



RESULT

224 - 3,000m Lari Berhalangan Lelaki - Final

Records	Result	Name	Team	Date	vanue
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Heat 1

Start Time: 05:13 pm

Pos	Bib	Athlete	Team	Result	React	Remark
1	423	MUHAMMAD DANIAL ZAQWAN B. MUHD AYUD	WIJUARA	10:33.53		
2	107	tamilalagan a/l shanker	MSN SELANGOR	10:48.10		
3	70	ZAFEER ERFAN BIN ALI MOHAMAD	COACH KENEY RUN CLINIQUE	10:52.27		
4	120	ahmad adlie irsyad b. ahmad ikmal	MSN SELANGOR	10:59.43		
5	517	JAYDEN GOH JUN XUAN	PULAU PINANG	11:14.27		
6	345	WAN MUHAMMAD OMAR SYARIF B. MOHD SUREEN SURANDRAN	SSN SELANGOR	12:02.51		
-	276	NASYIRUL HAKIM BIN SUHAIMI	TEAM DUTA RUNNERS	DNF		
-	499	MUHAMMAD ADIB FAWWAZ B. MUHAMMAD SHUKUR	SMK CHERAS	DNF		
-	336	ONG WEI HAO	QUANTUM ATHLETICS	DNS		
-	439	MOHAMAD IKBAL BIN MUHAMMAD RISYAD	MSN PAHANG	DNS		

Approved by TD:

Technical Delegate (Signature & Name)
Date: _____

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