

**10000m Lelaki DIAMOND**

Record	Result	Name	Team	Vanue	Date
CR	33:30.67	DAREN JAMES NAIR A/L RODNEY JAM	HELP	Stadium UNISZA Terengganu	08 Nov 2024
Record	Result	Name	Team	Vanue	Date
NR	29:30.19	Ramachandran Murusamy			01 Jan 1994

Q = Qualified by place , q = Qualified by time

G = Gold , S = Silver , B = Bronze

Summary Result

Rank	ID	Athlete	Team	Time	
1	0103	DAREN JAMES NAIR A/L RODNEY JAM	HELP	33:30.67	G
2	0162	NIKOS TAI LEE ONN	UM	33:39.82	S
3	0179	RUVESHWARAN AL BALACHANDRAN	UniKL	33:45.31	B
4	0145	AHMAD SYAKIR BIN ALWI	UiTM	34:27.28	
5	0107	GAUTHAM A/L VADIVELU	IUKL	34:55.64	
6	0233	AHMAD IZZAT IRFAN BIN SHARUL AZ	UPSI	35:53.84	
7	0301	THANES A/L SIVAM	UTM	37:22.21	
8	0260	KOO SHAO ENN	UTAR	37:26.00	
9	0166	HILMAN HAFIZ BIN HILNIZAN	UMPSA	40:39.77	
10	0273	BERNARD TAY KAR LEONG	UTHM	43:18.67	
DNF	0204	DINESH VARMA A/L SELVAM	UPM	DNF	
DNF	0237	GOLIATH VALERON SILI	UPSI	DNF	
DNF	0299	NIK MOHAMAD SALSAFIL BIN NIK NO	UTM	DNF	
DNS	0295	MEGAT AHMAD WILDAAN BIN MEGAT A	UTM	DNS	