	COACH JEGA ATHLETIC CLUB	63.85		
-	0383	MARCELLINO JIMMY ALIN	SARAWAK	DQ		

Heat 6	Start Time: 12:38 pm					
Pos	Bib	Athlete	Team	Result	React	Remark
1	0495	EMMET ZARIQ SHAH AZRUL IZAHARRUDIN SH	SUKMA JOHOR	51.94		q
2	1034	MUHAMMAD ANAS MUHAMMAD ZUBAIRKANAN	KELAB OLAHRAGA GARUDA IPOH	51.96		q
3	0132	Dzul Danish Jamari	KEDAH	52.48		
4	0627	MUHAMMAD YUSUFF BIN JAAFAR	SSN JOHOR TUN HUSSEIN ONN	54.72		
5	0362	John Angelo Thomas	MBPJ	56.90		
6	0656	MUHD IRFAN HAZIQ MOHD ROZANI	SEKOLAH SUKAN NEGERI SELANGOR	58.93		
7	0816	KEVINDIRAN PADMANATHAN	KELAB OLAHRAGA SETIAWANGSA	60.95		
8	0215	MUHAMMAD IZZAL BIN DATU RAHMAN	TCH ATHLETICS CLUB	65.59		



RESULT

Heat 7	Start Time: 12:43 pm					
Pos	Bib	Athlete	Team	Result	React	Remark
1	1061	haikal bin mohd ismail	MELAKA AA	52.19		
2	0202	Daniel Haqiem	ATHLETICS SS	52.60		
3	0133	MUHAMMAD FIRDAUS ZAINUN	KEDAH	53.11		
4	0493	THARVEN NAIDU GOPAL NAIDU	SUKMA JOHOR	54.41		
5	0798	yuan sen tan	MSN SELANGOR	55.65		
6	0628	HAFIZUDDIN AKHBAR BIN MOHD MOHID	SSN JOHOR TUN HUSSEIN ONN	56.08		
7	0657	SHAFIQ HARRAZ SAMSUDIN	SEKOLAH SUKAN NEGERI SELANGOR	58.51		
-	0361	Lim Guan Yew	MBPJ	DNS		

Heat 8	Start Time: 12:48 pm					
Pos	Bib	Athlete	Team	Result	React	Remark
1	0162	MUHAMMAD HAFFIZ MANGSOR	SEKOLAH SUKAN BUKIT JALIL	49.79		q
2	0494	MOHAMAD AKMAL HAZIQ BIN MOHD ZAHARI	SUKMA JOHOR	50.00		q
3	0685	AHMAD SUFI MOHD FAIESAL	MSN SELANGOR	52.77		
4	0765	THARSHANRAJ KANISEN	MSN SELANGOR	53.82		
5	1086	vivian sanjay a/l micheal	MELAKA AA	54.99		
6	0197	IMAN FARISH NAQUIUDDIN	KELAB OLAHRAGA SHAHSARA	57.80		
7	0841	ADLI AZMAN	KULIM	59.80		
-	0360	Valen Gan Seong Hoo	MBPJ	DNS		

RESULT

Heat 9

Start Time: 12:52 pm

Pos	Bib	Athlete	Team	Result	React	Remark
1	0161	MUHAMMAD SYAZWAN MOHD SAUFI	SEKOLAH SUKAN BUKIT JALIL	51.38		q
2	0760	andi nasrul bin jainuddin	MSN SELANGOR	53.72		
3	0710	muhammad arif naddat bin hassan	MSN SELANGOR	54.48		
4	1092	muhammad adam naimi bin hamzah	MELAKA AA	58.08		
5	0178	MUHAMMAD SHAH AIZAT MOHD SHAH RIZAL	SSN PERAK	58.12		
6	0442	ADAM BIN AHMAD SHAH	SMK SERI SENTOSA	58.73		
-	1170	MUHAMMAD ZAFRAN ARIF MOHAMAD ZAKRI	TITAN ATHLETICS	DNS		
-	0415	DHEEVESH SARAVANAN	KELAB OLAHRAGA M5	DNS		

Heat 10

Start Time: 12:57 pm

Pos	Bib	Athlete	Team	Result	React	Remark
1	0437	LIM JENG YAW	SMK SERI SENTOSA	52.08		q
2	1177	MUHD AQIL KHAIRANI KHAIRUL ZAIFUDDIN	TITAN ATHLETICS	55.72		
3	0157	FAKHRUL AIZAT FARIZAL	SEKOLAH SUKAN BUKIT JALIL	58.69		
-	1100	M. AIDIL AZHAR BIN AZRUL HISYAM?	MELAKA AA	DNS		
-	0158	EMMANUEL MUPHY JOSBERT	SEKOLAH SUKAN BUKIT JALIL	DNS		
-	0416	VESHAL A/L KAJAPATHY KAJAPATHY	KELAB OLAHRAGA M5	DNS		
-	0738	Tyler Martin	MSN SELANGOR	DNS		
-	0739	Muhammad Syafiq Bin Nazim Mydin	MSN SELANGOR	DNS		

RESULT

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Summary

Rank	Heat	Bib	Name	Team	Result	Remark
1	8	0162	MUHAMMAD HAFIZ MANGSOR	SEKOLAH SUKAN BUKIT JALIL	49.79	q
2	8	0494	MOHAMAD AKMAL HAZIQ BIN MOHD ZAHARI	SUKMA JOHOR	50.00	q
3	9	0161	MUHAMMAD SYAZWAN MOHD SAUFI	SEKOLAH SUKAN BUKIT JALIL	51.38	q
4	6	0495	EMMET ZARIQ SHAH AZRUL IZAHARRUDIN SH	SUKMA JOHOR	51.94	q
5	6	1034	MUHAMMAD ANAS MUHAMMAD ZUBAIRKANAN	KELAB OLAHRAGA GARUDA IPOH	51.96	q
6	4	0497	WILLS HARNESSY ANAK GINDAL	SUKMA JOHOR	52.02	q
7	10	0437	LIM JENG YAW	SMK SERI SENTOSA	52.08	q
8	5	0496	AHMAD IZZUDDIN BIN SHAH MOHD ADDLI	SUKMA JOHOR	52.12	q
9	7	1061	haikal bin mohd ismail	MELAKA AA	52.19	
10	3	0498	MUHAMMAD YAFIK HAKIMI AZMIR ESMAD	SUKMA JOHOR	52.43	
11	6	0132	Dzul Danish Jamari	KEDAH	52.48	
12	7	0202	Daniel Haqiem	ATHLETICS SS	52.60	
13	4	0125	ISMANDAR HAKIMI ISMAIL	SEKOLAH SUKAN BUKIT JALIL	52.68	
14	8	0685	AHMAD SUFI MOHD FAIESAL	MSN SELANGOR	52.77	
15	7	0133	MUHAMMAD FIRDAUS ZAINUN	KEDAH	53.11	
16	2	0570	ETHAN RAVIN DE ROZARIO	FALCON ATHLETICS	53.22	
17	9	0760	andi nasrul bin jainuddin	MSN SELANGOR	53.72	
18	5	1024	AHMAD HAZIQ BIN ZURAIK	UIAM TEAM HT	53.76	
19	8	0765	THARSHANRAJ KANISEN	MSN SELANGOR	53.82	
20	4	1019	ERWIN GRENGGORI @ GREGORY	SABAH	53.96	
21	5	0363	SAMUEL RUBEN KALU	MBPJ	53.97	



RESULT

Rank	Heat	Bib	Name	Team	Result	Remark
22	2	0573	CHAN JIA JIE	FALCON ATHLETICS	54.12	
23	5	0131	Hazim Azfar Mohammad Hafiz	KEDAH	54.16	
24	4	0508	CHONG KAH BAO	SUKMA JOHOR	54.18	
25	2	0078	CHAI KAI LE	SEKOLAH SUKAN BUKIT JALIL	54.23	
26	1	0572	MOHAMAD DANISH AL MIRAN MD ASHRAFUDDIN	FALCON ATHLETICS	54.26	
27	4	0680	M. HAZIQ ADAM MOHD HAZRIN	TELOK GADONG ATHLETICS	54.28	
28	7	0493	THARVEN NAIDU GOPAL NAIDU	SUKMA JOHOR	54.41	
29	9	0710	muhammad arif naddat bin hassan	MSN SELANGOR	54.48	
30	6	0627	MUHAMMAD YUSUFF BIN JAAFAR	SSN JOHOR TUN HUSSEIN ONN	54.72	
31	2	0286	DISHALAN A/L MANIMARAN	KELAB OLAHRAGA SHAHSARA	54.96	
32	8	1086	vivian sanjay a/l micheal	MELAKA AA	54.99	
33	2	0837	M. AZEEM MIIQAEL SULAIMAN	BEECITY SQUAD	55.03	
34	7	0798	yuan sen tan	MSN SELANGOR	55.65	
35	10	1177	MUHD AQIL KHAIRANI KHAIRUL ZAIFUDDIN	TITAN ATHLETICS	55.72	
36	3	0569	BOWEN NG YI KHAI	FALCON ATHLETICS	55.97	
37	7	0628	HAFIZUDDIN AKHBAR BIN MOHD MOHID	SSN JOHOR TUN HUSSEIN ONN	56.08	
38	4	0364	HARRISH POOBALAN	MBPJ	56.26	
39	1	0571	ONG ZI YANG	FALCON ATHLETICS	56.29	
40	2	0981	MAGESWARAN THURAI SINGAM	ALFA GABRIANS RUNNING CLUB	56.70	
41	5	0678	M. ZAFIR SYAHMI JOHARI	TELOK GADONG ATHLETICS	56.89	
42	6	0362	John Angelo Thomas	MBPJ	56.90	
43	3	0344	IMRAN HASSAN MOHAMED ZAKIE	IMRAN HASSAN	57.23	



RESULT

Rank	Heat	Bib	Name	Team	Result	Remark
44	1	0015	Wan Muhammad Farhan bin Wan Mohd Syahril	INDIVIDU	57.50	
45	8	0197	IMAN FARISH NAQUIDDIN	KELAB OLAHRAGA SHAHSARA	57.80	
46	9	1092	muhammad adam naimi bin hamzah	MELAKA AA	58.08	
47	9	0178	MUHAMMAD SHAH AIZAT MOHD SHAH RIZAL	SSN PERAK	58.12	
48	1	0897	MUHAMMAD AMIN BIN AZHARI	MSIPGM	58.18	
49	7	0657	SHAFIQ HARRAZ SAMSUDIN	SEKOLAH SUKAN NEGERI SELANGOR	58.51	
50	4	0629	MUHAD ZAFRIL HAKIMI BIN ZAMRI	SSN JOHOR TUN HUSSEIN ONN	58.66	
51	10	0157	FAKHRUL AIZAT FARIZAL	SEKOLAH SUKAN BUKIT JALIL	58.69	
52	9	0442	ADAM BIN AHMAD SHAH	SMK SERI SENTOSA	58.73	
53	6	0656	MUHD IRFAN HAZIQ MOHD ROZANI	SEKOLAH SUKAN NEGERI SELANGOR	58.93	
54	5	0658	DARWISY NUQMAN RUSLI	SEKOLAH SUKAN NEGERI SELANGOR	59.09	
55	3	0975	JISHVAN RAU MAHINTRA	ALFA GABRIANS RUNNING CLUB	59.14	
56	3	0832	ARIFF ARMAN ABDUL MUHAIMIN	BEECITY SQUAD	59.44	
57	8	0841	ADLI AZMAN	KULIM	59.80	
58	2	0331	LAW YI HEEN	SMK JINJANG	60.03	
59	6	0816	KEVINDIRAN PADMANATHAN	KELAB OLAHRAGA SETIAWANGSA	60.95	
60	1	0329	NG HAO YANG	SMK JINJANG	62.82	
61	1	0330	TAN MING HAO	SMK JINJANG	63.36	
62	5	0249	DANESH SHAH	COACH JEGA ATHLETIC CLUB	63.85	
63	6	0215	MUHAMMAD IZZAL BIN DATU RAHMAN	TCH ATHLETICS CLUB	65.59	



RESULT

Rank	Heat	Bib	Name	Team	Result	Remark
-	9	1170	MUHAMMAD ZAFRAN ARIF MOHAMAD ZAKRI	TITAN ATHLETICS	DNS	
-	10	1100	M. AIDIL AZHAR BIN AZRUL HISYAM?	MELAKA AA	DNS	
-	10	0739	Muhammad Syafiq Bin Nazim Mydin	MSN SELANGOR	DNS	
-	10	0738	Tyler Martin	MSN SELANGOR	DNS	
-	1	0948	MUHAMMAD FIKRI HAKIM JEMIZAN	MSS PAHANG	DNS	
-	10	0416	VESHAL A/L KAJAPATHY KAJAPATHY	KELAB OLAHRAGA M5	DNS	
-	10	0158	EMMANUEL MUPHY JOSBERT	SEKOLAH SUKAN BUKIT JALIL	DNS	
-	3	0124	MUHAMMAD ALTAF AMSYAR	SEKOLAH SUKAN BUKIT JALIL	DNS	
-	8	0360	Valen Gan Seong Hoo	MBPJ	DNS	
-	3	0262	M HAZIQ HAIKAL FAUZI	SSM TERENGGANU	DNS	
-	4	0263	M HARITH HAIKAL MAZLI	SSM TERENGGANU	DNS	
-	5	0383	MARCELLINO JIMMY ALIN	SARAWAK	DQ	
-	9	0415	DHEEVESH SARAVANAN	KELAB OLAHRAGA M5	DNS	
-	7	0361	Lim Guan Yew	MBPJ	DNS	



RESULT
