



3000m Lari Berhalangan Wanita DIAMOND

Record	Result	Name	Team	Vanue	Date
CR	12:25.56	Puspa Letchumy Jaintharan	UTM		
Record	Result	Name	Team	Vanue	Date
NR	10:55.31	Melinder Kaur Ragbir Singh			01 Jan 2010

Q = Qualified by place , q = Qualified by time

G = Gold , S = Silver , B = Bronze

Summary Result

Rank	ID	Athlete	Team	Time	
1	0477	GHAYATRY A/P S.DIVAGARAN	UPM	13:42.06	G
2	0474	AINUR SHAFIQAH AZMI	UPM	14:06.33	S
DNS	0445	NUR IRSALINA BINTI ZAKARIA	UM	DNS	