



3,000M LARI BERHALANGAN WANITA

Record	Result	Name	Team	Vanue	Date
GR	10:55.31	MELINDER KAUR REGBIR SINGH	PULAU PINANG	MELAKA	01 Jan 2010
Record	Result	Name	Team	Vanue	Date
NR	10:55.31	MELINDER KAUR REGBIR SINGH	MALAYSIA	MELAKA	17 Jun 2010

Q = Qualified by place , q = Qualified by time

G = Gold , S = Silver , B = Bronze

Summary Result

Rank	ID	Athlete	Team	Time	
1	B685	ESTHER JOY HONG LI CHEN	SGR	12:12.66	G
2	Q659	CLEZENDRA CHANDA ANAK CEVESTER	SWK	12:31.58	S
3	S633	LEDIA ENSKU	SBH	12:49.72	B
4	B697	TAARINI A/P CHANDRAMOHAN	SGR	12:53.61	
5	K521	AINA AFIQAH BINTI NOORAZLAN	KDH	13:39.72	
6	Q656	ATHIRAH SYAZA BINTI MORAZRAIN	SWK	14:16.15	
7	A601	WAN NUR SYAZLIYANA BINTI MOHD F	PRK	14:18.76	
8	J514	NURIN AZHARINA BALKIS BINTI ZAI	JHR	14:25.66	