

RESULT

324 - 3000m Lari Berhalangan Lelaki - Final

Records	Result	Name	Team	Date	vanue
Championship Record GR	09:43.2	DAREN JAMES NAIR A/L RODNEY JAM	HELP	2025	
National Record NR	08:59.1	NAINASAGORAM SHANMUGANATHAN		1998	

Heat 1		Start Time: 04:59 pm				
Pos	Bib	Athlete	Team	Result	React	Remark
1	A-101	DAREN JAMES NAIR A/L RODNEY JAMES	HELP	9:43.20		
2	C-116	SYHIR NAWAS KHAN BIN ZARAISH KHAN	KKMAS	10:04.59		
3	R-224	MOGESHKUMAR A/L RAGUNATHAN	UM	10:12.76		
4	E-293	MUHAMMAD AIMAN BIN MOHD ZAIDI	UPSI	10:21.79		
5	N-186	HAFY ZIKRY BIN MAZARUL ARIF	UIAM	11:17.54		
6	Z-270	MATHAN RAJ A/L GUNASAGARAN	UPM	12:13.36		
7	HH387	SAYYED AMMAR BIN ADAM MALEK	UUM	12:16.63		
8	EE342	LUQMAN BIN NOOR AZAM	UTHM	12:24.99		
9	G-137	ARUN NADARAJAH	MSU	13:07.43		
10	BB321	MUHAMMAD SYAKIR BIN RAMLY	USM	13:26.04		
-	C-119	MUHAMMAD NAUFAL RAZIN BIN ROSLILAN	KKMAS	DNF		
-	F-126	SYAQIR AZIMI AZRI BIN M.SUHAIMI	MMU	DNF		
-	R-223	MUHAMMAD IRFAN KHAN BIN MOHAMMAD KHALID	UM	DNF		

Approved by TD:

 Technical Delegate (Signature & Name)
 Date: _____

Approved by TD:

 Technical Delegate (Signature & Name)
 Date: _____