



5000m Lelaki

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Summary Result

Ran k	ID	Athlete	Team	Time
1	0510	VIMAL A/L GOVENDARAJOO	PERSATUAN PEMBANGGUNAN MODAL I	15:43.02
2	0315	DAREN JAMES	MSN SELANGOR	16:11.12
3	0785	SHAWN ROSHAN SINGH	PERAK	16:18.42
4	0789	KEAN KESHVIN SINGH	PERAK	16:29.01
5	0240	ZULKHAIRI BIN SHAHRIM	TENTERA DARAT	16:40.84
6	0816	POVEN KUMAR A/L MUTHU	SUKMA JOHOR	16:48.15
7	0650	RUVEISHWARAN BALACHANDRAN	PULAU PINANG	16:55.64
8	0506	VIJAYA SANGGARAN A/L RAJENDRAN	PONS (SUKMA)	17:01.13
9	0437	MUHAMAD NURDIN BIN IBRAHIM	MSN PARA	17:06.56
10	0408	SYHIR NAWAS KHAN BIN ZARAISH KH	KEDAH	17:19.39
11	0583	ANAS BIN ARIFFIN	KOM	17:21.72
12	0241	MUHAMMAD ZULFAHMI BIN MOHD ROSH	TENTERA DARAT	17:24.95
13	0242	MUHAMMAD MUADZ BIN ABD HALIM	TENTERA DARAT	17:30.41
14	0602	THENUEL BIN TELI	17 RUNNERS	17:36.64
15	0359	DINES A/L LETCHUMANAN	KELAB OLAHRAGA SUPERSTAR	17:55.62
16	0305	SHARVISHAKUMAREEN	MSN SELANGOR	18:00.44
17	0153	MUHAMMAD NURAMMAR BIN MOHAMMAD	COACH KENEY RUN CLINIQUE	18:03.95
18	0141	MUHAMMAD AZREEN BIN JA`AFAR	MELAKA	18:18.82
19	0792	LOO KENG SHANE	SUKMA JOHOR	18:28.02
20	0328	LEE SU KEONG	MSN SELANGOR	18:28.42
21	0360	SRINAVANTHAN A/L RAMASAMY	KELAB OLAHRAGA SUPERSTAR	18:28.45
22	0161	MUHAMMAD HARRITH HAZIM BIN MOHD	AWE RUNNING CLUB	18:28.73
23	0188	VOON WEI XIANG	MUAR CHUNG HWA HIGH SCHOOL	18:35.98
24	0009	THIVIAN A/L SIVAGANESH	KELAB OLAHRAGA SETIAWANGSA	18:43.70
25	0132	SYED ALI ZAINAL ABIDIN BIN SYED	MELAKA	18:44.57
26	0373	AMIRUDIN AKMAL BIN MUHAMAD NORF	PERLIS	18:55.31
27	0457	TANEASHWAR A/L GUNASEGARAN	PAHANG ELEPHANT WARRIOR	19:03.26
28	0011	KENNETH FOONG ZI HENG	KELAB OLAHRAGA SETIAWANGSA	19:26.31
29	0417	IDHAM KHALIL	BEBAS (MUHAMMAD IHYAK BIN HIMAM	19:32.18
30	0482	MUHAMAD FALIQ BIN ZULFADLI	PONS (SUKMA)	19:34.32
31	0232	RIISHY A/L SEVARAMAN	AMJAY	19:35.05
32	0419	SHAMSUDDUHA BIN JUNAIDI	BEBAS (MUHAMMAD IHYAK BIN HIMAM	19:40.35
33	0416	NIFAIL AZIM BIN ABD MUTALIB	BEBAS (MUHAMMAD IHYAK BIN HIMAM	19:40.96
34	0467	HARRAZ ASYRAAF BIN ABDUL FATTAH	SSTMI	19:47.09
35	0468	MUHAMMAD SYAFIQ BIN MOHD KHAIDI	SSTMI	19:55.03
36	0910	LAU HAN HAN	SEK. MEN. KUEN CHENG	19:55.67
37	0228	WAN MUHAMMAD HAZIM BIN WAN AZNA	AMJAY	19:55.95
38	0603	MOHAMAD FIRDAUS FADLI BIN MOHD	17 RUNNERS	20:33.15
39	0920	LING XUAN LE	SEK. MEN. KUEN CHENG	20:35.76
40	0564	AMMAR MIKAEL MUKHLASIEN BIN MOH	SMK PUTRAJAYA PRESINT 11(2)	21:04.28
41	0418	MUHAMMAD ABDUL AZIZ BIN AHMAD P	BEBAS (MUHAMMAD IHYAK BIN HIMAM	21:20.36
42	0908	LAU WAI WAI	SEK. MEN. KUEN CHENG	21:22.27
43	0735	SYAHARUDDIN BIN ISMAIL	PUSAT CEMERLANG OLAHRAGA 3 DIV	22:01.49
44	0740	MUHAMMAD AMIRUL FIKRI BIN YAHAY	PUSAT CEMERLANG OLAHRAGA 3 DIV	22:03.13

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Ran k	ID	Athlete	Team	Time	
45	0165	LIM CHONG MENG	LITTLE GRAPPY RUNNING CLUB	22:30.57	
DNF	0455	KARTHIK A/L RATNAM	PAHANG ELEPHANT WARRIOR	DNF	
DNF	0358	SANJAY A/L MANIMARAN	KELAB OLAHRAGA SUPERSTAR	DNF	
DNF	0671	MUHAMAD AMIR FAWWAZ BIN MOHD HA	KELAB OLAHRAGA BP	DNF	
DNF	0496	VASHANTH A/L PUTHISIRAMANI	PONS (SUKMA)	DNF	
DNF	0621	MUHAMMAD ANIQ ZAFIRULLAH BIN MO	ALPHA SSN JOHOR	DNF	
DNS	0361	DARSHAN RAJ A/L KUMARAN	KELAB OLAHRAGA SUPERSTAR	DNS	
DNS	0388	MUHAMMAD ANIQ NAUFAL BIN MUZAKR	PERLIS	DNS	
DNS	0157	AMAL HAKIM BIN ABDUL RAHMAN	ARC KWSP TEAM	DNS	
DNS	0156	MUHAMMAD FIRDAUS BIN ABDUL RASI	ARC KWSP TEAM	DNS	
DNS	0534	MUHAMMAD SAFIY SAFWAN BIN MOHD	SMK MUTIARA IMPIAN (MI ATHLETIC	DNS	
DNS	0584	DINESH VARMA SELVAM	KOM	DNS	
DNS	0705	IVAN LOONG KAR MAN	TSUN JIN HIGH SCHOOL	DNS	
DNS	0744	MUHAMMAD FAIZ BIN PUZAI	PUSAT CEMERLANG OLAHRAGA 3 DIV	DNS	
DNS	0155	ABDUL AZIZ BIN MAHAMOUD	ARC KWSP TEAM	DNS	
DNS	0866	VELLAN A/L SIVA PERUMAL	WIPERS	DNS	
DNS	0131	MUHAMMAD SYAFIQ BIN ANUAR	MELAKA	DNS	



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Result by Heat

Heat 1 of 3

Rank	Bib	Name	Team	Time
1	0315	DAREN JAMES	MSN SELANGOR	16:11.12
2	0650	RUVEESHWARAN BALACHANDRAN	PULAU PINANG	16:55.64
3	0506	VIJAYA SANGGARAN A/L RAJENDRAN	PONS (SUKMA)	17:01.13
4	0408	SYHIR NAWAS KHAN BIN ZARAISH KH	KEDAH	17:19.39
5	0241	MUHAMMAD ZULFAHMI BIN MOHD ROSH	TENTERA DARAT	17:24.95
6	0602	THENUEL BIN TELI	17 RUNNERS	17:36.64
7	0359	DINES A/L LETCHUMANAN	KELAB OLAHRAGA SUPERSTAR	17:55.62
8	0792	LOO KENG SHANE	SUKMA JOHOR	18:28.02
9	0161	MUHAMMAD HARRITH HAZIM BIN MOHD	AWE RUNNING CLUB	18:28.73
10	0009	THIVIAN A/L SIVAGANESH	KELAB OLAHRAGA SETIAWANGSA	18:43.70
11	0132	SYED ALI ZAINAL ABIDIN BIN SYED	MELAKA	18:44.57
12	0468	MUHAMMAD SYAFIQ BIN MOHD KHAIDI	SSTMI	19:55.03
13	0228	WAN MUHAMMAD HAZIM BIN WAN AZNA	AMJAY	19:55.95
14	0920	LING XUAN LE	SEK. MEN. KUEN CHENG	20:35.76
15	0564	AMMAR MIKAEL MUKHLASIEN BIN MOH	SMK PUTRAJAYA PRESINT 11(2)	21:04.28
16	0418	MUHAMMAD ABDUL AZIZ BIN AHMAD P	BEBAS (MUHAMMAD IHYAK BIN HIMAM	21:20.36
17	0735	SYAHARUDDIN BIN ISMAIL	PUSAT CEMERLANG OLAHRAGA 3 DIV	22:01.49
DNF	0455	KARTHIK A/L RATNAM	PAHANG ELEPHANT WARRIOR	-
DNS	0155	ABDUL AZIZ BIN MAHAMOUD	ARC KWSP TEAM	-

Heat 1 of 3

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1	0315	DAREN JAMES	MSN SELANGOR	16:11.12
2	0650	RUVEESHWARAN BALACHANDRAN	PULAU PINANG	16:55.64
3	0506	VIJAYA SANGGARAN A/L RAJENDRAN	PONS (SUKMA)	17:01.13
4	0408	SYHIR NAWAS KHAN BIN ZARAISH KH	KEDAH	17:19.39
5	0241	MUHAMMAD ZULFAHMI BIN MOHD ROSH	TENTERA DARAT	17:24.95
6	0602	THENUEL BIN TELI	17 RUNNERS	17:36.64
7	0359	DINES A/L LETCHUMANAN	KELAB OLAHRAGA SUPERSTAR	17:55.62
8	0792	LOO KENG SHANE	SUKMA JOHOR	18:28.02
9	0161	MUHAMMAD HARRITH HAZIM BIN MOHD	AWE RUNNING CLUB	18:28.73
10	0009	THIVIAN A/L SIVAGANESH	KELAB OLAHRAGA SETIAWANGSA	18:43.70
11	0132	SYED ALI ZAINAL ABIDIN BIN SYED	MELAKA	18:44.57
12	0468	MUHAMMAD SYAFIQ BIN MOHD KHAIDI	SSTMI	19:55.03
13	0228	WAN MUHAMMAD HAZIM BIN WAN AZNA	AMJAY	19:55.95
14	0920	LING XUAN LE	SEK. MEN. KUEN CHENG	20:35.76
15	0564	AMMAR MIKAEL MUKHLASIEN BIN MOH	SMK PUTRAJAYA PRESINT 11(2)	21:04.28
16	0418	MUHAMMAD ABDUL AZIZ BIN AHMAD P	BEBAS (MUHAMMAD IHYAK BIN HIMAM	21:20.36
17	0735	SYAHARUDDIN BIN ISMAIL	PUSAT CEMERLANG OLAHRAGA 3 DIV	22:01.49
DNF	0455	KARTHIK A/L RATNAM	PAHANG ELEPHANT WARRIOR	-
DNS	0155	ABDUL AZIZ BIN MAHAMOUD	ARC KWSP TEAM	-

Heat 1 of 3



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3	0506	VIJIYA SANGGARAN A/L RAJENDRAN	PONS (SUKMA)	17:01.13
4	0408	SYHIR NAWAS KHAN BIN ZARAISH KH	KEDAH	17:19.39
5	0241	MUHAMMAD ZULFAHMI BIN MOHD ROSH	TENTERA DARAT	17:24.95
6	0602	THENUEL BIN TELI	17 RUNNERS	17:36.64
7	0359	DINES A/L LETCHUMANAN	KELAB OLAHRAGA SUPERSTAR	17:55.62
8	0792	LOO KENG SHANE	SUKMA JOHOR	18:28.02
9	0161	MUHAMMAD HARRITH HAZIM BIN MOHD	AWE RUNNING CLUB	18:28.73
10	0009	THIVIAN A/L SIVAGANESH	KELAB OLAHRAGA SETIAWANGSA	18:43.70
11	0132	SYED ALI ZAINAL ABIDIN BIN SYED	MELAKA	18:44.57
12	0468	MUHAMMAD SYAFIQ BIN MOHD KHAIDI	SSTMI	19:55.03
13	0228	WAN MUHAMMAD HAZIM BIN WAN AZNA	AMJAY	19:55.95
14	0920	LING XUAN LE	SEK. MEN. KUEN CHENG	20:35.76
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16	0418	MUHAMMAD ABDUL AZIZ BIN AHMAD P	BEBAS (MUHAMMAD IHYAK BIN HIMAM	21:20.36
17	0735	SYAHARUDDIN BIN ISMAIL	PUSAT CEMERLANG OLAHRAGA 3 DIV	22:01.49
DNF	0455	KARTHIK A/L RATNAM	PAHANG ELEPHANT WARRIOR	-
DNS	0155	ABDUL AZIZ BIN MAHAMOUD	ARC KWSP TEAM	-

Heat 2 of 3

Rank	Bib	Name	Team	Time
1	0510	VIMAL A/L GOVENDARAJOO	PERSATUAN PEMBANGGUNAN MODAL I	15:43.02
2	0785	SHAWN ROSHAN SINGH	PERAK	16:18.42
3	0816	POVEN KUMAR A/L MUTHU	SUKMA JOHOR	16:48.15
4	0583	ANAS BIN ARIFFIN	KOM	17:21.72
5	0242	MUHAMMAD MUADZ BIN ABD HALIM	TENTERA DARAT	17:30.41
6	0141	MUHAMMAD AZREEN BIN JA`AFAR	MELAKA	18:18.82
7	0328	LEE SU KEONG	MSN SELANGOR	18:28.42
8	0360	SRINAVANTHAN A/L RAMASAMY	KELAB OLAHRAGA SUPERSTAR	18:28.45
9	0373	AMIRUDIN AKMAL BIN MUHAMAD NORF	PERLIS	18:55.31
10	0457	TANEASHWAR A/L GUNASEGARAN	PAHANG ELEPHANT WARRIOR	19:03.26
11	0011	KENNETH FOONG ZI HENG	KELAB OLAHRAGA SETIAWANGSA	19:26.31
12	0482	MUHAMAD FALIQ BIN ZULFADLI	PONS (SUKMA)	19:34.32
13	0232	RIISHIY A/L SEVARAMAN	AMJAY	19:35.05
14	0419	SHAMSUDDUHA BIN JUNAIDI	BEBAS (MUHAMMAD IHYAK BIN HIMAM	19:40.35
15	0416	NIFAIL AZIM BIN ABD MUTALIB	BEBAS (MUHAMMAD IHYAK BIN HIMAM	19:40.96
16	0603	MOHAMAD FIRDAUS FADLI BIN MOHD	17 RUNNERS	20:33.15
17	0908	LAU WAI WAI	SEK. MEN. KUEN CHENG	21:22.27
18	0740	MUHAMMAD AMIRUL FIKRI BIN YAHAY	PUSAT CEMERLANG OLAHRAGA 3 DIV	22:03.13
19	0165	LIM CHONG MENG	LITTLE GRAPPY RUNNING CLUB	22:30.57
DNF	0671	MUHAMAD AMIR FAWWAZ BIN MOHD HA	KELAB OLAHRAGA BP	-
DNS	0156	MUHAMMAD FIRDAUS BIN ABDUL RASI	ARC KWSP TEAM	-

Heat 3 of 3

Rank	Bib	Name	Team	Time
1	0789	KEAN KESHVIN SINGH	PERAK	16:29.01
2	0240	ZULKHAIRI BIN SHAHRIM	TENTERA DARAT	16:40.84



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4	0305	SHARVISHAKUMAREEN	MSN SELANGOR	18:00.44
5	0153	MUHAMMAD NURAMMAR BIN MOHAMMAD	COACH KENY RUN CLINIQUE	18:03.95
6	0188	VOON WEI XIANG	MUAR CHUNG HWA HIGH SCHOOL	18:35.98
7	0417	IDHAM KHALIL	BEBAS (MUHAMMAD IHYAK BIN HIMAM	19:32.18
8	0467	HARRAZ ASYRAAF BIN ABDUL FATTAH	SSTMI	19:47.09
9	0910	LAU HAN HAN	SEK. MEN. KUEN CHENG	19:55.67
DNF	0358	SANJAY A/L MANIMARAN	KELAB OLAHRAGA SUPERSTAR	-
DNF	0496	VASHANTH A/L PUTHISIRAMANI	PONS (SUKMA)	-
DNF	0621	MUHAMMAD ANIQ ZAFIRULLAH BIN MO	ALPHA SSN JOHOR	-
DNS	0361	DARSHAN RAJ A/L KUMARAN	KELAB OLAHRAGA SUPERSTAR	-
DNS	0388	MUHAMMAD ANIQ NAUFAL BIN MUZAKR	PERLIS	-
DNS	0157	AMAL HAKIM BIN ABDUL RAHMAN	ARC KWSP TEAM	-
DNS	0534	MUHAMMAD SAFIY SAFWAN BIN MOHD	SMK MUTIARA IMPIAN (MI ATHLETIC	-
DNS	0584	DINESH VARMA SELVAM	KOM	-
DNS	0705	IVAN LOONG KAR MAN	TSUN JIN HIGH SCHOOL	-
DNS	0744	MUHAMMAD FAIZ BIN PUZAI	PUSAT CEMERLANG OLAHRAGA 3 DIV	-
DNS	0131	MUHAMMAD SYAFIQ BIN ANUAR	MELAKA	-
DNS	0866	VELLAN A/L SIVA PERUMAL	WIPERS	-