Results

Report generated 11 Nov 2026 06:58:52 MYT

Championship Record	**33:30.67**	DAREN JAMES NAIR A/L RODNEY JAM	HELP	Stadium UNISZA Terengganu	2024
National Record	**29:30.19**	Ramachandran Murusamy			1994

Final Start Time: 07:39

Rk	Bib	Name	Team	Lane	R.Time	Result	Note
1	103	**DAREN JAMES NAIR A/L RODNEY JAM**	HELP	5		**33:30.67**	CR
2	162	**NIKOS TAI LEE ONN**	UM	3		**33:39.82**	
3	179	**RUVESHWARAN AL BALACHANDRAN**	UniKL	2		**33:45.31**	
4	145	**AHMAD SYAKIR BIN ALWI**	UiTM	7		**34:27.28**	
5	107	**GAUTHAM A/L VADIVELU**	IUKL	12		**34:55.64**	
6	233	**AHMAD IZZAT IRFAN BIN SHARUL AZ**	UPSI	8		**35:53.84**	
7	301	**THANES A/L SIVAM**	UTM	11		**37:22.21**	
8	260	**KOO SHAO ENN**	UTAR	10		**37:26.00**	
9	166	**HILMAN HAFIZ BIN HILNIZAN**	UMPSA	13		**40:39.77**	
10	273	**BERNARD TAY KAR LEONG**	UTHM	1		**43:18.67**	
	204	**DINESH VARMA A/L SELVAM**	UPM	14		**DNF**	
	237	**GOLIATH VALERON SILI**	UPSI	9		**DNF**	
	299	**NIK MOHAMAD SALSAFIL BIN NIK NO**	UTM	6		**DNF**	
	295	**MEGAT AHMAD WILDAAN BIN MEGAT A**	UTM	4		**DNS**	

Approved by TD:

Technical Delegate Signature

Name: _____

Date: _____

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