

Powerman Malaysia

Sprint Category Results

Mens Sprint

Pos	No	Name	Country	Time	O.Pos	Run 1	T1	Cycle	T2	Run 2
1	679	Michael Dohse	Germany	01:42:46	1	00:23:32	00:00:46	00:54:31	00:00:41	00:23:14
2	651	Jeroni Perello Bisañez	Spain	01:43:12	2	00:20:54	00:00:54	00:56:45	00:01:06	00:23:31
3	698	Muhammad Mukhlis Alias	Malaysia	01:44:24	3	00:22:53	00:01:02	00:54:28	00:00:49	00:25:09
4	633	Christopher Williams	Malaysia	01:45:14	4	00:23:02	00:00:51	00:56:56	00:00:49	00:23:34
5	674	Md Fitri Samian	Malaysia	01:49:53	5	00:22:40	00:01:08	01:01:09	00:01:03	00:23:52
6	707	Patrick Ling Sayeng	Malaysia	01:50:47	6	00:26:08	00:01:08	00:52:50	00:01:18	00:29:20
7	615	B Shanmugam	Singapore	01:50:53	7	00:22:10	00:01:27	01:03:33	00:01:22	00:22:19
8	606	Ahmad Lamchannak	Morocco	01:51:10	8	00:18:31	00:00:42	01:12:47	00:00:39	00:18:28
9	733	VJ Varada	Singapore	01:51:57	9	00:22:41	00:01:07	00:58:33	00:01:00	00:28:32
10	717	Raimi Abd Razak	Malaysia	01:52:34	10	00:24:32	00:01:20	00:54:11	00:01:11	00:31:16
11	672	Mazlan Jemaan	Malaysia	01:56:16	12	00:22:33	00:00:58	01:04:00	00:01:18	00:27:25
12	603	Ahmad Bukhari Harun	Malaysia	01:56:31	13	00:23:06	00:01:28	01:06:40	00:01:12	00:24:01
13	673	Md Fitri Mustaffar Kamar	Malaysia	01:57:01	14	00:24:30	00:00:57	01:01:12	00:01:09	00:29:10
14	635	Cyril Loo	Malaysia	01:57:50	15	00:24:05	00:01:41	01:01:30	00:01:31	00:28:59
15	720	Raja Muhammad Ikhwan	Malaysia	01:59:43	19	00:24:51	00:01:22	00:59:24	00:01:27	00:32:37
16	738	Yew Yin Yong	Malaysia	02:00:25	20	00:25:39	00:01:45	01:04:34	00:01:05	00:27:18
17	686	Mohd Hafdzuan Adzmi	Malaysia	02:04:03	22	00:26:41	00:01:27	01:07:04	00:01:03	00:27:46
18	637	Dave Lem	Singapore	02:04:46	23	00:25:28	00:01:22	01:07:36	00:01:04	00:29:13
19	639	Dominic Ang Ding Xiong	Malaysia	02:06:10	24	00:26:44	00:01:40	01:05:36	00:01:33	00:30:34
20	640	Evan Shoemaker	Canada	02:06:12	25	00:26:11	00:01:45	01:07:20	00:01:50	00:29:04
21	619	Brendan Mervyn Gin	Australia	02:06:24	26	00:30:07	00:01:30	01:00:55	00:01:27	00:32:22
22	646	Thirawat Songsuk	Thailand	02:08:55	27	00:25:08	00:01:18	01:05:30	00:01:52	00:35:04
23	708	Paul Lo Kean Poh	Malaysia	02:09:05	28	00:27:01	00:01:10	01:09:32	00:01:37	00:29:43
24	650	Jamahari Narawi	Malaysia	02:09:45	29	00:25:43	00:01:31	01:09:25	00:01:19	00:31:44
25	623	Chan Ee Piau	Malaysia	02:11:46	31	00:30:44	00:03:12	01:02:37	00:01:55	00:33:16
26	653	Juan Ignacio Martitegui	Argentina	02:12:02	32	00:26:57	00:02:07	01:08:01	00:01:24	00:33:29
27	787	Wong Kin Seong	Malaysia	02:12:10	33	00:28:47	00:01:30	01:04:52	00:01:40	00:35:19
28	688	Mohd Izany Arha Abdul Rahim	Malaysia	02:12:30	34	00:26:43	00:01:50	01:09:07	00:01:12	00:33:34
29	789	Salman Ali Shariati Abdul Halim	Malaysia	02:13:07	35	00:28:44	00:01:12	01:07:15	00:00:52	00:35:01

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Sprint Category Results

Mens Sprint

Pos	No	Name	Country	Time	O.Pos	Run 1	T1	Cycle	T2	Run 2
30	791	Ernest Balasingam	Malaysia	02:13:51	37	00:29:21	00:01:57	01:06:53	00:01:42	00:33:54
31	730	Tan Soon How Gary	Malaysia	02:16:55	40	00:28:59	00:02:54	01:02:51	00:02:30	00:39:38
32	642	Ganesan Sivanandam	Malaysia	02:17:02	41	00:27:22	00:02:31	01:06:13	00:01:58	00:38:55
33	630	Cheong Hoe Jun	Malaysia	02:17:52	43	00:29:08	00:01:43	01:05:44	00:02:06	00:39:08
34	661	Liew Kok Meng	Malaysia	02:20:05	46	00:32:21	00:01:56	01:02:25	00:02:14	00:41:04
35	621	Chan Chee Meng	Malaysia	02:20:09	47	00:28:40	00:03:35	01:03:54	00:03:20	00:40:37
36	710	Phuah Kok Eng	Malaysia	02:20:12	48	00:33:15	00:02:57	01:03:49	00:03:11	00:36:57
37	732	Toh Woon Sen, Vincent	Singapore	02:20:27	49	00:29:24	00:01:41	01:09:03	00:02:41	00:37:35
38	724	Satinderpal Singh Sandhu	Singapore	02:20:31	51	00:28:29	00:02:47	01:10:03	00:02:30	00:36:40
39	741	Zaharin Zulkifli	Malaysia	02:20:34	52	00:30:17	00:01:33	01:12:27	00:01:49	00:34:24
40	728	Tan Eng Kheng	Malaysia	02:20:37	53	00:28:14	00:01:41	01:19:25	00:01:42	00:29:32
41	695	Muhammad Fitri Saharil	Malaysia	02:21:20	54	00:28:43	00:01:11	01:07:20	00:01:00	00:43:04
42	699	Muhammad Zulhusni Mohamad	Malaysia	02:22:34	56	00:35:36	00:01:27	01:01:25	00:01:11	00:42:53
43	624	Chan Keang Soon	Malaysia	02:22:46	57	00:31:25	00:01:05	01:02:45	00:01:16	00:46:12
44	713	Poh Leong Hock	Singapore	02:23:07	58	00:31:07	00:02:17	01:12:13	00:02:46	00:34:42
45	643	Gibi Joseph Jacob	Singapore	02:24:11	60	00:29:40	00:04:20	01:16:12	00:03:11	00:30:45
46	665	Loo Chee Chuan	Malaysia	02:24:27	62	00:27:58	00:01:21	01:17:31	00:01:15	00:36:18
47	740	Yong Yee Wan	Malaysia	02:26:00	64	00:34:31	00:02:39	01:06:45	00:01:53	00:40:07
48	689	Mohd Jufri Mohd Din	Malaysia	02:26:05	65	00:31:13	00:01:37	01:12:37	00:02:48	00:37:47
49	616	Bahri Mohd Aris	Malaysia	02:26:09	66	00:34:10	00:02:20	01:09:09	00:02:33	00:37:54
50	729	Tan Han Bin	Malaysia	02:26:47	67	00:33:47	00:02:54	01:05:14	00:03:22	00:41:28
51	718	Raizal Faris Mustaffa Kamal	Malaysia	02:27:16	68	00:32:23	00:03:54	01:15:05	00:02:49	00:33:02
52	685	Mohd Shahrol Mat Saad	Malaysia	02:28:18	69	00:29:45	00:01:25	01:01:49	00:02:04	00:53:11
53	602	Afiq Faisal Ramli	Malaysia	02:29:12	71	00:31:48	00:02:33	01:14:56	00:02:18	00:37:35
54	604	Ahmad Danyal Mohd Jamil	Malaysia	02:29:24	72	00:30:45	00:02:30	01:14:54	00:02:15	00:38:57
55	696	Muhammad Irwan Yusuf Abdullah	Malaysia	02:30:29	74	00:29:00	00:01:28	01:07:28	00:01:10	00:51:20
56	716	Rahizan Che Lah	Malaysia	02:31:33	76	00:39:02	00:01:14	01:07:26	00:01:34	00:42:14
57	726	Shawn Yip Yik Yee	Singapore	02:31:37	77	00:31:47	00:01:51	01:14:53	00:01:56	00:41:07
58	727	Srethararaj Nadarajah	Malaysia	02:32:28	78	00:33:51	00:02:06	01:11:49	00:03:30	00:41:09

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Mens Sprint

Pos	No	Name	Country	Time	O.Pos	Run 1	T1	Cycle	T2	Run 2
59	703	Nur Danial Kalam	Malaysia	02:33:37	81	00:37:58	00:01:37	01:08:43	00:01:29	00:43:47
60	737	Wong Yinn Pin	Malaysia	02:34:04	83	00:28:03	00:03:47	01:22:44	00:02:21	00:37:05
61	706	Patrick Foo	Malaysia	02:34:10	84	00:34:16	00:02:11	01:04:50	00:03:16	00:49:35
62	705	Ong Huan Khee	Singapore	02:34:12	85	00:31:14	00:03:27	01:09:35	00:03:32	00:46:21
63	647	Hisham Muhir Alang Osman	Malaysia	02:34:40	87	00:32:15	00:03:20	01:18:42	00:03:18	00:37:02
64	669	Marc Wayne Jacob	Singapore	02:34:44	88	00:31:34	00:01:30	01:27:15	00:01:19	00:33:02
65	652	Johnson Dan Jacob	Singapore	02:34:46	89	00:31:36	00:03:11	01:25:50	00:03:30	00:30:38
66	622	Chan Chee Pong	Malaysia	02:34:51	90	00:33:52	00:02:29	01:20:00	00:02:19	00:36:08
67	715	Rafiq Khan	Malaysia	02:34:55	91	00:39:59	00:02:09	01:06:57	00:01:58	00:43:49
68	743	Zamzammi Abdul Malik	Malaysia	02:35:29	93	00:38:06	00:01:30	01:13:24	00:01:43	00:40:42
69	634	Chu Hon Fei	Malaysia	02:35:33	94	00:35:03	00:02:27	01:14:00	00:02:33	00:41:26
70	625	Chan Weng Kwai	Malaysia	02:35:37	95	00:33:46	00:02:24	01:19:43	00:02:48	00:36:53
71	628	Chee Thiam Sin	Malaysia	02:36:46	96	00:33:05	00:03:10	01:12:24	00:01:50	00:46:14
72	746	Zulkefli Muhammad	Malaysia	02:38:30	98	00:36:00	00:02:16	01:11:52	00:02:06	00:46:12
73	704	Ong Han Vi	Malaysia	02:38:40	100	00:37:28	00:01:23	01:16:02	00:01:04	00:42:40
74	608	Ahmad Muzaffar Ikram Mustaffa	Malaysia	02:38:55	102	00:34:31	00:01:24	01:12:31	00:02:39	00:47:46
75	627	Chang Kim Siew	Malaysia	02:39:20	103	00:36:28	00:02:57	01:12:16	00:04:28	00:43:07
76	607	Ahmad Muazzam Iman Mustaffa	Malaysia	02:39:46	104	00:36:01	00:01:36	01:13:39	00:02:10	00:46:16
77	641	Francis Hawtyn Cobb	Malaysia	02:40:00	105	00:37:30	00:01:24	01:13:10	00:02:55	00:44:58
78	631	Chin Swee Sang	Singapore	02:40:26	106	00:33:14	00:03:07	01:20:13	00:02:29	00:41:21
79	739	Yong Fatt Seng	Malaysia	02:40:42	108	00:33:48	00:02:48	01:20:29	00:01:55	00:41:39
80	735	Wan Mohamed Nazim	Malaysia	02:41:53	110	00:34:03	00:02:24	01:14:55	00:02:12	00:48:17
81	617	Benjamin Neson Boey	Malaysia	02:42:11	111	00:38:27	00:02:33	01:16:51	00:01:30	00:42:47
82	664	Loh Kian Lai	Malaysia	02:42:16	112	00:37:48	00:02:58	01:12:52	00:01:57	00:46:37
83	678	Michael Beh Chong Fah	Malaysia	02:43:06	113	00:39:00	00:02:28	01:02:19	00:03:13	00:56:02
84	694	Muhammad Azmil Al Aswad	Malaysia	02:43:13	115	00:36:24	00:02:35	01:12:19	00:02:33	00:49:19
85	692	Mohd Ramzan Azis	Malaysia	02:43:32	117	00:36:03	00:01:22	01:15:18	00:01:21	00:49:25
86	658	Lam Chee Long	Singapore	02:44:57	118	00:36:25	00:03:26	01:18:55	00:03:21	00:42:48
87	711	Phuan Soon Lip	Malaysia	02:45:34	119	00:37:42	00:02:03	01:18:04	00:02:00	00:45:42

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Sprint Category Results

Mens Sprint

Pos	No	Name	Country	Time	O.Pos	Run 1	T1	Cycle	T2	Run 2
88	712	Phuan Soon Seong	Malaysia	02:45:35	120	00:30:43	00:01:20	01:19:23	00:01:13	00:52:52
89	670	Mat Isa Osman	Malaysia	02:46:17	121	00:36:20	00:02:27	01:20:20	00:02:39	00:44:28
90	667	Mahizzan Mohd Fadzil	Malaysia	02:47:47	122	00:38:20	00:03:31	01:09:41	00:03:21	00:52:51
91	620	Chai Jone Fuu	Malaysia	02:49:44	123	00:37:32	00:03:22	01:17:33	00:02:54	00:48:20
92	681	Mohamad Damshal Awang Damit	Malaysia	02:51:12	124	00:39:21	00:05:04	01:13:56	00:03:47	00:49:00
93	605	Ahmad Ismail	Malaysia	02:51:57	125	00:40:38	00:02:44	01:12:06	00:02:22	00:54:05
94	734	Wan Ahmad Wan Jusoh	Malaysia	02:52:56	126	00:37:53	00:02:13	01:13:39	00:03:41	00:55:28
95	645	Harman Faiz Habib Muhamad	Malaysia	02:54:11	128	00:46:16	00:03:00	01:15:39	00:02:30	00:46:43
96	632	Chin Vee Onn	Malaysia	02:55:10	129	00:38:38	00:02:26	01:16:50	00:02:39	00:54:34
97	655	Koh Chun Hoh	Malaysia	02:56:03	130	00:38:04	00:05:22	01:26:01	00:02:59	00:43:35
98	611	Alauddin Kamaruddin	Malaysia	02:59:27	131	00:44:26	00:05:58	01:20:04	00:04:17	00:44:40
99	601	Affendy Nanyan	Malaysia	03:00:50	133	00:40:54	00:03:21	01:19:38	00:02:26	00:54:30
100	613	Azly Ahmad Anwar	Malaysia	03:02:58	134	00:42:18	00:01:52	01:21:33	00:02:32	00:54:39
101	702	Noor Mohd Helmi Nong Hadzmi	Malaysia	03:04:28	136	00:39:33	00:03:14	01:31:43	00:01:27	00:48:28
102	775	Mohd Dayan Kalam	Malaysia	03:12:38	137	00:46:14	00:01:25	01:30:31	00:01:56	00:52:29
103	663	Lim Kin Kok	Malaysia	03:16:05	139	00:48:54	00:04:06	01:18:30	00:04:21	01:00:10
104	629	Cheng Chin Kheon, Jeffrey	Malaysia	03:17:10	140	00:40:34	00:02:34	01:33:26	00:02:29	00:58:04
105	709	Philip Fong	Malaysia	03:22:46	141	00:30:10	00:01:20	02:01:35	00:01:21	00:48:16
106	614	Azman Mohd Sulong	Malaysia	03:24:28	142	00:52:11	00:02:18	01:33:52	00:01:55	00:54:10
107	660	Liaw Yong Ming	Malaysia	03:24:42	143	00:38:24	00:01:59	01:49:57	00:01:38	00:52:40
108	793	Md Isa Bahari	Malaysia	03:26:50	144	00:53:57	00:03:10	01:23:19	00:02:43	01:03:38
109	742	Zahrain Hamdan	Malaysia	03:55:54	145	00:44:10	00:02:10	02:00:08	00:03:19	01:06:03

Womens Sprint

Pos	No	Name	Country	Time	O.Pos	Run 1	T1	Cycle	T2	Run 2
1	751	Christina Liew	Australia	01:53:29	11	00:26:51	00:01:23	00:55:43	00:01:02	00:28:26
2	772	Ng Sun Nee	Malaysia	01:58:28	16	00:26:22	00:01:12	01:03:50	00:00:58	00:26:03
3	750	Christina Ledig	Singapore	01:59:28	17	00:24:04	00:01:11	01:08:13	00:01:12	00:24:47
4	785	Veron Uhen	Malaysia	02:03:19	21	00:27:06	00:01:31	01:01:21	00:01:17	00:32:01

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Sprint Category Results

Womens Sprint

Pos	No	Name	Country	Time	O.Pos	Run 1	T1	Cycle	T2	Run 2
5	770	Lynn Guan Yoke Ling	Malaysia	02:11:43	30	00:27:17	00:01:46	01:08:47	00:01:00	00:32:52
6	755	Elaine Lee Kah Wai	Singapore	02:13:18	36	00:28:35	00:01:32	01:08:46	00:01:29	00:32:52
7	766	Leong May Han	Singapore	02:15:19	38	00:29:26	00:01:34	01:09:41	00:01:08	00:33:28
8	753	Donna Carmen Distant	Singapore	02:15:42	39	00:29:04	00:01:20	01:08:48	00:01:44	00:34:44
9	781	Tan Chin Chin	Malaysia	02:17:25	42	00:30:15	00:01:14	01:12:40	00:00:51	00:32:22
10	754	Ee Beng Mei	Malaysia	02:18:28	44	00:30:49	00:01:27	01:09:08	00:02:03	00:34:58
11	757	Eunice Leng Qi Wei	Singapore	02:18:32	45	00:30:12	00:01:19	01:13:05	00:01:13	00:32:40
12	794	Phimsujee Suwan	Thailand	02:20:29	50	00:28:09	00:01:09	01:22:29	00:01:16	00:27:23
13	765	Khoo Yi Hui Sharon	Singapore	02:23:19	59	00:34:09	00:02:20	01:10:01	00:01:41	00:35:05
14	788	Loke Soh Kim	Malaysia	02:24:24	61	00:34:15	00:01:06	01:09:31	00:01:08	00:38:21
15	780	Sun Yoke Kuan	Malaysia	02:25:55	63	00:31:43	00:03:09	01:13:04	00:03:41	00:34:14
16	783	Tanja Ursula Urbancic	Canada	02:29:32	73	00:31:37	00:02:02	01:15:50	00:01:49	00:38:11
17	778	Sharon Teng	Singapore	02:32:55	80	00:36:55	00:01:45	01:10:13	00:01:59	00:42:00
18	769	Lydia Tan Shenh Ai	Malaysia	02:33:59	82	00:28:38	00:02:10	01:11:01	00:03:19	00:48:48
19	767	Lim Geh Geok	Singapore	02:34:26	86	00:35:29	00:01:47	01:15:51	00:01:10	00:40:07
20	748	Audrey Tan	Singapore	02:35:15	92	00:31:45	00:01:22	01:23:20	00:01:37	00:37:08
21	761	Han Mee Lan	Malaysia	02:38:03	97	00:35:10	00:01:36	01:22:11	00:01:49	00:37:14
22	784	Teh Yee Vonne	Malaysia	02:38:35	99	00:31:41	00:02:16	01:19:32	00:01:22	00:43:41
23	760	Grace Ong Xuelin	Singapore	02:38:48	101	00:33:09	00:02:27	01:12:08	00:01:52	00:49:10
24	756	Elena Lim	Singapore	02:40:38	107	00:33:33	00:02:53	01:23:54	00:02:36	00:37:39
25	786	Wong Yit Thing	Malaysia	02:41:26	109	00:35:48	00:02:41	01:20:00	00:02:23	00:40:31
26	771	Mary Margaret Jaya	Canada	02:43:09	114	00:37:56	00:01:34	01:19:20	00:01:04	00:43:11
27	749	Cheryl Hawkins	USA	02:43:22	116	00:38:08	00:02:59	01:13:22	00:03:09	00:45:40
28	752	Cindy Lim Puek Keng	Singapore	02:53:22	127	00:35:47	00:02:11	01:30:38	00:02:06	00:42:37
29	776	Selina Yeo Ying Ying	Singapore	03:00:48	132	00:37:16	00:03:54	01:15:41	00:03:43	01:00:12
30	763	Karen Ang Ai Li	Malaysia	03:03:45	135	00:36:16	00:01:22	01:33:06	00:01:51	00:51:07
31	779	Siti Hajar Mohamad	Malaysia	03:13:04	138	00:38:35	00:03:58	01:37:47	00:02:31	00:50:09

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Sprint Category Results

Sprint Relay

Pos	No	Name	Country	Time	O.Pos	Run 1	T1	Cycle	T2	Run 2
1	797	MCB - Prakash Sothivadivel	Malaysia	01:59:41	18	00:28:47	00:00:51	00:59:40	00:00:51	00:29:28
2	795	MCB - Mohd Rizal Ezuan Abu Hassan	Malaysia	02:21:51	55	00:35:09	00:01:33	01:08:30	00:00:54	00:35:42
3	798	MCB - Ahmad Abu Seman	Malaysia	02:28:35	70	00:31:16	00:01:01	01:05:07	00:02:09	00:49:00
4	796	MCB - Ainul Azman	Malaysia	02:31:29	75	00:37:07	00:00:57	01:08:19	00:01:27	00:43:36
5	799	MCB - Shaharudin Mohamad	Malaysia	02:32:34	79	00:38:57	00:01:07	01:08:04	00:01:49	00:42:35