

## RESULT

### 211 - 10000m Lelaki DIAMOND - Final

Records	Result	Name	Team	Date	venue
Championship Record <b>CR</b>	32:57.69	RUVESHWARAN A/L BALACHANDRAN	MMU	2025	STADIUM KOMPLEKS SUKAN UPM
National Record <b>NR</b>	29:30.2	RAMACHANDRAN MURUSAMY		1994	

Heat 1			Start Time: 05:03 pm			
Pos	Bib	Athlete	Team	Result	React	Remark
1	118	RUVESHWARAN A/L BALACHANDRAN	MMU	<b>32:57.69</b>		<b>CR</b>
2	205	NIKOS TAI LEE ONN	UM	<b>34:08.71</b>		
3	189	WEE SHAO HENG	UKM	<b>34:29.36</b>		
4	265	HARRESH A/L RAMESH KUMAR	UPM	<b>35:00.94</b>		
5	171	MUHAMMAD NURAMMAR BIN MOHAMMAD IKBAL	UITM	<b>35:03.68</b>		
6	145	NEM JUN HONG	TARUMT	<b>35:36.59</b>		
7	105	SABINESSHVER A/L ARUL THEVER	KLUST	<b>35:47.52</b>		
8	324	KOO SHAO ENN	UTAR	<b>36:44.66</b>		
9	150	YUE MUN HEW	TAYLORS	<b>37:32.24</b>		
10	172	MUHAMMAD ZAFRAN BIN MOHD AZIZOL	UITM	<b>38:19.86</b>		
11	131	SHREE RAM A/L RAMESH	POLI	<b>38:31.83</b>		
12	211	HILMAN HAFIZ HILNIZAN	UMPSA	<b>38:36.97</b>		
13	340	PUGGAL RAJ A/L N.PIRAKAS	UTHM	<b>38:47.94</b>		
14	113	MUHAMMAD SYAFIQ BIN ANUAR	KPTMB	<b>39:13.99</b>		
15	351	FAM QAI ZEN	UTM	<b>39:15.60</b>		
16	188	VAGISHRAJ A/L BAISKARAN	UKM	<b>39:34.15</b>		
17	223	JEREMIAH LAJAMAT IMPAU EKUS	UNIMAP	<b>43:34.03</b>		
-	352	AMIRUDIN AKMAL BIN MUHAMAD NORFADZLIM	UTM	<b>DNF</b>		
-	104	RIVENESH A/L SUGU MARAN	KKMAS	<b>DNF</b>		
-	222	AZZIM ZAMRIZAL BIN AHMAD ZAMRI	UNIMAP	<b>DNS</b>		
-	221	AHMAD FARHAN BIN AZMI	UNIMAP	<b>DNS</b>		



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**Approved by TD:**

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Technical Delegate (Signature & Name)  
Date: \_\_\_\_\_

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Technical Delegate (Signature & Name)  
Date: \_\_\_\_\_