

RESULT

323 - 3000m Lari Berhalangan Lelaki - Final

Records	Result	Name	Team	Date	vanue
Championship Record CR	9:43.20	DAREN JAMES NAIR A/L RODNEY JAM	HELP	2025	
National Record NR	8:59.10	NAINASAGORAM SHANMUGANATHAN		1998	

Heat 1		Start Time: 04:32 pm				
Pos	Bib	Athlete	Team	Result	React	Remark
1	1010	DAREN JAMES NAIR	HELP	9:43.38		
2	1206	MATHAN RAJ A/L GUNASAGARAN	UPM	10:10.96		
3	1240	MUHAMMAD AIMAN BIN MOHD ZAIDI	UPSI	10:13.91		
4	1022	MUHAMMAD AMNAN HAIKAL BIN ROSLAN	KPTM	10:45.04		
5	1172	MUHAMMAD SHAHRIL AIMAN BIN MOHD NOOR	UNISZA	10:57.82		
6	1015	SYHIR NAWAS KHAN BIN ZARAISH KHAN	KKMAS	11:17.82		
7	1220	SYED ALI ZAINAL ABIDIN BIN SYED TAHA	UPNM	11:28.29		
8	1050	SHREE RAM A/L RAMESH	POLI	11:38.25		
9	1267	RAVINDHRA KUMAR A/L BALAMURALI	UTEM	11:46.19		
10	1128	LUQMAN DANIEL BIN MOHD KAMMAL	UM	11:47.89		
11	1319	MUHAMMAD HAZIM BIN MOHD KHAIROL	UCTATI	11:54.50		
12	1037	SHARVISHAKUMAREN A/L MUNIANDY	MSU	11:56.41		
13	1293	NIK MOHD SALSAFIL BIN NIK NOR ADLAM	UTM	12:11.58		
14	1285	MUHAMMAD AMIR HARITH BIN AZMIR	UTHM	12:25.29		
-	1171	DANISH HAIKAL BIN ZULKHANINE	UNISZA	DNF		
-	1089	HAFY ZIKRY BIN MAZARUL ARIF	UIAM	DNF		
-	1071	AHMAD LUTH BIN HAMIZAN	TEAMB	DNF		
-	1224	SHARVIND SIVAKUMAR	UPNM	DNS		
-	1225	MUHAMMAD HAMIDI BIN A.RAHEEM	UPNM	DNS		

Approved by TD:

Technical Delegate (Signature & Name)
Date: _____

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