

**3000m Lari Berhalangan Wanita**

Record	Result	Name	Team	Vanue	Date
<b>CR</b>	12:25.56	Puspa Letchumy Jaintharan	UTM		
Record	Result	Name	Team	Vanue	Date
<b>NR</b>	10:55.31	Melinder Kaur Ragbir Singh	Sukma Games, Melaka, Malaysia		

**Q = Qualified by place , q = Qualified by time**

**G = Gold , S = Silver , B = Bronze**

**Summary Result**

Rank	ID	Athlete	Team	Time	
1	0585	AINUR SHAFIQAH AZMI	UPM	14:13.55	G
2	0572	ER KAI SING	UM	16:07.79	S
3	0621	WAN NUR RUHANA ZAFIRAH BINTI RU	UNISZA	16:40.97	B
4	0607	NURUL ZAHARATULLAILI BINTI ROHI	UKM	17:47.84	
5	0502	SITI NAZIERAH AQINA BINTI MOKTA	UTEM	18:48.06	
DNF	0586	GHAYATHRY A/P S.DIVAGARAN	UPM	DNF	