

RESULT

218 - 5000 m Lelaki - Final

Records	Result	Name	Team	Date	vanue
Championship Record CR	15:48.22	DAREN JAMES NAIR A/L RODNEY JAMES	NEWTON	0000	
National Record NR	14:06.8	RAMACHANDRAN MURUSAMY		1994	

Heat 1			Start Time: 05:03 pm			
Pos	Bib	Athlete	Team	Result	React	Remark
1	105	DAREN JAMES NAIR	HELP	15:42.24		CR
2	291	AHMAD IZZAT IRFAN BIN SHAHRUL AZNAN	UPSI	16:23.68		
3	158	Pang Keat Tung	SUNWAY	16:34.11		
4	217	WEE SHAO HENG	UKM	16:36.28		
5	362	SAYYED AMMAR BIN ADAM MALEK	UUM	16:40.64		
6	137	RUVESHWARAN A/L BALACHANDRAN	MMU	16:42.87		
7	169	Nem Jun Hong	TARUMT	16:47.05		
8	249	MUHAMMAD KHAIRUL ANWAR BIN GHAZALI	UMK	16:51.47		
9	422	MOHAMAD AMIR ZUKRI BIN MOHAMAD SAFIRULNOR	USM	17:04.76		
10	392	MATHAN RAJ A/L GUNASAGARAN	UPM	17:25.26		
11	159	Ong Li Teck	SUNWAY	17:37.30		
12	168	Loo Keng Shane	TARUMT	17:44.92		
13	395	HARRESH A/L RAMESH KUMAR	UPM	17:56.48		
14	292	GOLIATH VALERON SILI	UPSI	18:00.26		
15	177	YUE MUN HEW	TAYLORS	18:04.83		
16	314	CHONG JING HONG	UTAR	18:09.09		
17	275	MUHAMMAD RAZIF HAIKAL BIN MOHAMAD RADZI	UNISZA	18:50.84		
18	323	RAVINDHRA KUMAR A/L BALAMURALI	UTEM	19:12.47		
19	110	MUN YI HANG	INTI	19:29.83		
20	134	MUHAMMAD AMNAN HAIKAL BIN ROSLAN	KPTMB	19:30.22		
21	104	CHAN ZHE HIN	HELP	19:49.49		
22	262	Jeremiah Lajamat Impau Ekus	UNIMAP	19:59.98		

RESULT

Heat 1			Start Time: 05:03 pm			
Pos	Bib	Athlete	Team	Result	React	Remark
23	345	PUGGAL RAJ A/L N.PIRAKAS	UTHM	20:00.13		
24	382	AHMAD HUZAIFAH BIN MOHD HATTA	UPM	20:04.67		
25	279	NIK AMIR FARIS BIN NIK AMIDI	UNITEN	20:11.94		
26	112	ADAM HAFIS BIN SULAIMAN	KKMAS	20:50.92		
27	407	MUHAMAD SYAKIR BIN RAMLY	USM	20:53.17		
28	176	Wong Jun Wei	TARUMT	20:58.56		
29	198	HAFY ZIKRY BIN MAZARUL ARIF	UIAM	21:22.35		
30	364	HENG ZHI YUNG	XMUM	21:33.59		
31	111	RIVENESH A/L SUGU MARAN	KKMAS	21:51.22		
32	311	KHONG YEW LOONG	UTAR	22:31.17		
33	418	MUHAMMAD AMMAR BIN IBRAHIM	USM	23:17.11		
34	310	LAW SIU WEI	UTAR	24:28.90		
-	146	MUHAMMAD DANIEL HAQIM BIN FADZLI	MSU	DNF		
-	209	MUHAMMAD ZAFRAN BIN MOHD AZIZOL	UITM	DNF		
-	333	BERNARD TAY KAR LEONG	UTHM	DNS		
-	341	MUHAMAD DANIAL ZUL HILMI BIN ABDUL JALIL	UTHM	DNS		
-	353	THANES A\L SEVAM	UTM	DNS		
-	178	YONG JUN SENG	TAYLORS	DNS		

Approved by TD:

 Technical Delegate (Signature & Name)

Date: _____

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