Results

Report generated 11 Nov 2026 09:32:19 MYT

Championship Record	**32:57.69**	RUVESHWARAN A/L BALACHANDRAN	MMU	STADIUM KOMPLEKS SUKAN UPM	2025
National Record	**29:30.2**	RAMACHANDRAN MURUSAMY			1994

Final Start Time: 17:03

Rk	Bib	Name	Team	Lane	R.Time	Result	Note
1	118	**RUVESHWARAN A/L BALACHANDRAN**	MMU	12		**32:57.69**	CR
2	205	**NIKOS TAI LEE ONN**	UM	16		**34:08.71**	
3	189	**WEE SHAO HENG**	UKM	2		**34:29.36**	
4	265	**HARRESH A/L RAMESH KUMAR**	UPM	8		**35:00.94**	
5	171	**MUHAMMAD NURAMMAR BIN MOHAMMAD IKBAL**	UITM	14		**35:03.68**	
6	145	**NEM JUN HONG**	TARUMT	17		**35:36.59**	
7	105	**SABINESSHVER A/L ARUL THEVER**	KLUST	9		**35:47.52**	
8	324	**KOO SHAO ENN**	UTAR	5		**36:44.66**	
9	150	**YUE MUN HEW**	TAYLORS	11		**37:32.24**	
10	172	**MUHAMMAD ZAFRAN BIN MOHD AZIZOL**	UITM	1		**38:19.86**	
11	131	**SHREE RAM A/L RAMESH**	POLI	13		**38:31.83**	
12	211	**HILMAN HAFIZ HILNIZAN**	UMPSA	18		**38:36.97**	
13	340	**PUGGAL RAJ A/L N.PIRAKAS**	UTHM	6		**38:47.94**	
14	113	**MUHAMMAD SYAFIQ BIN ANUAR**	KPTMB	10		**39:13.99**	
15	351	**FAM QAI ZEN**	UTM	4		**39:15.60**	
16	188	**VAGISHRAJ A/L BAISKARAN**	UKM	15		**39:34.15**	
17	223	**JEREMIAH LAJAMAT IMPAU EKUS**	UNIMAP	19		**43:34.03**	
	104	**RIVENESH A/L SUGU MARAN**	KKMAS	7		**DNF**	
	352	**AMIRUDIN AKMAL BIN MUHAMAD NORFADZLIM**	UTM	20		**DNF**	
	221	**AHMAD FARHAN BIN AZMI**	UNIMAP	3		**DNS**	
	222	**AZZIM ZAMRIZAL BIN AHMAD ZAMRI**	UNIMAP	8		**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