

RESULT

201 - 10000m Lelaki - Final

Records	Result	Name	Team	Date	venue
Championship Record CR	32:51.44	NIKOS TAI LEE ONN	UM	2026	VARSITY TRACK & FIELD SIRI 1 2026
National Record NR	29:30.2	RAMACHANDRAN MURUSAMY		1994	

Heat 1			Start Time: 07:58 am				
Pos	Bib	Athlete	Team	Result	React	Remark	
1	1234	AHMAD IZZAT IRFAN BIN SHAHRUL AZNAN	UPSI	35:29.50			
2	1055	Pang Keat Tung	SUNWAY	36:06.80			
3	1127	GOH GAN WEI	UM	36:46.41			
4	1206	MATHAN RAJ A/L GUNASAGARAN	UPM	36:57.00			
5	1023	MUHAMMAD SYAFIQ BIN ANUAR	KPTM	38:22.38			
6	1217	YUSRI BIN BAHARI	UPM	38:49.53			
7	1260	TAN CHI XEE	UTAR	40:50.24			
8	1292	AMIRUDIN AKMAL BIN MUHAMAD NORFADZLIM	UTM	41:09.56			
9	1014	ADAM HAFIS BIN SULAIMAN	KKMAS	42:52.91			
10	1258	CHONG JING HONG	UTAR	44:53.90			
11	1273	BERNARD TAY KAR LEONG	UTHM	45:47.16			
12	1284	PUGGAL RAJ A/L N.PIRAKAS	UTHM	47:29.41			
-	1050	SHREE RAM A/L RAMESH	POLI	DNF			

Approved by TD:

Technical Delegate (Signature & Name)
Date: _____

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