

RESULT

326 - 3000m Lari Berhalangan Lelaki DIAMOND - Final

Records	Result	Name	Team	Date	vanue
Championship Record GR	9:45.06	Daren James Nair A/L Rodney James	NEWTON	0000	
National Record NR	8:59.10	Nainasagoram Shanmuganathan		1998	

Heat 1

Start Time: 05:03 pm

Pos	Bib	Athlete	Team	Result	React	Remark
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Approved by TD:

Technical Delegate (Signature & Name)

Date: _____

Approved by TD:

Technical Delegate (Signature & Name)

Date: _____