

Powerman Malaysia

Individuals Category Results

Mens Elite

Pos	No	Name	Country	Time	O.Pos	Run 1	T1	Cycle	T2	Run 2
1	2	Andy Sutz	Switzerland	02:45:47	1	00:34:53	00:00:37	01:31:00	00:00:50	00:38:24
2	4	Bryce Viegas	South Africa	02:51:08	2	00:34:53	00:00:38	01:35:52	00:00:47	00:38:56
3	1	Jason Spong	South Africa	02:54:36	3	00:34:54	00:00:38	01:37:54	00:00:44	00:40:23
4	10	Miquel Capo Soler	Spain	02:58:07	4	00:35:09	00:00:37	01:41:16	00:00:49	00:40:13
5	7	Erich Felbabel	France	02:59:51	5	00:38:25	00:00:39	01:39:04	00:00:44	00:40:55
6	13	Shahrom Abdullah	Malaysia	03:04:22	6	00:38:49	00:00:42	01:40:33	00:01:01	00:43:15
7	6	Dan Brown	Australia	03:09:30	8	00:40:00	00:00:42	01:42:55	00:00:44	00:45:07
8	14	Wong YaoHan, Melvin	Singapore	03:15:42	13	00:38:27	00:00:53	01:47:45	00:00:49	00:47:46
9	11	Muhammad Hafiz Wong Abdullah	Malaysia	03:17:03	16	00:43:27	00:00:51	01:42:14	00:00:56	00:49:33
10	12	Rowel Odonio	Philippines	03:39:28	48	00:38:49	00:00:47	01:52:31	00:02:10	01:05:08

Womens Elite

Pos	No	Name	Country	Time	O.Pos	Run 1	T1	Cycle	T2	Run 2
1	506	Radka Vodickova	Czech Republic	03:08:55	7	00:40:51	00:00:43	01:45:55	00:00:40	00:40:44
2	504	Camilla Lindholm	Sweden	03:11:11	9	00:40:52	00:00:49	01:45:48	00:00:47	00:42:51
3	505	Caroline Koll	South Africa	03:16:12	15	00:41:31	00:00:49	01:46:35	00:01:05	00:46:10
4	501	Rebecca Preston	Australia	03:17:49	18	00:43:10	00:00:52	01:44:48	00:00:52	00:48:05
5	502	Victoria Beck	New Zealand	03:23:28	22	00:40:52	00:00:41	01:58:08	00:00:45	00:43:00
6	503	Monica Torres	Philippines	03:23:54	23	00:41:48	00:00:49	01:46:19	00:00:53	00:54:02

Mens 20 - 29

Pos	No	Name	Country	Time	O.Pos	Run 1	T1	Cycle	T2	Run 2
1	68	Mohd Amran Abdul Ghani	Malaysia	03:14:53	12	00:40:02	00:01:05	01:46:33	00:01:11	00:45:59
2	21	Abdul Rahman Abu Hassan	Malaysia	03:17:12	17	00:40:47	00:00:49	01:45:59	00:00:49	00:48:44
3	55	Laurence Gerang Moses	Malaysia	03:24:49	25	00:43:19	00:01:09	01:47:59	00:01:40	00:50:38
4	36	Cecil Cheong	Malaysia	03:27:38	31	00:42:53	00:00:45	01:49:39	00:02:15	00:52:04
5	48	Francis Tan Sung Moh	Singapore	03:27:46	32	00:46:00	00:01:13	01:45:00	00:01:40	00:53:50
6	118	Yong Chun Seng	Singapore	03:30:47	34	00:45:55	00:01:10	01:47:33	00:01:12	00:54:54
7	97	Paul Lim Su Siang	Malaysia	03:33:16	37	00:40:46	00:00:56	01:46:02	00:00:55	01:04:33
8	59	Li Zhongyi Joshua	Singapore	03:35:51	42	00:42:34	00:00:59	01:59:03	00:01:15	00:51:56

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Pos	No	Name	Country	Time	O.Pos	Run 1	T1	Cycle	T2	Run 2
9	64	Mohamad Allie Helmy Sabtu	Malaysia	03:40:01	49	00:47:38	00:00:48	01:50:50	00:01:02	00:59:40
10	45	Dex Tai	Singapore	03:40:35	50	00:44:23	00:00:49	01:59:35	00:01:10	00:54:34
11	67	Mohamad Saiful Zainon @ Zainul	Malaysia	03:41:02	51	00:43:23	00:01:11	01:52:46	00:01:19	01:02:21
12	78	Mohd Zuhar Ismail	Malaysia	03:41:37	53	00:42:27	00:01:29	01:48:27	00:01:00	01:08:11
13	22	Adrian Ng	Singapore	03:42:27	55	00:45:11	00:00:53	01:58:18	00:01:12	00:56:50
14	90	Niatin Nujatin	Malaysia	03:45:44	60	00:44:03	00:01:52	01:53:29	00:01:21	01:04:56
15	92	Norsahahrul Ami Nordin	Malaysia	03:46:01	61	00:43:34	00:01:21	01:54:03	00:02:18	01:04:42
16	35	Brudi Igar	Malaysia	03:46:17	64	00:45:21	00:01:36	01:52:28	00:01:14	01:05:35
17	119	Zainal Azam Zinol Abidin	Malaysia	03:47:14	67	00:48:21	00:01:19	01:56:27	00:01:40	00:59:24
18	39	Chen Weirong Alex	Singapore	03:48:50	69	00:52:34	00:01:18	01:59:32	00:01:36	00:53:46
19	26	Aldrian Yeo Yu Yong	Malaysia	03:52:13	75	00:51:10	00:00:57	01:58:35	00:01:17	01:00:11
20	60	Lim Keat Seong	Malaysia	03:52:23	77	00:54:52	00:01:13	01:57:07	00:01:02	00:58:06
21	56	Lee Hua Qun Melvin	Singapore	03:53:31	80	00:52:35	00:01:51	02:07:48	00:01:39	00:49:36
22	108	Tan Tee Ann	Singapore	03:53:37	81	00:56:44	00:01:12	01:57:55	00:01:19	00:56:25
23	99	Rayner Anthony	Malaysia	03:55:13	88	00:45:01	00:01:33	01:51:01	00:02:15	01:15:21
24	103	Sangup Richard	Malaysia	03:55:16	89	00:42:37	00:01:18	01:52:50	00:02:21	01:16:07
25	54	Lam Wai Kit	Singapore	03:57:47	94	00:47:54	00:02:07	02:09:01	00:01:38	00:57:03
26	168	Fauzan Haji Ismail	Malaysia	04:00:35	104	00:46:26	00:01:27	02:09:40	00:01:56	01:01:03
27	122	Isaiah Kee Tzen Chin	Malaysia	04:00:59	107	00:52:59	00:01:26	02:05:29	00:02:18	00:58:44
28	31	Andrew Tan Gim Lee	Malaysia	04:04:57	117	01:00:29	00:01:49	02:18:08	00:01:56	00:42:33
29	106	Soo Chee Kong	Malaysia	04:08:14	122	00:54:06	00:01:58	02:01:34	00:01:31	01:09:01
30	95	Ong Zhipeng	Malaysia	04:08:28	124	00:49:00	00:01:25	02:06:16	00:01:26	01:10:18
31	93	Norzaini Mohd Zin	Malaysia	04:09:02	125	00:51:13	00:01:45	02:10:23	00:01:56	01:03:42
32	44	Andy Chia	Singapore	04:12:57	142	00:44:42	00:01:31	02:06:27	00:01:58	01:18:16
33	84	Muhammad Bahir	Malaysia	04:13:12	144	00:48:17	00:01:13	02:10:03	00:02:56	01:10:40
34	100	Roger Yee Chan Chung	Malaysia	04:13:13	145	00:48:16	00:01:35	02:05:37	00:02:43	01:15:00
35	27	Alex Lee	Singapore	04:15:07	151	00:56:30	00:06:21	01:54:26	00:03:04	01:14:43
36	74	Mohd Ibrahim Hj Azman	Malaysia	04:16:40	153	01:01:18	00:00:59	02:00:42	00:01:33	01:12:06
37	82	Muhamad Ridzuan Husni	Malaysia	04:19:04	161	00:53:20	00:01:17	02:08:42	00:01:56	01:13:47

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Pos	No	Name	Country	Time	O.Pos	Run 1	T1	Cycle	T2	Run 2
38	107	Sufiyan Abdul Samad	Malaysia	04:19:07	162	00:48:04	00:01:32	02:00:21	00:01:37	01:27:31
39	62	Loy Liang Meng	Singapore	04:19:41	164	00:51:10	00:03:05	02:02:53	00:03:36	01:18:55
40	58	Lee Wei Keong	Singapore	04:19:51	165	00:55:13	00:02:11	02:05:18	00:02:17	01:14:49
41	125	Tan Lian Meng	Malaysia	04:20:03	168	01:00:39	00:01:08	02:01:46	00:01:19	01:15:08
42	110	Tan Xue Bin Kelvin	Singapore	04:20:29	169	00:56:57	00:02:56	01:58:35	00:03:05	01:18:53
43	32	Aw Kai Ren	Singapore	04:22:23	177	00:56:35	00:01:47	02:19:30	00:02:03	01:02:26
44	30	Andrew Chan Wai Jen	Malaysia	04:24:49	187	00:56:59	00:02:28	02:05:23	00:01:54	01:18:03
45	96	Oo Poh Cheang	Malaysia	04:26:40	197	00:56:10	00:02:17	02:02:32	00:02:14	01:23:25
46	23	Ahmad Fairul Naim Othman	Malaysia	04:28:38	209	00:58:09	00:02:22	02:05:34	00:02:06	01:20:24
47	75	Mohd Khairil Idzuan Abdul Manan	Malaysia	04:29:12	212	01:03:00	00:01:57	01:56:44	00:01:53	01:25:35
48	83	Muhammed Suhaimi Shahrifuddeen	Malaysia	04:38:03	248	00:58:35	00:02:20	02:06:57	00:02:34	01:27:34
49	85	Muhammad Razif Zaini	Malaysia	04:40:59	260	00:57:34	00:03:19	02:36:53	00:02:38	01:00:32
50	105	Sim Keng Lim, Raymond	Singapore	04:41:12	261	01:02:25	00:02:05	02:12:46	00:02:21	01:21:32
51	43	Clarence Lim Kia Seng	Malaysia	04:43:38	267	01:02:50	00:02:42	02:06:05	00:01:54	01:30:05
52	37	Chai Tiong Aun	Malaysia	04:44:16	270	00:56:58	00:01:45	02:00:11	00:03:18	01:42:03
53	38	Chan Koon Seng	Malaysia	04:44:16	271	00:58:00	00:02:01	02:11:00	00:02:20	01:30:52
54	121	Eugene Lee	Malaysia	04:45:02	273	00:49:00	00:02:00	02:11:05	00:04:31	01:38:24
55	40	Chew Bing Hong, Amos	Singapore	04:46:17	281	00:58:25	00:02:50	02:12:34	00:03:24	01:29:02
56	81	Muhamad Faraied Md Isa	Malaysia	04:47:28	285	00:56:40	00:02:02	02:27:46	00:02:02	01:18:56
57	91	Nik Suharto Nik Husin	Malaysia	04:49:03	293	00:52:26	00:02:12	02:18:58	00:02:15	01:33:09
58	33	Azhar Johari	Malaysia	04:49:04	294	00:55:05	00:02:48	02:25:28	00:02:32	01:23:07
59	53	Koo Kin Fai	Malaysia	04:49:20	296	01:00:41	00:03:05	02:08:25	00:02:43	01:34:25
60	114	Too Shing Tsair Marcus	Singapore	04:49:37	298	01:00:47	00:02:07	02:34:58	00:01:55	01:09:46
61	70	Mohd Edham Abdul Kalam	Malaysia	04:50:49	306	00:54:02	00:01:26	02:10:39	00:02:22	01:42:17
62	51	John Yap Chi Mun	Malaysia	04:51:04	308	01:01:36	00:02:25	02:11:54	00:02:19	01:32:47
63	47	Fadhli Khairon Abd Samat	Malaysia	04:51:13	310	01:04:23	00:02:04	02:13:41	00:02:14	01:28:48
64	50	Hairul Ismail	Malaysia	04:51:41	314	00:56:29	00:04:09	02:23:24	00:02:23	01:25:13
65	112	Tham Zhi Qian Kelvin	Singapore	04:55:11	333	00:49:28	00:01:21	02:27:00	00:05:59	01:31:21
66	109	Tan Wee Yong, Damian	Singapore	04:57:20	340	01:03:37	00:02:13	02:07:23	00:03:55	01:40:10

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Pos	No	Name	Country	Time	O.Pos	Run 1	T1	Cycle	T2	Run 2
67	57	Lee Kai Choon	Malaysia	04:59:15	346	01:10:33	00:03:37	02:15:38	00:02:27	01:26:57
68	25	Ahmad Firdaus Zakaria	Malaysia	05:00:55	352	00:58:06	00:02:01	02:37:23	00:02:31	01:20:51
69	124	Mohd Aznir Mat Kandar	Malaysia	05:01:13	354	01:08:00	00:01:46	02:53:17	00:02:20	00:55:47
70	104	Shahrul Nizad Sahlin	Malaysia	05:02:20	356	00:57:51	00:02:19	02:10:29	00:03:13	01:48:25
71	98	Prakash Singh Keejoh Singh	Malaysia	05:02:46	358	01:09:06	00:02:51	02:17:11	00:03:44	01:29:53
72	65	Mohamad Azan Mustapa Bakri	Malaysia	05:04:44	364	00:55:10	00:05:03	02:29:36	00:04:25	01:30:28
73	89	Ng Thin Chiong	Brunei Darussalam	05:05:51	365	01:05:11	00:01:49	02:38:25	00:02:26	01:17:58
74	42	Chiang Yanbin Benjamin	Singapore	05:10:08	372	01:06:57	00:02:30	02:22:16	00:02:46	01:35:36
75	79	Mohd Zul Helmy Abdul Manap	Malaysia	05:19:47	384	01:06:58	00:02:40	02:23:37	00:02:47	01:43:41
76	61	Lim Wei Sern	Singapore	05:24:01	391	01:07:20	00:01:53	02:10:43	00:04:49	01:59:13
77	113	Thor Wei Yi	Malaysia	05:26:13	396	01:14:11	00:02:41	02:27:32	00:02:03	01:39:44
78	29	Amos Wong Tuck Fai	Singapore	05:27:08	399	00:56:01	00:01:38	02:52:56	00:02:48	01:33:42
79	72	Mohd Hafizi Abdul Ghani	Malaysia	05:40:29	416	01:13:51	00:02:33	02:30:37	00:02:36	01:50:49
80	73	Mohd Hassan Adnan	Malaysia	06:18:24	423	01:07:55	00:01:51	02:53:07	00:02:34	02:12:55

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Pos	No	Name	Country	Time	O.Pos	Run 1	T1	Cycle	T2	Run 2
1	513	Lim Baoying	Singapore	03:49:57	72	00:49:15	00:01:27	02:01:50	00:01:28	00:55:54
2	535	Natcha Painprasobsuk	Thailand	04:02:45	112	00:49:08	00:01:34	02:06:55	00:01:11	01:03:55
3	520	Saya Lau Pui San	Malaysia	04:10:48	136	00:55:27	00:02:22	02:13:20	00:01:20	00:58:16
4	507	Angela Huang	Singapore	04:12:00	138	00:51:04	00:01:19	02:23:21	00:01:22	00:54:51
5	515	Lin Zhiyun	Singapore	04:14:41	149	00:49:06	00:01:06	02:23:56	00:01:21	00:59:09
6	521	Stephanie Wang Tingxi	Singapore	04:18:10	158	00:56:07	00:01:23	02:13:36	00:01:09	01:05:52
7	517	Nor Juliana Ali	Malaysia	04:21:37	174	01:02:14	00:01:00	02:06:54	00:01:29	01:09:57
8	508	Chin Yee Mun	Malaysia	04:27:16	200	01:02:19	00:03:03	02:11:57	00:02:39	01:07:15
9	524	Teryn Tham	Singapore	04:31:54	229	01:02:15	00:02:07	02:13:14	00:01:48	01:12:28
10	518	Qiu Liming	Singapore	04:31:57	230	01:00:48	00:02:00	02:11:25	00:01:36	01:16:05
11	511	Jane Lee Shiao Lin	Singapore	04:35:18	242	00:53:19	00:01:24	02:23:10	00:01:43	01:15:39
12	514	Lim Hui Wen Serene	Singapore	04:43:44	268	01:08:07	00:02:28	02:39:52	00:02:09	00:51:06

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Pos	No	Name	Country	Time	O.Pos	Run 1	T1	Cycle	T2	Run 2
13	516	Nazihah Abdul Ghani	Malaysia	04:50:38	304	01:01:21	00:01:56	02:26:15	00:02:35	01:18:29
14	512	Liew Pik Sun	Malaysia	04:53:28	323	01:04:17	00:02:41	02:20:39	00:02:06	01:23:43
15	525	Wendy Lim Ming Huey	Malaysia	05:08:43	368	01:05:00	00:02:40	02:30:16	00:02:16	01:28:28
16	519	Rachel Vanessa Er	Singapore	05:15:43	380	01:05:40	00:03:19	02:43:34	00:02:20	01:20:47
17	509	Elicia Sue Ee Abdullah	Malaysia	05:36:03	408	01:26:07	00:01:46	02:29:23	00:02:07	01:36:36

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Pos	No	Name	Country	Time	O.Pos	Run 1	T1	Cycle	T2	Run 2
1	330	Patrick Poetzsch	Singapore	03:12:28	11	00:43:36	00:00:54	01:39:12	00:00:50	00:47:53
2	189	Chaikamjorn Chadarak	Thailand	03:15:52	14	00:40:04	00:00:55	01:50:58	00:01:00	00:42:53
3	160	Danny Feng	China	03:19:52	20	00:42:00	00:00:56	01:43:35	00:01:10	00:52:08
4	46	Adrian Mok	Singapore	03:22:53	21	00:45:59	00:00:54	01:43:46	00:01:18	00:50:53
5	261	Pascal Aeschlimann	Switzerland	03:25:04	26	00:46:48	00:00:49	01:47:03	00:00:50	00:49:31
6	166	Koday Senmood	Thailand	03:25:10	27	00:40:04	00:00:53	01:57:24	00:01:31	00:45:14
7	264	Poon Chung Kiat	Singapore	03:25:53	28	00:50:23	00:00:53	01:46:23	00:00:51	00:47:20
8	222	Md Shahrizal Abd Rahman	Malaysia	03:33:26	38	00:45:39	00:01:09	01:53:34	00:01:04	00:51:56
9	328	Lee Kok Hoong ,Nicolas	Malaysia	03:33:53	40	00:48:55	00:01:17	01:54:23	00:01:16	00:47:58
10	202	Lawrence Ng	Singapore	03:37:46	44	00:44:21	00:01:08	01:52:14	00:02:08	00:57:52
11	270	Raymond Lampard	Australia	03:37:53	45	00:43:27	00:00:45	01:47:27	00:01:04	01:05:08
12	159	Damian Baynes	Australia	03:38:15	46	00:45:24	00:01:48	01:44:59	00:02:10	01:03:51
13	212	Lim Chee Loon	Malaysia	03:39:21	47	00:48:54	00:01:29	01:57:15	00:01:48	00:49:51
14	309	Yap Choong Teck	Singapore	03:43:23	57	00:48:12	00:01:23	01:56:59	00:01:32	00:55:14
15	242	Mohd Shahnom Ismail	Malaysia	03:44:59	58	00:44:22	00:01:30	02:01:17	00:01:34	00:56:13
16	164	Eddie Chang Siew Kien	Singapore	03:46:47	65	00:47:05	00:01:30	02:01:25	00:02:10	00:54:34
17	131	Andreas Grob	Switzerland	03:47:13	66	00:49:09	00:01:27	01:49:42	00:01:28	01:05:25
18	291	Simon Lau Chee Kin	Malaysia	03:49:42	70	00:52:06	00:00:59	02:00:15	00:00:58	00:55:21
19	275	Richard Tang	Malaysia	03:49:53	71	00:49:59	00:01:19	01:59:21	00:01:23	00:57:48
20	214	Lim Joo Hock	Malaysia	03:50:14	73	00:48:59	00:01:21	01:57:29	00:01:38	01:00:44
21	229	Mohd Afzanizam Zainal	Malaysia	03:51:26	74	00:45:44	00:01:13	01:58:48	00:02:10	01:03:28

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Pos	No	Name	Country	Time	O.Pos	Run 1	T1	Cycle	T2	Run 2
22	219	Loong Shih Gin, Eugene	Malaysia	03:52:19	76	00:52:07	00:01:31	01:57:31	00:01:33	00:59:34
23	162	Desmond Sim	Singapore	03:52:47	78	00:49:53	00:01:58	01:58:49	00:02:03	01:00:01
24	285	Sean Danny Tan	Singapore	03:54:13	84	00:50:18	00:01:21	01:54:08	00:01:43	01:06:42
25	187	Jeffery Mujah	Malaysia	03:55:37	90	00:43:30	00:01:12	02:00:23	00:01:44	01:08:46
26	313	Yong Wai Cheng	Singapore	03:56:27	92	00:52:57	00:01:33	01:55:29	00:01:59	01:04:26
27	253	Ng Bak Kiong	Malaysia	03:56:32	93	00:47:14	00:01:30	01:56:58	00:01:33	01:09:14
28	311	Yee Kok Meng	Singapore	03:58:36	96	00:53:09	00:01:35	02:02:03	00:01:51	00:59:55
29	331	Tay Choon Wei	Singapore	03:58:58	97	00:51:34	00:01:37	01:57:25	00:01:20	01:07:00
30	294	Stuart Farmer	United Kingdom	03:59:54	100	00:48:28	00:02:09	02:02:29	00:02:02	01:04:43
31	183	James Tan Kim Kiang	Singapore	04:00:16	103	00:49:25	00:01:18	02:01:28	00:01:50	01:06:12
32	194	Ken Lim Hup Kheng	Singapore	04:00:45	105	01:00:38	00:01:59	01:53:01	00:01:40	01:03:25
33	129	Alan Yeap Jin Teong	Malaysia	04:01:02	108	00:49:43	00:01:16	02:00:02	00:01:39	01:08:19
34	186	Jean-Francois Pelland	Canada	04:02:09	111	00:47:04	00:00:58	02:08:55	00:01:18	01:03:50
35	135	Aung Moe	Myanmar	04:03:39	113	00:50:10	00:02:09	02:00:42	00:03:31	01:07:05
36	146	Chan Seong Phun	Malaysia	04:04:34	115	00:57:37	00:01:55	01:52:04	00:01:58	01:10:58
37	171	Frankie Ambrose	Malaysia	04:06:04	118	00:48:26	00:01:14	01:59:12	00:01:53	01:15:17
38	173	Gunaseelan Rajagopal	Malaysia	04:07:29	119	00:46:08	00:01:37	02:13:58	00:01:54	01:03:49
39	128	Abdul Razak Muda	Malaysia	04:09:07	126	00:50:59	00:01:50	02:03:49	00:02:26	01:10:01
40	136	Aw Chong Yee	Singapore	04:09:16	129	00:54:11	00:01:25	02:01:50	00:01:55	01:09:53
41	251	Naresh Kumar Panjimanadan	Malaysia	04:09:58	131	00:43:22	00:01:27	02:25:02	00:01:21	00:58:43
42	276	Roger Choo Jin Beng	Malaysia	04:10:26	134	00:49:23	00:01:14	01:56:41	00:01:30	01:21:34
43	134	Ashley Howlett	Australia	04:10:28	135	00:49:57	00:01:26	01:58:33	00:02:34	01:17:54
44	234	Mohd Fadil Tamago	Malaysia	04:12:38	141	00:51:45	00:02:04	01:56:35	00:02:20	01:19:51
45	271	Raymond Ng Chow Kiong	Malaysia	04:13:11	143	00:48:15	00:01:52	02:06:11	00:02:44	01:14:06
46	211	Liew Chin Ngen	Malaysia	04:14:29	147	00:44:40	00:01:48	02:17:37	00:01:55	01:08:27
47	192	Junaidi Musleh	Malaysia	04:14:36	148	00:54:20	00:00:58	01:56:21	00:01:16	01:21:38
48	181	Izham Che Abdul Hamid	Malaysia	04:15:27	152	00:48:40	00:02:25	02:16:47	00:03:33	01:03:59
49	206	Lee Kian Hwee	Malaysia	04:16:53	154	00:59:28	00:01:52	01:58:41	00:01:26	01:15:24
50	143	Cha Chee Wei	Malaysia	04:17:43	155	00:51:29	00:01:36	01:58:28	00:02:09	01:23:58

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Individuals Category Results

Mens 30 - 39

Pos	No	Name	Country	Time	O.Pos	Run 1	T1	Cycle	T2	Run 2
51	321	Chee See Cheng	Malaysia	04:18:01	157	00:49:52	00:01:34	02:01:38	00:02:41	01:22:14
52	190	Tan Teck Huat	Singapore	04:18:27	160	00:49:50	00:02:04	02:10:07	00:01:58	01:14:26
53	170	Foo En Lin	Malaysia	04:20:40	170	00:55:38	00:01:35	02:03:45	00:01:41	01:17:59
54	424	Joseph Lau	Singapore	04:20:54	171	00:55:44	00:02:17	02:06:00	00:02:37	01:14:14
55	238	Mohd Faizal Maat	Malaysia	04:21:04	172	00:59:08	00:01:39	02:04:58	00:01:45	01:13:33
56	185	Jason Ong	Singapore	04:21:50	176	00:52:16	00:01:50	02:03:38	00:02:10	01:21:53
57	303	Timothy Leong	Malaysia	04:22:30	178	00:53:23	00:01:51	02:06:08	00:02:02	01:19:02
58	287	Shafarudin Awang Kasa	Malaysia	04:22:42	180	00:52:34	00:01:24	02:10:15	00:01:35	01:16:53
59	299	Tan Ji-Loong Alex	Singapore	04:23:14	182	00:59:04	00:01:52	02:10:45	00:02:18	01:09:13
60	201	Lam Weng Yew	Singapore	04:23:18	183	00:50:55	00:02:45	02:07:37	00:02:32	01:19:26
61	155	Chong Wei Siong	Malaysia	04:23:27	184	00:50:01	00:02:39	02:17:08	00:02:37	01:11:00
62	163	Deti Affendi A Kadir	Malaysia	04:24:01	185	00:48:39	00:02:05	02:25:39	00:02:35	01:05:00
63	306	Toh Wee Chung Ram	Singapore	04:24:57	190	00:53:19	00:02:22	02:20:47	00:03:11	01:05:15
64	269	Randy Tan	Malaysia	04:25:27	191	00:56:21	00:01:21	02:04:31	00:01:25	01:21:46
65	301	Teo Chor Howe	Singapore	04:25:39	193	00:55:12	00:02:18	02:12:15	00:03:11	01:12:40
66	310	Yap Kok Hong	Malaysia	04:28:23	204	00:56:23	00:02:54	02:11:39	00:02:14	01:15:10
67	161	Danny Kwan Mun Yan	Malaysia	04:28:31	208	00:55:38	00:01:28	02:10:44	00:01:33	01:19:06
68	314	Zabil Ihram Zainol	Malaysia	04:28:56	210	01:00:32	00:01:50	02:09:34	00:02:14	01:14:44
69	172	Fuad Aliman	Singapore	04:29:12	213	01:04:48	00:03:29	02:35:12	00:02:41	00:42:59
70	217	Loke Jin Hien	Malaysia	04:29:23	214	01:01:13	00:01:42	02:06:21	00:01:58	01:18:06
71	260	Ong Poh Seng	Malaysia	04:30:05	216	00:56:18	00:01:29	02:10:28	00:01:51	01:19:56
72	152	Chin Chee Onn	Malaysia	04:30:19	217	01:03:19	00:02:36	01:47:47	00:02:26	01:34:07
73	205	Lee Kel Vin	Malaysia	04:30:22	218	00:54:53	00:02:32	02:27:22	00:01:24	01:04:07
74	284	Soo Siew Pong	Malaysia	04:30:57	220	00:58:21	00:01:51	02:12:25	00:01:58	01:16:20
75	250	Mustaffa Kamal Ahmad	Malaysia	04:31:00	222	00:58:48	00:01:12	02:02:47	00:02:07	01:26:02
76	319	Zulkifle Hassan	Malaysia	04:31:20	223	00:53:03	00:01:17	02:10:25	00:02:12	01:24:20
77	216	Lim Yanglyn	Malaysia	04:31:30	225	00:59:54	00:02:31	02:10:28	00:02:23	01:16:11
78	237	Mohd Fairuz Iqbal Mohd Akhbar	Malaysia	04:31:32	226	00:50:52	00:03:19	02:13:56	00:04:04	01:19:18
79	139	Azmar Mohd Nor	Malaysia	04:31:35	227	01:00:44	00:03:22	02:05:52	00:03:09	01:18:26

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Individuals Category Results

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Pos	No	Name	Country	Time	O.Pos	Run 1	T1	Cycle	T2	Run 2
80	203	Lee Han Fong	Singapore	04:32:30	231	00:59:54	00:02:59	02:04:54	00:03:28	01:21:13
81	178	Ho Hee Shen	Malaysia	04:33:03	235	00:58:52	00:02:39	02:11:29	00:02:25	01:17:36
82	293	Stuart Allen	United Kingdom	04:33:06	236	01:01:34	00:03:38	02:06:06	00:03:10	01:18:35
83	196	Khairul Ariffin Ibrahim	Malaysia	04:34:07	239	00:59:09	00:02:33	02:10:22	00:02:46	01:19:15
84	209	Leng Keat Seong	Malaysia	04:34:10	240	00:54:10	00:03:01	02:03:26	00:02:07	01:31:23
85	257	Ngin Ping	Singapore	04:35:02	241	00:56:05	00:03:38	02:10:33	00:03:38	01:21:06
86	322	Cheng Seong Wei	Malaysia	04:35:23	243	00:58:22	00:03:09	02:11:13	00:03:18	01:19:18
87	298	Tan Ghee Beng	Malaysia	04:35:56	244	00:55:26	00:02:20	02:21:35	00:02:19	01:14:14
88	147	Cheah Chye Hee	Malaysia	04:36:22	246	00:54:22	00:01:40	02:12:24	00:03:29	01:24:25
89	200	Laif Ahmad Fisal	Malaysia	04:38:13	250	01:01:02	00:02:01	02:09:31	00:02:40	01:22:56
90	327	Kan Chan Yew	Malaysia	04:38:51	252	01:03:03	00:01:41	02:07:38	00:01:37	01:24:50
91	141	Azmil Abdul Latif	Malaysia	04:40:42	258	00:57:01	00:02:54	02:19:57	00:03:06	01:17:42
92	246	Muazam Hadi Muhammad	Malaysia	04:42:27	263	01:03:05	00:02:29	02:10:44	00:02:21	01:23:45
93	154	Chong Kin Fook	Malaysia	04:42:58	265	00:47:41	00:00:53	02:29:52	00:01:52	01:22:38
94	126	Abdul Basir Embong	Malaysia	04:43:58	269	00:55:18	00:01:42	02:18:10	00:03:04	01:25:40
95	174	Hanafi Mohd Nasir	Malaysia	04:44:43	272	01:09:13	00:02:22	02:06:41	00:02:14	01:24:10
96	320	Cheah Kean Seng	Malaysia	04:45:02	274	00:51:22	00:02:21	01:59:28	00:03:23	01:48:27
97	256	Ng Yuk Keong	Malaysia	04:45:09	275	01:07:28	00:02:45	02:07:06	00:03:25	01:24:24
98	175	Harry Shahrizan Romle	Malaysia	04:45:17	276	00:47:17	00:01:21	03:11:45	00:01:07	00:43:45
99	199	Lai Yak Guan	Malaysia	04:45:27	278	01:00:22	00:01:41	02:18:34	00:02:54	01:21:54
100	300	Teh Hock Weng	Malaysia	04:45:57	279	01:01:16	00:02:35	02:15:19	00:03:23	01:23:21
101	326	Hoo Ching Tai	Malaysia	04:46:43	283	00:57:28	00:03:03	02:19:10	00:02:27	01:24:31
102	265	Rahimi Yahya	Malaysia	04:47:27	284	01:00:30	00:02:45	02:14:47	00:02:24	01:26:59
103	153	Chong Chun Cheong	Singapore	04:47:54	286	00:59:19	00:02:34	02:22:20	00:02:28	01:21:10
104	184	Jason Chua Joo Huang	Malaysia	04:48:13	287	01:07:16	00:03:01	02:09:09	00:03:21	01:25:23
105	156	Chris Smith	Singapore	04:48:39	290	01:04:12	00:02:48	02:05:39	00:05:43	01:30:14
106	148	Cheong Peng Kheong	Malaysia	04:48:59	291	01:02:14	00:02:32	02:15:09	00:02:48	01:26:14
107	132	Andrew Loh Lean Hock	Malaysia	04:49:00	292	00:52:38	00:03:05	02:30:12	00:02:25	01:20:38
108	215	Lim Sheau Chau	Malaysia	04:49:20	297	01:05:44	00:02:42	02:07:42	00:03:06	01:30:05

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Individuals Category Results

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Pos	No	Name	Country	Time	O.Pos	Run 1	T1	Cycle	T2	Run 2
109	198	Lai Foo Yuen	Malaysia	04:50:00	300	00:58:38	00:01:56	02:15:50	00:02:29	01:31:04
110	176	Hashim Abd Rahman	Malaysia	04:50:26	303	00:51:09	00:03:19	02:17:08	00:04:24	01:34:24
111	241	Mohd Nizam Abas	Malaysia	04:51:08	309	01:00:02	00:02:28	02:21:27	00:02:55	01:24:13
112	165	Esmenn Mohammad Mokhtar	Malaysia	04:51:18	311	01:00:42	00:03:14	02:11:41	00:02:56	01:32:43
113	288	Shahrin Sapar	Singapore	04:51:31	312	01:03:34	00:02:25	02:17:49	00:02:24	01:25:17
114	289	Shakhir Ishak	Malaysia	04:51:40	313	00:59:07	00:02:03	02:19:28	00:02:10	01:28:49
115	283	Saifullizan Mohd Dahlan	Malaysia	04:51:41	315	01:00:25	00:02:26	02:18:51	00:02:19	01:27:37
116	149	Chew Kar Kin	Malaysia	04:51:52	316	01:04:19	00:02:03	02:16:55	00:03:03	01:25:29
117	144	Chan Chee Ming	Malaysia	04:52:31	319	00:57:56	00:02:51	02:23:36	00:02:34	01:25:32
118	267	Ramadhan Sani Othman	Malaysia	04:53:05	321	01:03:46	00:01:38	02:24:13	00:02:15	01:21:10
119	280	Rusfarizal Rusli	Malaysia	04:53:37	324	01:00:25	00:02:23	02:20:08	00:02:22	01:28:17
120	231	Mohd Azhar Mohd Zin	Malaysia	04:53:40	325	01:03:11	00:01:41	02:20:36	00:01:49	01:26:21
121	210	Leong Teik Hong	Malaysia	04:53:47	326	01:00:03	00:01:31	02:21:02	00:02:00	01:29:08
122	221	Manoharan Pariasamy	Singapore	04:54:20	329	01:04:12	00:03:32	02:24:56	00:02:29	01:19:08
123	325	Ezer Ratchaga	Malaysia	04:54:45	330	00:59:39	00:04:14	02:32:28	00:03:14	01:15:07
124	262	Pathmanath Pandari Nathan	Malaysia	04:55:08	332	00:56:23	00:02:53	02:35:36	00:02:40	01:17:34
125	323	Chooi Jin Sek	Malaysia	04:55:12	334	00:56:51	00:03:24	02:29:36	00:03:59	01:21:19
126	282	Sai Pow Tien	Malaysia	04:55:25	335	01:05:16	00:03:06	02:19:47	00:03:51	01:23:22
127	142	Brian Yang Wai Chee	Malaysia	04:58:00	342	01:01:31	00:02:04	02:22:36	00:02:35	01:29:12
128	277	Romeo Seah	Singapore	04:58:19	343	00:58:51	00:03:38	02:18:25	00:02:50	01:34:33
129	225	Mohamad Faizal Alawi	Malaysia	04:59:48	347	01:01:35	00:02:03	02:25:57	00:02:28	01:27:43
130	223	Mohamad Fadil Abdul Shukor	Malaysia	05:01:12	353	01:09:14	00:04:11	02:13:56	00:03:41	01:30:07
131	138	Azhar Salleh	Malaysia	05:02:28	357	01:05:48	00:02:52	02:21:20	00:02:54	01:29:31
132	167	Fairul Mizam Zamani	Malaysia	05:03:04	359	01:02:52	00:03:31	02:34:27	00:03:52	01:18:19
133	258	Nyan Hooi Hwang	Malaysia	05:09:18	370	01:10:22	00:04:24	02:48:42	00:04:53	01:00:53
134	133	Ariffin Abdullah	Malaysia	05:09:43	371	01:07:06	00:02:20	02:41:06	00:03:58	01:15:10
135	151	Chew Soon Hoor	Malaysia	05:12:30	373	01:01:44	00:02:48	02:34:12	00:02:04	01:31:40
136	145	Chan Khai Yeong	Singapore	05:13:01	375	00:58:04	00:04:37	02:33:49	00:05:06	01:31:23
137	208	Lee Puh Heng	Malaysia	05:13:22	377	01:07:39	00:02:51	02:21:57	00:02:28	01:38:23

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Individuals Category Results

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Pos	No	Name	Country	Time	O.Pos	Run 1	T1	Cycle	T2	Run 2
138	263	Pathmanathan Raju	Malaysia	05:16:25	382	01:11:07	00:02:49	02:31:17	00:02:18	01:28:51
139	137	Azahari Arifin	Malaysia	05:21:37	388	01:13:57	00:02:25	02:21:00	00:03:52	01:40:21
140	296	Tabira Tahir	Malaysia	05:21:37	389	01:03:53	00:02:50	02:33:25	00:02:23	01:39:02
141	315	Zahrul A'shri Jamalodin	Malaysia	05:24:52	394	01:01:08	00:01:53	02:24:29	00:03:40	01:53:40
142	248	Muhammad Zaini Abdullah	Malaysia	05:26:13	397	01:00:45	00:03:41	02:32:09	00:03:41	01:45:55
143	259	Oh Choor Guan	Malaysia	05:29:19	400	01:11:20	00:02:39	02:27:31	00:02:41	01:45:05
144	179	Hong Fan Hoe	Malaysia	05:31:43	404	01:16:49	00:01:57	02:29:35		
145	304	Tin Chee Yee	Singapore	05:33:00	405	00:59:29	00:04:12	02:55:24	00:03:17	01:30:36
146	195	Khairul Anuar Ahmad	Malaysia	05:35:09	407	01:06:09	00:04:34	02:50:39	00:02:43	01:31:00
147	305	Toh Kok Lim	Malaysia	05:36:33	409	01:03:54	00:04:26	02:46:09	00:03:18	01:38:43
148	220	Low Chie Chong	Malaysia	05:37:07	412	01:09:50	00:04:18	02:41:04	00:03:51	01:38:03
149	140	Azmen Alias	Malaysia	05:38:04	414	01:09:58	00:01:21	02:46:44	00:01:33	01:38:26
150	213	Lim Ee-Van	Malaysia	05:42:01	417	01:12:12	00:02:13	02:34:53	00:02:26	01:50:14
151	290	Sharil Sharudin	Malaysia	05:47:21	418	01:09:15	00:03:45	02:25:21	00:04:25	02:04:32
152	245	Mohd Zaki Omar	Malaysia	05:50:26	420	01:04:59	00:02:32	02:55:37	00:03:14	01:44:01

Womens 30 - 39

Pos	No	Name	Country	Time	O.Pos	Run 1	T1	Cycle	T2	Run 2
1	529	Emma Bishop	United Kingdom	03:33:38	39	00:48:23	00:01:16	01:49:52	00:00:58	00:53:06
2	539	Ong Siok Bee	Malaysia	03:58:31	95	00:54:52	00:01:42	01:59:26	00:01:56	01:00:32
3	534	Lesley Tan Li Lian	Malaysia	04:07:36	120	00:51:07	00:01:45	02:11:15	00:01:39	01:01:48
4	540	Oon Lisar	Malaysia	04:10:10	133	00:56:06	00:01:43	02:06:47	00:01:58	01:03:33
5	531	Isobel Barry	United Kingdom	04:12:08	139	00:52:19	00:02:46	02:06:28	00:03:06	01:07:28
6	532	Jacqueline Tan	Singapore	04:21:09	173	00:58:00	00:02:13	02:08:15	00:02:14	01:10:25
7	542	Siew Bee Leng	Singapore	04:24:36	186	00:58:23	00:02:03	02:17:59	00:01:46	01:04:23
8	544	Tan Cheng June	Singapore	04:24:56	189	00:58:32	00:01:30	02:21:02	00:01:15	01:02:34
9	545	Tan Keng Lu	Malaysia	04:26:30	196	00:59:14	00:01:56	02:09:23	00:01:23	01:14:31
10	537	Low Pel Nam	Singapore	04:28:25	205	01:00:55	00:02:10	02:18:42	00:01:59	01:04:36
11	538	Michelle Looi Mei Yan	Malaysia	04:30:29	219	00:53:50	00:01:48	02:15:02	00:01:54	01:17:52

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Pos	No	Name	Country	Time	O.Pos	Run 1	T1	Cycle	T2	Run 2
12	527	Adeline Lee Wai Yee	Malaysia	04:36:15	245	01:04:36	00:04:13	02:11:06	00:02:52	01:13:25
13	533	Jennifer Ng Ai Ling	Malaysia	04:49:48	299	01:05:01	00:01:39	02:25:06	00:01:15	01:16:44
14	546	Tang Sok Teng	Singapore	05:21:02	386	01:05:44	00:03:50	02:41:29	00:02:02	01:27:54
15	528	Eliza Hoh	Singapore	05:29:45	401	01:11:06	00:01:52	02:37:47	00:01:41	01:37:18

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Pos	No	Name	Country	Time	O.Pos	Run 1	T1	Cycle	T2	Run 2
1	384	Simon Cross	Malaysia	03:11:49	10	00:41:05	00:00:48	01:42:39	00:01:00	00:46:14
2	399	Yong Chin Cheng	Malaysia	03:17:53	19	00:42:55	00:01:14	01:44:49	00:01:21	00:47:31
3	402	Muhamad Razani Husain	Malaysia	03:24:37	24	00:41:21	00:01:06	01:49:07	00:01:03	00:51:56
4	370	Charoen Khangkharo	Thailand	03:26:00	29	00:42:28	00:01:09	01:52:28	00:01:14	00:48:38
5	382	Robson Phan	Singapore	03:27:30	30	00:42:50	00:01:02	01:52:22	00:01:02	00:50:13
6	367	Ludek Hudak	Czech Republic	03:29:34	33	00:43:25	00:01:10	01:52:34	00:01:03	00:51:19
7	378	Nippon Suwan	Thailand	03:36:51	43	00:44:35	00:00:56	02:00:49	00:01:12	00:49:17
8	355	Koh Cheong Meng	Malaysia	03:53:21	79	00:52:08	00:01:08	01:54:22	00:01:12	01:04:29
9	347	Ismail Dahalan	Malaysia	03:55:47	91	00:53:16	00:03:02	01:55:31	00:01:52	01:02:04
10	385	Soon Yoeng Shon	Singapore	03:59:59	101	00:53:48	00:01:22	02:06:37	00:01:26	00:56:42
11	349	Jeffrey David Smith	Canada	04:03:41	114	00:50:34	00:03:09	02:02:21	00:04:05	01:03:28
12	358	Lee Hean Cheng	Malaysia	04:07:51	121	00:56:13	00:01:31	02:01:37	00:02:06	01:06:20
13	339	Chee Kai Mun	Malaysia	04:11:20	137	00:54:48	00:01:14	02:11:28	00:01:55	01:01:51
14	369	Michael Ward	United Kingdom	04:12:17	140	00:52:50	00:01:48	02:01:13	00:01:23	01:15:01
15	400	Chris Dyason	Singapore	04:13:34	146	00:56:47	00:02:56	02:02:55	00:02:37	01:08:17
16	403	Tan John Yam	Malaysia	04:14:51	150	00:52:39	00:01:35	02:08:52	00:01:52	01:09:50
17	350	Kamarulzaman Abd Rahman	Malaysia	04:17:52	156	00:54:36	00:03:57	02:08:07	00:03:32	01:07:36
18	373	Ng Yong Seng	Singapore	04:19:19	163	00:58:24	00:01:52	02:06:08	00:02:01	01:10:51
19	391	Toh Kian Huat	Singapore	04:23:04	181	01:00:52	00:01:32	01:59:34	00:01:47	01:19:17
20	377	Pek Wee Haur	Singapore	04:25:34	192	01:01:01	00:02:41	02:07:22	00:01:49	01:12:39
21	383	Santhirakumar Kathan	Malaysia	04:25:48	194	00:56:17	00:02:07	02:17:04	00:02:04	01:08:12
22	381	Robert Chatwin	United Kingdom	04:26:49	199	00:51:19	00:04:40	02:10:43	00:05:21	01:14:43

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Individuals Category Results

Mens 40 - 44

Pos	No	Name	Country	Time	O.Pos	Run 1	T1	Cycle	T2	Run 2
23	351	Kang Swee Hee	Malaysia	04:27:25	201	00:47:22	00:02:28	02:11:05	00:03:26	01:23:02
24	375	Oliver Knott	United Kingdom	04:28:10	203	01:00:42	00:01:56	02:09:00	00:01:55	01:14:34
25	398	Yip Ngan Huen	Malaysia	04:28:28	206	00:58:55	00:02:44	02:09:03	00:02:25	01:15:20
26	396	Yap Eng Leong	Malaysia	04:31:29	224	01:03:05	00:03:06	02:08:17	00:02:51	01:14:08
27	376	Ong Kay Yong Alvin	Singapore	04:33:12	237	01:03:35	00:01:53	02:06:55	00:01:51	01:18:55
28	333	Alex Yeong	Singapore	04:33:19	238	01:00:01	00:02:33	02:18:49	00:01:54	01:09:59
29	390	Thong Thiam Wong	Malaysia	04:38:09	249	00:52:30	00:01:49	02:08:08	00:01:46	01:33:53
30	341	Chin Kok Kai	Singapore	04:39:28	254	00:50:33	00:02:35	02:20:52	00:04:01	01:21:24
31	338	Chan Chee Onn	Malaysia	04:39:37	255	00:51:27	00:01:17	02:28:03	00:03:33	01:15:15
32	356	Kon Mun Cheong	Malaysia	04:40:41	257	00:54:21	00:01:39	02:14:45	00:03:31	01:26:22
33	353	Khairudin Baba	Malaysia	04:41:44	262	01:02:21	00:03:12	02:04:56	00:03:19	01:27:53
34	401	Hoo Ching Cheong	Malaysia	04:45:23	277	01:02:51	00:02:28	02:26:48	00:02:27	01:10:46
35	352	Kelvin Phua	Singapore	04:46:33	282	01:06:21	00:01:53	02:14:24	00:02:17	01:21:36
36	340	Chia Siea Thuang	Malaysia	04:48:14	288	01:02:29	00:04:13	02:22:41	00:03:50	01:14:57
37	344	Gary Hooi Tung Yew	Malaysia	04:48:22	289	01:04:32	00:02:15	02:21:26	00:02:22	01:17:45
38	354	Khazali Harun	Malaysia	04:52:34	320	00:57:01	00:02:58	02:21:59	00:02:43	01:27:50
39	357	Kumuhrizani Yaacob	Malaysia	04:53:23	322	00:55:01	00:01:33	02:16:42	00:01:45	01:38:19
40	395	Wong Fook Seong	Malaysia	04:53:49	327	01:00:16	00:03:38	02:26:18	00:02:45	01:20:49
41	397	Yap Wai Ching	Malaysia	04:54:05	328	01:01:41	00:02:06	03:00:00	00:02:40	00:47:35
42	348	Jasni Bahari	Malaysia	04:59:52	348	01:06:43	00:02:39	02:23:56	00:03:27	01:23:04
43	346	Henry Chin	Malaysia	05:03:30	361	01:02:43	00:02:44	02:30:07	00:04:09	01:23:44
44	364	Lim Ming Huat	Malaysia	05:13:58	379	00:56:47	00:01:42	02:45:49	00:01:44	01:27:53
45	361	Lee Soo Yen	Malaysia	05:16:01	381	01:10:33	00:02:41	02:21:17	00:03:16	01:38:11
46	334	Alfred Pang	Singapore	05:16:42	383	01:10:39	00:04:22	02:28:46	00:04:15	01:28:36
47	343	Eric Tan Boon Hooi	Malaysia	05:20:43	385	01:03:13	00:02:27	02:31:41	00:02:21	01:40:59
48	243	Al-Ishsal Ishak	Malaysia	05:24:47	393	01:06:12	00:02:39	02:29:22	00:03:47	01:42:43
49	359	Lee Kok Cheong	Malaysia	05:30:34	402	01:11:23	00:02:48	02:28:37	00:03:32	01:44:11
50	337	Beh Thiam Choon	Malaysia	05:34:52	406	01:08:04	00:01:53	02:35:30	00:01:56	01:47:27
51	368	Major Kalam Pie RMAF	Malaysia	05:36:41	410	01:06:08	00:02:53	02:46:52	00:01:55	01:38:51

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Individuals Category Results

Mens 40 - 44

Pos	No	Name	Country	Time	O.Pos	Run 1	T1	Cycle	T2	Run 2
52	387	Tan Han Heng	Malaysia	06:18:22	422	00:57:53	00:03:12	03:02:29	00:03:56	02:10:49

Womens 40 - 44

Pos	No	Name	Country	Time	O.Pos	Run 1	T1	Cycle	T2	Run 2
1	548	Carmen Leong	Malaysia	03:54:39	87	00:52:27	00:01:21	02:01:25	00:01:10	00:58:14
2	551	Lau Soh Wai Grace	Singapore	04:04:49	116	00:51:32	00:01:53	02:11:16	00:01:52	00:58:15
3	555	Sabrina Stahl	Germany	04:19:53	166	00:56:25	00:01:55	02:02:05	00:02:23	01:17:03
4	556	Tan Shih Ming	Malaysia	04:43:17	266	00:51:55	00:03:26	02:28:39	00:05:37	01:13:37
5	554	Lynette Lucia Ong Tsu Lyn	Singapore	04:50:08	301	01:03:26	00:02:47	02:20:43	00:02:16	01:20:51
6	543	Nom Rakhadhan	Thailand	04:52:29	318	00:50:54	00:01:52	02:52:44	00:01:55	01:05:02
7	392	Tan Sok Hwa	Singapore	04:58:42	344	01:04:36	00:01:58	02:38:50	00:02:13	01:11:03
8	550	Jolene Hong	Malaysia	05:03:28	360	01:02:45	00:02:41	02:31:14	00:03:10	01:23:34

Mens 45 - 49

Pos	No	Name	Country	Time	O.Pos	Run 1	T1	Cycle	T2	Run 2
1	423	Iwata Takatoshi	Japan	03:30:54	35	00:40:06	00:01:07	02:00:49	00:00:59	00:47:50
2	441	Yap Boon Kheng	Singapore	03:34:27	41	00:41:42	00:01:36	02:00:37	00:01:54	00:48:35
3	419	Bunrit Deerod	Thailand	03:42:25	54	00:43:09	00:02:01	02:04:58	00:01:42	00:50:32
4	412	David John Spence	United Kingdom	03:43:22	56	00:46:59	00:01:44	01:57:18	00:01:16	00:56:01
5	432	Paul Rohwer	Australia	03:45:19	59	00:44:11	00:01:34	01:49:59	00:01:31	01:08:02
6	421	How Choon Kiat	Singapore	03:46:04	62	00:46:49	00:01:38	02:03:23	00:01:29	00:52:42
7	446	Graham Bancroft	Canada	03:48:07	68	00:49:23	00:02:12	01:56:41	00:01:46	00:58:02
8	426	Leong Kam Seng	Malaysia	03:54:12	83	00:52:08	00:01:40	02:01:02	00:01:45	00:57:34
9	440	Yang Changxing	Singapore	03:54:27	86	00:52:22	00:02:26	02:01:31	00:01:50	00:56:16
10	418	Gordon Peter Lindsay Scott	United Kingdom	04:01:30	109	00:56:44	00:02:08	01:59:56	00:01:47	01:00:52
11	431	Paul Lee Boon Haw	Malaysia	04:09:30	130	00:56:16	00:01:44	02:03:28	00:01:20	01:06:40
12	444	Yusran Yusoff	Malaysia	04:10:00	132	00:49:46	00:04:25	02:06:16	00:04:56	01:04:35
13	404	Abdul Hamid Ramli	Malaysia	04:22:36	179	00:54:43	00:01:07	02:08:27	00:01:18	01:16:59
14	408	Cheok Kon Fook	Malaysia	04:24:52	188	00:59:38	00:02:35	02:08:51	00:02:04	01:11:41
15	436	Stephen Keane	Ireland	04:26:21	195	00:53:49	00:03:04	02:17:46	00:03:30	01:08:09

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Individuals Category Results

Mens 45 - 49

Pos	No	Name	Country	Time	O.Pos	Run 1	T1	Cycle	T2	Run 2
16	439	William Chin Wee Lian	Malaysia	04:26:47	198	00:57:48	00:01:31	02:00:16	00:01:29	01:25:40
17	437	Tee Boon Teong	Malaysia	04:27:33	202	00:51:52	00:01:11	02:03:46	00:02:00	01:28:42
18	428	Mahzan Abdul Samad	Malaysia	04:28:30	207	00:57:46	00:02:16	02:28:56	00:02:20	00:57:09
19	429	Ng Kok Beng	Malaysia	04:31:48	228	00:53:54	00:02:38	02:16:48	00:01:58	01:16:27
20	417	Gooh Jin Poey	Malaysia	04:32:41	233	00:50:40	00:02:32	02:29:31	00:02:15	01:07:40
21	406	Ahtapon L	Singapore	04:37:02	247	00:57:19	00:01:41	02:21:23	00:02:32	01:14:03
22	438	Wee Peng Choon	Singapore	04:38:31	251	00:59:23	00:02:30	02:12:09	00:02:43	01:21:43
23	427	Leong Wan Heng	Malaysia	04:39:01	253	01:01:04	00:01:15	02:47:34	00:02:12	00:46:53
24	414	Eugene Seah	Singapore	04:42:42	264	01:03:33	00:03:38	02:05:30	00:03:37	01:26:20
25	425	Koo Choon Seng	Malaysia	04:45:57	280	00:59:33	00:03:25	02:21:14	00:03:48	01:17:54
26	434	Renaud Massenet	France	04:49:14	295	01:00:26	00:06:31	02:07:18	00:05:44	01:29:13
27	69	Sam Cheah	Singapore	04:50:23	302	01:02:02	00:02:27	02:26:19	00:02:21	01:17:12
28	445	Zakaria Fadzil	Malaysia	04:52:16	317	00:57:04	00:02:48	02:21:23	00:03:15	01:27:44
29	443	Yew Peng Seng	Malaysia	04:59:14	345	00:59:19	00:03:37	02:25:15	00:04:34	01:26:26
30	409	Cheong Yau Choy	Malaysia	04:59:56	349	01:04:54	00:02:51	02:12:50	00:02:59	01:36:19
31	410	Choo Tee Kuang	Malaysia	05:00:23	350	01:03:55	00:02:18	02:26:34	00:02:24	01:25:09
32	435	Rosli Yaacob	Malaysia	05:02:18	355	01:01:38	00:03:46	02:30:06	00:04:25	01:22:21
33	407	Chan Chee Seong	Malaysia	05:04:14	363	00:57:40	00:03:03	02:39:27	00:02:00	01:22:00
34	420	Henry Tan Gim Chuan	Singapore	05:13:01	376	01:04:55	00:03:52	02:19:38	00:03:56	01:40:38
35	430	Ong Siew Chin	Malaysia	05:21:25	387	01:04:40	00:03:05	02:27:34	00:02:09	01:43:54
36	422	Ishak Ibrahim	Malaysia	05:31:19	403	01:10:53	00:03:40	02:26:13	00:02:47	01:47:43
37	411	Collin Koh Kok Wee	Singapore	05:37:37	413	00:56:03	00:02:54	03:11:19	00:01:59	01:25:19
38	442	Yeong Thin Seong	Malaysia	05:39:18	415	01:08:17	00:02:15	02:47:32	00:03:16	01:37:55
39	447	Rosli Abdul Hamid	Malaysia	05:49:43	419	01:13:19	00:02:37	02:40:37	00:02:36	01:50:31
40	415	Foo Hwa Hong	Malaysia	05:51:53	421	00:59:15	00:04:16	03:03:24	00:02:43	01:42:13

Womens 45 - 49

Pos	No	Name	Country	Time	O.Pos	Run 1	T1	Cycle	T2	Run 2
1	559	Jacqui Saffery	United Kingdom	03:54:15	85	00:53:26	00:01:42	02:00:42	00:01:17	00:57:06

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Individuals Category Results

Womens 45 - 49

Pos	No	Name	Country	Time	O.Pos	Run 1	T1	Cycle	T2	Run 2
2	560	Mika Kume	Japan	04:09:12	127	00:50:04	00:02:34	02:13:39	00:03:06	00:59:46
3	558	Agnes Tee Yoke Loi	Malaysia	04:19:57	167	00:54:05	00:02:32	02:20:22	00:02:58	00:59:57

Mens 50 - 59

Pos	No	Name	Country	Time	O.Pos	Run 1	T1	Cycle	T2	Run 2
1	461	Don Khor Ngee Leong	Malaysia	03:31:42	36	00:43:12	00:01:14	01:57:13	00:01:20	00:48:41
2	471	Lok Chan Chuen	Malaysia	03:41:10	52	00:50:33	00:01:45	01:53:16	00:01:41	00:53:51
3	481	Victor Chan	Singapore	03:46:08	63	00:52:31	00:02:38	01:58:13	00:01:33	00:51:09
4	476	Sam Shinichi Matsunaga	Japan	03:53:58	82	00:55:15	00:00:47	01:55:14	00:00:51	01:01:48
5	474	Ong Boon Hin	Malaysia	03:59:44	98	00:54:57	00:01:49	02:02:23	00:01:37	00:58:55
6	393	Sopon Ampamanee	Thailand	03:59:50	99	00:47:28	00:01:53	02:03:50	00:01:54	01:04:42
7	468	Liau Ang Hock	Malaysia	04:00:13	102	00:50:07	00:02:27	02:04:56	00:03:32	00:59:08
8	482	Yap Aik Tong	Malaysia	04:00:49	106	00:52:12	00:01:23	01:54:25	00:01:31	01:11:15
9	473	Mohd Radzi Dahalan	Malaysia	04:01:59	110	00:48:01	00:01:17	02:11:33	00:01:33	00:59:32
10	466	Lee Pang Hong	Malaysia	04:08:20	123	00:51:05	00:02:06	02:12:30	00:02:25	01:00:12
11	456	Chong Him Shoong	Malaysia	04:09:15	128	00:54:12	00:02:10	02:02:34	00:02:14	01:08:02
12	449	Sompong Pattanapran	Thailand	04:18:25	159	00:56:22	00:01:22	02:03:23	00:01:36	01:15:39
13	485	Ngae Koh Hieng	Malaysia	04:21:39	175	00:58:08	00:02:59	02:07:05	00:01:44	01:11:40
14	464	Lee Ah Seng	Malaysia	04:29:00	211	01:01:48	00:05:31	02:10:23	00:03:47	01:07:28
15	463	Kwek Hiok Chew	Singapore	04:29:52	215	00:53:52	00:03:05	02:13:17	00:02:44	01:16:51
16	460	Freddie Low Han Chung	Malaysia	04:40:31	256	01:04:32	00:03:03	02:13:57	00:02:26	01:16:31
17	450	Ahmad Jauhari Yahya	Malaysia	04:40:47	259	00:56:43	00:01:55	02:15:34	00:03:05	01:23:28
18	454	Cheong Thoo Heng	Malaysia	04:50:39	305	01:02:06	00:01:45	02:22:35	00:01:46	01:22:25
19	470	Lim Kim Keong	Malaysia	04:50:53	307	00:58:01	00:03:00	02:24:46	00:02:59	01:22:04
20	469	Liew Shin Seng	Malaysia	04:55:05	331	00:57:26	00:02:27	02:19:53	00:03:13	01:32:02
21	455	Chin Peng Wah	Malaysia	04:56:24	337	01:00:14	00:01:43	03:05:08	00:01:49	00:47:27
22	467	Lee Woon Khow	Malaysia	04:56:35	338	00:54:49	00:04:01	02:35:17	00:04:18	01:18:07
23	472	Mohamed Haji Che Hussein	Malaysia	04:57:32	341	01:04:27	00:03:02	02:17:07	00:03:30	01:29:22
24	451	Andy Ng Lian Kee	Singapore	05:00:49	351	01:02:19	00:04:44	02:26:26	00:04:31	01:22:45

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Individuals Category Results

Mens 50 - 59

Pos	No	Name	Country	Time	O.Pos	Run 1	T1	Cycle	T2	Run 2
25	448	Abdul Halim Jantan	Malaysia	05:04:06	362	01:09:39	00:03:14	02:23:56	00:02:53	01:24:21
26	465	Lee Joen Yen	Singapore	05:07:13	366	01:03:40	00:02:57	02:19:09	00:03:05	01:38:19
27	480	Tony Quay Peng Kim	Malaysia	05:07:36	367	01:01:37	00:02:26	02:25:38	00:02:53	01:34:59
28	483	Yeap Poh Keat	Malaysia	05:09:02	369	00:54:10	00:03:31	02:40:27	00:02:51	01:28:01
29	457	Chua Song Cher	Singapore	05:12:41	374	01:05:03	00:03:35	02:30:01	00:03:12	01:30:48
30	452	Arjunan Muniandy	Malaysia	05:13:47	378	01:02:48	00:05:01	02:35:14	00:03:07	01:27:34
31	462	Kok Hong Sing	Malaysia	05:22:38	390	01:02:03	00:02:52	02:37:13	00:04:17	01:36:10
32	484	Zulkifly Tajudin	Malaysia	05:25:37	395	01:14:49	00:05:27			01:03:54
33	459	Foo Chee Peng	Malaysia	05:26:25	398	01:09:41	00:02:48	02:19:59	00:03:27	01:50:27

Womens 50 - 59

Pos	No	Name	Country	Time	O.Pos	Run 1	T1	Cycle	T2	Run 2
1	563	Yvonne Yip Yuet Yong	Singapore	04:32:50	234	00:53:53	00:02:54	02:09:06	00:02:30	01:24:24
2	561	Ayeshea Ching Abdullah	Malaysia	05:36:48	411	01:08:24	00:03:17	02:33:30	00:02:35	01:49:00

Mens 60 & above

Pos	No	Name	Country	Time	O.Pos	Run 1	T1	Cycle	T2	Run 2
1	491	Kapt(B) Abdul Hamid Aris	Malaysia	04:30:57	221	00:52:14	00:01:56	02:16:45	00:01:28	01:18:31
2	493	Loe Hock Guan	Malaysia	04:32:35	232	00:52:32	00:02:10	02:25:03	00:02:25	01:10:22
3	489	Dr M Sharkawi Jaya	Malaysia	04:55:32	336	01:05:06	00:01:38	02:21:33	00:03:05	01:24:07
4	487	Abdul Rahim Anuar	Malaysia	04:56:50	339	01:10:54	00:03:07	02:24:22	00:04:11	01:14:13
5	488	Abdul Razak Zainuddin	Malaysia	05:24:22	392	01:10:14	00:02:42	02:43:53	00:02:11	01:25:20