

109 400m Men - Heats 1 (Time: 06:00 PM)

HEAT : 1 OF 5					
LANE	BIB NO	ATHLETE	TEAM		
2	367	WAN MOHD AL-HAFIZ BIN WAN MOHD KOZANI	KELANTAN		
3	155	WAN KHAIRUL IMAN BIN WAN ROMELI	PAHANG		
4	324	MUHAMMAD KHALIL B. HELMI	SABAH		
5	260	MUHAMMAD DANIAL ASYRAF B SHAMSUDDIN	SELANGOR		
6	383	WILLS HARNESSY ANAK GINDAL	JOHOR		
7	269	MUHAMMAD SYAKIR DANIEL BIN FAUZI	TERENGGANU		
8	317	MUHAMMAD SYAKIR BIN AZMI	KEDAH		

109 400m Men - Heats 2 (Time: 06:00 PM)

HEAT : 2 OF 5					
LANE	BIB NO	ATHLETE	TEAM		
2	337	MUHAMMAD SAIFUL SAFWAN BIN SAIFUDDIN	ATM		
3	314	MUHAMMAD FIRDAUS BIN ZAINUN	KEDAH		
4	147	MUHAMMAD FIKRI HAKIM B. JEMIZAN	PAHANG		
5	204	AHMAD ZAID BIN ABAS	NEGERI SEMBILAN		
6	222	RUSSEL BRYAN ANAK CHRISTIE	SARAWAK		
7	297	RAIS RAZIQ BIN MUSTAPHA KAMAL	WIL. PERSEKUTUAN		
8	263	RAAM KUMAR A/L MUTHUKUMARAN	SINGAPORE AA		

109 400m Men - Heats 3 (Time: 06:00 PM)

HEAT : 3 OF 5					
LANE	BIB NO	ATHLETE	TEAM		
2	160	SHHRUL AMRI BIN ZULKIFLI	PAHANG		
3	307	UMAR BIN OSMAN	MSN		
4	225	MOHAMMAD RAMDHANI AZANI BIN ROSLIE	SARAWAK		
5	268	MUHAMMAD IRFAN BIN ZAKARIA	TERENGGANU		
6	118	MUHAMMAD AIDIL AZHAR BIN AZRUL HISYAM	MELAKA		
7	167	MUHAMMAD AQIL HAIL BIN MOHD RIDZUAN	PAHANG		
8	184	MUHAMMAD SAYYID AMIN BIN ROSLAN	PULAU PINANG		

109 400m Men - Heats 4 (Time: 06:00 PM)

HEAT : 4 OF 5					
LANE	BIB NO	ATHLETE	TEAM		
2	315	MOHAMMAD HAZIM AZFAR BIN MOHAMMAD HAFIZ	KEDAH		
3	378	MOHAMAD AKMAL HAZIQ BIN MOHD ZAHARI	JOHOR		
4	214	MUHAMMAD IMAN SYAQIR BIN MOHD FAISAL	NEGERI SEMBILAN		
5	129	VIVIAN SANJAY A/L MICHEAL	MELAKA		
6	271	MUHAMMAD AZIF IKHFAN	TERENGGANU		

OUR PARTNERS



HEAT : 4 OF 5					
LANE	BIB NO	ATHLETE	TEAM		
7	190	AHMAD AMIR AIMAN B.MOHD KAMARUDDIN	PERAK		
8	142	MUHAMMAD ARIEF SYAHREZA	PAHANG		

109 400m Men - Heats 5 (Time: 06:00 PM)

HEAT : 5 OF 5					
LANE	BIB NO	ATHLETE	TEAM		
3	189	KANISHKANN A/L NATHAN	PERAK		
4	352	LUQMANUL HAKIM BIN KHAIRUL AKMAL	ATM		
5	358	MUHAMAD SYAZWAN BIN MOHD SAUFI	KELANTAN		
6	380	EMMET ZARIQ SHAH BIN AZRUL IZAHARRUDIN SHAH	JOHOR		
7	171	IFWAD HAIDHAR BIN MOHD ROSDI	PAHANG		
8	223	AKMAL AQQILLA BIN SELAMAT	SARAWAK		

OUR PARTNERS

