



10000m Men					
Record	Result	Name	Team	Vanue	Date
NR	29:30.19				

Q = Qualified by place , q = Qualified by time

G = Gold , S = Silver , B = Bronze

Summary Result

Rank	ID	Athlete	Team	Time	
1	0389	SANJAY A/L MANIMARAN	JOHOR	31:54.08	G
2	0192	MUHAMMAD FAROOQ B.MUHAMMAD ZUBI	PERAK	32:46.94	S
3	0321	NIKOS TAI LEE ONN TAI	SABAH	33:51.05	B
4	0244	GAUTHAM A/L VADIVELU	SELANGOR	33:59.44	
5	0262	DINESH VERMA	SELANGOR	34:12.92	
6	0172	RUVESSHVARAN BALACHANDRAN	PULAU PINANG	34:17.84	
7	0173	JOSHUA LOH YIXUN	PULAU PINANG	34:58.41	
8	0227	GOLIATH VALERON SILI	SARAWAK	35:10.29	
9	0368	NOR ADAM HARIS BIN NORAZMAN	KELANTAN	35:42.33	
10	0124	GOH GAN WEI	MELAKA	35:43.79	
11	0120	MUHAMMAD SYAFIQ BIN ANUAR	MELAKA	36:02.22	
12	0261	SABINESSHVER	SELANGOR	36:06.56	
13	0308	SYHIR NAWAS KHAN BIN ZARAISH KH	KEDAH	36:23.89	
14	0126	MUHAMMAD AZREEN BIN JA?AFAR	MELAKA	39:01.17	
15	0333	CALVIN ROWEL ROMPOG	SABAH	41:42.39	
DNF	0193	VIMAL A/L GOVENDARAJOO	PERAK	DNF	
DNF	0272	ABDUL QUZAIMI BIN MOHD KIS D	TERENGGANU	DNF	