

RESULT

316 - 3000m Lari Berhalangan Wanita - Final

Records	Result	Name	Team	Date	vanue
Championship Record CR	12:25.56	Puspa Letchumy Jaintharan	UTM	0000	
National Record NR	10:55.31	Melinder Kaur Ragbir Singh	0000		Sukma Games, Melaka, Malaysia

Heat 1			Start Time: 03:06 am			
Pos	Bib	Athlete	Team	Result	React	Remark
1	585	AINUR SHAFIQAH AZMI	UPM	14:13.55		
2	572	ER KAI SING	UM	16:07.79		
3	621	WAN NUR RUHANA ZAFIRAH BINTI RUZI	UNISZA	16:40.97		
4	607	NURUL ZAHARATULLAILI BINTI ROHIZAN	UKM	17:47.84		
5	502	SITI NAZIERAH AQINA BINTI MOKTA	UTEM	18:48.06		
-	586	GHAYATHRY A/P S.DIVAGARAN	UPM	DNF		

RESULT

3000m Lari Berhalangan Wanita

Summary

Rank	Heat	Bib	Name	Team	Result	Remark
1	1	502	SITI NAZIERAH AQINA BINTI MOKTA	UTEM	18:48.06	
2	1	572	ER KAI SING	UM	16:07.79	
3	1	585	AINUR SHAFIQAH AZMI	UPM	14:13.55	
4	1	607	NURUL ZAHARATULLAILI BINTI ROHIZAN	UKM	17:47.84	
5	1	621	WAN NUR RUHANA ZAFIRAH BINTI RUZI	UNISZA	16:40.97	
-	1	586	GHAYATHRY A/P S.DIVAGARAN	UPM	DNF	



RESULT
