Results

Report generated 29 Nov 2026 11:23:34 MYT

National Record	**14:06.84**	Ramachandran Murusamy		1994
GAME RECORD	**15:42.23**	DAREN JAMES NAIR A/L RODNEY JAMES	HELP	2024

Final 1 Start Time: 17:42

Rk	Bib	Name	Team	Lane	R.Time	Result	Note
1	311	**AHMAD IZZAT IRFAN BIN SHAHRUL AZNAN**	UPSI	10		**16:13.17**	
2	267	**SHAWN ROSHAN SINGH**	UM	9		**16:29.72**	
3	225	**PANG KEAT TUNG**	SUNWAY	22		**16:38.10**	
4	173	**JED TEH QI XIAN**	MMU	4		**16:40.24**	
5	146	**RIVENESH A/L SUGU MARAN**	KKMAS	12		**17:09.65**	
6	404	**MUHAMMAD NURAMMAR BIN MOHAMMAD IKBAL**	UITM	6		**17:30.14**	
7	186	**LOO KENG SHANE**	TARUMT	23		**17:37.03**	
8	230	**YUE MUN HEW**	TAYLORS	20		**17:48.05**	
9	227	**CHOO JIN WEI**	TAYLORS	16		**18:06.40**	
10	389	**MUHAMMAD RAZIF HAIKAL BIN MOHAMAD RADZI**	UNISZA	17		**18:06.82**	
11	280	**AIMAN HAZIQ BIN SAMRY@MOHD SHAMRIE**	UNIMAS	1		**18:20.26**	
12	432	**PUGGAL RAJ A/L N PIRAKAS**	UTHM	18		**18:37.28**	
13	462	**TAN CHI XEE**	UTAR	21		**18:42.60**	
14	141	**ADAM HAFIS BIN SULAIMAN**	KKMAS	15		**18:49.23**	
15	294	**JEREMIAH LAJAMAT IMPAU EKUS**	UNIMAP	2		**19:36.78**	
16	408	**NIK AMIR FARIS BIN NIK AMIDI**	UNITEN	8		**20:00.59**	
17	103	**MOHAMMED ELMUSTAFA AHMED RUDWAN AHMED**	CITY	3		**22:31.20**	
18	382	**FARIEZ ANAS BIN MOHD FAIZAL**	UNISEL	5		**22:47.24**	
19	120	**LIM JUN YEIN**	HWUM	19		**26:38.70**	
	106	**THAMUTARAN A/L VIWAYGANANTHAN**	CITY	13		**DNF**	
	163	**SHARVISHAKUMAREN A/L MUNIANDY**	MSU	7		**DNS**	
	345	**SHARVIND SIVAKUMAR**	UPNM	11		**DNS**	
	346	**SYED ALI ZAINAL ABIDIN BIN SYED TAHA**	UPNM	24		**DNS**	
	379	**MUHAMAD ADAM AFDHAL BIN ABDUL RAZAK**	USIM	14		**DNS**	

Final 2 Start Time: 18:14

Rk	Bib	Name	Team	Lane	R.Time	Result	Note
1	108	**DAREN JAMES NAIR A/L RODNEY JAMES**	HELP	2		**15:16.42**	GR

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

Rk	Bib	Name	Team	Lane	R.Time	Result	Note
2	244	**WEE SHAO HENG**	UKM	3		**16:10.03**	
3	357	**MATHAN RAJ A/L GUNASAGARAN**	UPM	12		**16:14.05**	
4	179	**RUVESHWARAN A/L BALACHANDRAN**	MMU	10		**16:45.35**	
5	187	**NEM JUN HONG**	TARUMT	20		**16:55.47**	
6	202	**SABINESSHVER A/L ARUL THEVER @ GANESAN**	KLUST	19		**17:12.75**	
7	405	**MUHAMMAD ZAFRAN BIN MOHD AZIZOL**	UITM	17		**17:40.45**	
8	224	**OOI ZHI XIANG**	SUNWAY	26		**17:46.73**	
9	150	**MUHAMMAD AMNAN HAIKAL BIN ROSLAN**	KPTM	7		**18:00.68**	
10	461	**ROSHAN SURESH**	UTAR	6		**18:11.77**	
11	436	**FAM QAI ZEN**	UTM	4		**18:30.00**	
12	271	**MUHAMMAD KHAIRUL ANWAR BIN GHAZALI**	UMK	24		**18:52.31**	
13	162	**MUHAMMAD DANIEL HAQIM BIN FADZLI**	MSU	1		**18:58.32**	
14	445	**SAYYED AMMAR BIN ADAM MALEK**	UUM	11		**18:58.72**	
15	387	**MUHAMMAD AQIL QAYYUM BIN ALIAS**	UNISZA	8		**19:00.07**	
16	406	**MUHAMMAD AZRI BIN AZLAN**	UNITEN	9		**19:19.12**	
17	119	**ANDIK DANISH BIN ZAINUDDIN**	HWUM	23		**19:46.39**	
18	240	**MUHAMMAD THAQIF LUTFI BIN AZMAN**	UKM	14		**19:49.54**	
19	345	**SHARVIND SIVAKUMAR**	UPNM	25		**19:55.63**	
20	464	**TEOH WEI PING**	UTAR	15		**20:17.46**	
21	411	**ALIFF HAMIZAN BIN KAMARUL HISHAM**	UTEM	21		**21:24.58**	
22	112	**ADAM DANISH BIN MUHAMAD AZIZI**	GMI	16		**22:20.87**	
	168	**LIM ZHAO QUAN**	MONASH	13		**DNF**	
	264	**NIKOS TAI LEE ONN**	UM	5		**DNS**	
	378	**HARIZ KHILFI BIN AHMAD EZANEE**	USIM	18		**DNS**	
	421	**AKIF AKMAL BIN MOHAMMAD HAIRUL**	UTHM	22		**DNS**	

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5000m Lelaki - Final

Summary

Rank	Heat	Bib	Name	Team	Result	Remark
1	2	108	DAREN JAMES NAIR A/L RODNEY JAMES	HELP	15:16.42	**GR**
2	2	244	WEE SHAO HENG	UKM	16:10.03	
3	1	311	AHMAD IZZAT IRFAN BIN SHAHRUL AZNAN	UPSI	16:13.17	
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5	1	267	SHAWN ROSHAN SINGH	UM	16:29.72	
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13	1	186	LOO KENG SHANE	TARUMT	17:37.03	
14	2	405	MUHAMMAD ZAFRAN BIN MOHD AZIZOL	UITM	17:40.45	
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21	1	280	AIMAN HAZIQ BIN SAMRY@MOHD SHAMRIE	UNIMAS	18:20.26	
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23	1	432	PUGGAL RAJ A/L N PIRAKAS	UTHM	18:37.28	
24	1	462	TAN CHI XEE	UTAR	18:42.60	
25	1	141	ADAM HAFIS BIN SULAIMAN	KKMAS	18:49.23	
26	2	271	MUHAMMAD KHAIRUL ANWAR BIN GHAZALI	UMK	18:52.31	
27	2	162	MUHAMMAD DANIEL HAQIM BIN FADZLI	MSU	18:58.32	
28	2	445	SAYYED AMMAR BIN ADAM MALEK	UUM	18:58.72	
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35	1	408	NIK AMIR FARIS BIN NIK AMIDI	UNITEN	20:00.59	
36	2	464	TEOH WEI PING	UTAR	20:17.46	
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-	1	346	SYED ALI ZAINAL ABIDIN BIN SYED TAHA	UPNM	DNS	
-	2	421	AKIF AKMAL BIN MOHAMMAD HAIRUL	UTHM	DNS	
-	1	345	SHARVIND SIVAKUMAR	UPNM	DNS	
-	1	163	SHARVISHAKUMAREN A/L MUNIANDY	MSU	DNS	

Approved by TD:

Technical Delegate Signature

Name: _____

Date: _____

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