

KUALA LUMPUR STANDARD CHARTERED MARATHON 2020
Running Clinic 1
Date: 23 February 2020 / Venue: Taman Bukit Jalil

Name	Bib.#	Gender	1.35km Time	1.35km Pace	2.7km Time	2.7km Pace	4.05km Time	4.05km Pace	5.4km Time	5.4km Pace	6.75km Time	6.75km Pace	8.1km Time	8.1km Pace	9.45km Time	9.45km Pace	10.8km Time	10.8km Pace	12.15km Time	12.15km Pace	13.5km Time	13.5km Pace	
ABDUL MUHAMMID BIN AMRAN	047	Male	00:11:42	8:39 min/km	00:23:33	8:43 min/km	00:36:25	8:59 min/km	00:48:52	9:02 min/km	01:03:25	9:23 min/km	01:16:08	9:23 min/km									
ABDULLAH BIN AB WAHAB	162	Male	00:11:33	8:32 min/km	00:22:45	8:25 min/km	00:33:47	8:25 min/km	00:44:50	8:18 min/km	00:56:18	8:20 min/km	01:07:47	8:22 min/km									
ADIL JAMSHAD	022	Male	00:09:11	6:47 min/km	00:18:26	6:49 min/km	00:28:35	7:03 min/km	00:39:01	7:13 min/km	00:51:07	7:34 min/km	01:01:18	7:34 min/km									
AHMAD FITRI	143	Male	00:11:09	8:15 min/km	00:22:21	8:16 min/km	00:32:48	8:05 min/km	00:44:04	8:09 min/km	00:55:30	8:13 min/km	01:06:21	8:11 min/km									
AHMAD TAQIYUDDIN BIN ABDUL KODI	137	Male	00:09:24	6:57 min/km	00:18:41	6:55 min/km	00:28:37	7:03 min/km	00:38:28	7:07 min/km	00:49:13	7:17 min/km	00:59:30	7:20 min/km	01:10:40	7:28 min/km	01:20:26	7:26 min/km					
AIKASIT A/L EH PON	096	Male	00:11:10	8:16 min/km	00:22:15	8:14 min/km	00:33:02	8:09 min/km	00:44:04	8:09 min/km	00:55:46	8:15 min/km	01:06:55	8:15 min/km	01:18:40	8:19 min/km	01:30:06	8:20 min/km					
ALAM SHAH ISMAIL AHMAD	124	Male	00:09:57	7:21 min/km	00:17:36	6:30 min/km	00:27:28	6:46 min/km	00:34:47	6:26 min/km													
ALBERT LEE CHOON SAN	017	Male	00:11:55	8:49 min/km	00:23:51	8:49 min/km																	
ANG CHEE CHYUAN	062	Male	00:09:09	6:46 min/km			00:27:05	6:41 min/km	00:35:55	6:39 min/km													
ANG KHAI LIN	079	Female	00:12:11	9:00 min/km	00:26:22	9:45 min/km																	
ANG YU JOE	110	Male	00:11:50	8:45 min/km	00:23:38	8:44 min/km	00:35:43	8:49 min/km	00:47:49	8:51 min/km	01:00:26	8:57 min/km	01:12:39	8:58 min/km									
APARNA SESHAGIRI	011	Female	00:10:14	7:34 min/km	00:20:54	7:44 min/km	00:31:12	7:41 min/km	00:41:39	7:42 min/km	00:52:07	7:43 min/km	01:02:54	7:45 min/km									
ARHAMUDDIN BIN UDIN	036	Male	00:09:44	7:11 min/km	00:19:09	7:05 min/km	00:29:20	7:14 min/km	00:39:42	7:21 min/km	00:50:09	7:25 min/km	01:00:23	7:27 min/km									
ASHWIN BALATI KUPPRAT	413	Male	00:11:17	8:21 min/km	00:22:39	8:23 min/km	00:33:20	8:13 min/km	00:43:54	8:07 min/km													
AW YEANG WENG FATT	102	Male	00:09:32	7:03 min/km	00:19:00	7:02 min/km	00:28:42	7:04 min/km	00:37:56	7:01 min/km	00:47:50	7:05 min/km	01:01:52	7:38 min/km									
AZMIL HASFI BIN AHMAD	196	Male	00:07:59	5:54 min/km	00:15:23	5:41 min/km	00:22:20	5:30 min/km	00:28:48	5:19 min/km	00:35:18	5:13 min/km	00:41:45	5:09 min/km									
AZRAL BIN AZIZAN	104	Male	00:10:04	7:26 min/km	00:17:58	6:38 min/km	00:26:25	6:31 min/km	00:34:41	6:25 min/km	00:43:13	6:24 min/km	00:51:13	6:19 min/km									
BADRUL HISHAM BIN MOHAMED KASSIM	149	Male	00:10:04	7:27 min/km	00:17:58	6:39 min/km	00:26:26	6:31 min/km	00:34:41	6:25 min/km	00:43:14	6:24 min/km	00:51:13	6:19 min/km									
BEY BUN KIAT	030	Male	00:11:59	8:51 min/km	00:22:12	8:13 min/km	00:31:31	7:46 min/km	00:41:06	7:36 min/km	00:53:31	7:55 min/km	01:03:39	7:51 min/km	01:13:54	7:49 min/km	01:42:04	9:27 min/km					
BII KEON CHIN	409	Male	00:12:26	9:11 min/km	00:24:42	9:08 min/km	00:39:32	9:45 min/km	00:54:37	10:06 min/km													
CAROLINE CHEU MAY TING	146	Female	00:11:17	8:20 min/km	00:22:25	8:17 min/km	00:32:56	8:07 min/km	00:43:24	8:02 min/km	00:53:42	7:57 min/km	01:03:50	7:52 min/km	01:14:05	7:50 min/km	01:24:46	7:50 min/km					
CHAN SHIAW SYAN	040	Male	00:11:16	8:20 min/km	00:22:25	8:17 min/km	00:32:54	8:07 min/km	00:43:23	8:01 min/km	00:53:44	7:57 min/km	01:04:11	7:55 min/km									
CHAN WEI CHING	064	Female	00:08:09	6:02 min/km	00:16:05	5:57 min/km	00:24:39	6:05 min/km	00:32:37	6:02 min/km	00:40:19	5:58 min/km	00:47:44	5:53 min/km									
CHANG SOOK YEN	032	Female	00:12:42	9:24 min/km	00:27:39	10:14 min/km	00:42:55	10:35 min/km	00:59:38	11:02 min/km													
CHEAH KHENG HUAT	090	Male	00:07:59	5:54 min/km	00:16:12	5:59 min/km	00:27:44	6:50 min/km	00:35:56	6:39 min/km	00:53:46	7:57 min/km	01:02:35	7:43 min/km									
CHEE CHIEN SEAN	061	Male	00:11:09	8:15 min/km	00:21:14	7:51 min/km	00:30:54	7:37 min/km	00:40:09	7:26 min/km	00:49:43	7:21 min/km	00:59:11	7:18 min/km	01:09:59	7:24 min/km	01:19:15	7:20 min/km					
CHEM MEI CHOI	132	Female	00:11:59	8:52 min/km	00:23:45	8:47 min/km	00:35:53	8:51 min/km	00:47:59	8:53 min/km	01:00:36	8:58 min/km	01:12:50	8:59 min/km									
CHENG SIEW LIONG	051	Male	00:10:48	7:59 min/km	00:20:38	7:38 min/km	00:29:51	7:22 min/km	00:39:16	7:16 min/km	00:49:54	7:23 min/km	00:59:30	7:20 min/km	01:08:58	7:17 min/km	01:18:46	7:17 min/km					
CHEONG CHEE SEONG	165	Male	00:07:31	5:33 min/km	00:14:57	5:31 min/km	00:22:47	5:37 min/km	00:30:22	5:37 min/km	00:37:55	5:36 min/km	00:45:25	5:36 min/km									
CHEW CHUN CHUAN	046	Male	00:11:20	8:23 min/km	00:22:25	8:18 min/km	00:33:08	8:10 min/km	00:44:01	8:09 min/km	00:57:02	8:26 min/km	01:08:48	8:29 min/km									
CHIA ZIN SIAN	069	Male	00:09:54	7:19 min/km	00:20:02	7:25 min/km	00:29:23	7:15 min/km	00:39:23	7:17 min/km	00:49:00	7:15 min/km	00:59:17	7:19 min/km									
CHIN MIN KHAJ	037	Male	00:07:41	5:41 min/km	00:15:18	5:39 min/km	00:23:08	5:42 min/km	00:30:44	5:41 min/km	00:38:17	5:40 min/km	00:45:46	5:38 min/km	00:53:21	5:38 min/km	01:00:51	5:37 min/km	01:08:35	5:38 min/km	01:16:12	5:38 min/km	
CHONG SHARMAINE	025	Female	00:08:42	6:26 min/km	00:17:05	6:19 min/km	00:26:48	6:36 min/km	00:35:30	6:34 min/km	00:45:00	6:39 min/km	00:53:52	6:38 min/km									
CHONG WING HOE	009	Male	00:08:09	6:02 min/km	00:15:57	5:54 min/km	00:24:39	6:05 min/km	00:32:40	6:02 min/km	00:40:11	5:57 min/km	00:47:45	5:53 min/km									
CHONG YOK WEN	035	Male	00:09:42	7:11 min/km	00:18:32	6:51 min/km	00:27:04	6:40 min/km	00:35:46	6:37 min/km	00:44:35	6:36 min/km	00:53:06	6:33 min/km	01:01:38	6:31 min/km	01:10:18	6:30 min/km					
CHOONG NGEET TATT	139	Male	00:07:35	5:36 min/km	00:15:13	5:37 min/km	00:22:55	5:39 min/km	00:30:33	5:39 min/km	00:38:12	5:39 min/km	00:45:43	5:38 min/km	00:53:17	5:38 min/km	01:00:50	5:37 min/km	01:08:38	5:38 min/km	01:16:07	5:38 min/km	
CHRISTINEYAP PUI THIN	098	Female	00:08:04	5:58 min/km	00:16:22	6:03 min/km	00:26:34	6:33 min/km	00:36:08	6:41 min/km	00:46:37	6:54 min/km	00:55:33	6:51 min/km									
CHRISTOPHER AFEeva	004	Male	00:07:30	5:33 min/km	00:14:56	5:31 min/km	00:22:47	5:37 min/km	00:30:22	5:37 min/km	00:37:53	5:36 min/km	00:45:24	5:36 min/km	00:52:57	5:36 min/km	01:00:28	5:35 min/km	01:08:10	5:36 min/km	01:15:48	5:36 min/km	
CHUA SOON EE	404	Male	00:11:09	8:15 min/km	00:21:14	7:51 min/km	00:30:54	7:37 min/km	00:40:09	7:26 min/km	00:49:44	7:21 min/km	00:59:11	7:18 min/km	01:09:59	7:24 min/km	01:19:15	7:20 min/km					
CHUA THIAM HIN	072	Male	00:08:14	6:05 min/km	00:16:42	6:10 min/km	00:25:43	6:20 min/km	00:34:56	6:28 min/km	00:44:16	6:33 min/km	00:53:36	6:36 min/km	01:03:20	6:42 min/km	01:12:24	6:42 min/km					
CHUAH ZI WEI	007	Female	00:09:08	6:45 min/km	00:18:15	6:45 min/km	00:27:04	6:40 min/km	00:35:55	6:39 min/km													
CHUM CHIA KAI	099	Male	00:11:12	8:17 min/km	00:22:20	8:14 min/km	00:32:42	8:04 min/km	00:41:34	7:41 min/km													
ENG YEOUCHIANG	012	Male	00:11:15	8:19 min/km	00:22:23	8:17 min/km	00:32:55	8:07 min/km	00:43:23	8:01 min/km													
FONG KONG TECK	405	Male	00:08:34	6:20 min/km	00:16:58	6:16 min/km	00:25:30	6:17 min/km	00:33:53	6:16 min/km	00:42:27	6:17 min/km	00:51:16	6:19 min/km	01:00:23	6:23 min/km	01:09:47	6:27 min/km	01:18:55	6:29 min/km	01:28:02	6:31 min/km	
FOO MEE KIT	144	Female	00:09:56	7:21 min/km	00:20:57	7:45 min/km	00:33:39	8:18 min/km	00:45:46	8:28 min/km	01:02:51	9:18 min/km	01:15:56	9:22 min/km									
GEOK HUI ANNA TAN	123	Female	00:12:04	8:55 min/km	00:23:52	8:50 min/km	00:36:05	8:54 min/km	00:48:29	8:58 min/km													
GAZEEZ GHAZALI	164	Male	00:11:46	8:42 min/km	00:23:36	8:44 min/km	00:35:40	8:48 min/km	00:47:38	8:49 min/km													
GOH LIN LIH	092	Male	00:09:51	7:17 min/km	00:19:08	7:04 min/km	00:28:27	7:01 min/km	00:37:50	7:00 min/km	00:47:12	6:59 min/km	00:56:18	6:57 min/km									
GRACE GARCIA LUBRAJA TAUFIK	148	Female	00:10:38	7:51 min/km	00:21:09	7:49 min/km	00:32:41	8:04 min/km	00:44:45	8:17 min/km	00:58:33	8:40 min/km	01:12:08	8:54 min/km									
HARI PRASAO KUPPURAJ	410	Male	00:11:45	8:41 min/km	00:22:38	8:22 min/km	00:33:44	8:19 min/km	00:43:57	8:08 min/km													
HAZIMA NADIA BINTI MOHAMAD MUHTAR	043	Female	00:09:12	6:48 min/km	00:18:02	6:40 min/km	00:27:04	6:40 min/km	00:36:23	6:44 min/km	00:46:00	6:48 min/km	01:31:09	11:15 min/km									
HAZIQ IMRAN BIN HANIP	145	Male	00:11:17	8:21 min/km	00:22:25	8:17 min/km	00:32:56	8:07 min/km	00:43:24	8:02 min/km	00:53:43	7:57 min/km	01:05:07	8:02 min/km									
HAZLINDA LAIDY	108	Female	00:08:16	6:06 min/km	00:16:49	6:13 min/km	00:25:54	6:23 min/km	00:34:51	6:27 min/km	00:44:17	6:33 min/km	00:53:26	6:35 min/km	01:03:15	6:41 min/km	01:12:23	6:42 min/km					
HENG JUN HUAT	083	Male	00:07:35	5:36 min/km	00:15:12	5:37 min/km	00:23:01	5:40 min/km	00:30:36	5:39 min/km	00:38:08	5:38 min/km	00:45:40	5:38 min/km	00:53:13	5:37 min/km	01:00:42	5:37 min/km	01:08:26	5:37 min/km	01:16:04	5:38 min/km	
HOR KEAN TENG	089	Male	00:09:07	6:44 min/km	00:17:32	6:29 min/km	00:25:58																

KUALA LUMPUR STANDARD CHARTERED MARATHON 2020
Running Clinic 1
Date: 23 February 2020 / Venue: Taman Bukit Jalil

Name	Bib.#	Gender	1.35km Time	1.35km Pace	2.7km Time	2.7km Pace	4.05km Time	4.05km Pace	5.4km Time	5.4km Pace	6.75km Time	6.75km Pace	8.1km Time	8.1km Pace	9.45km Time	9.45km Pace	10.8km Time	10.8km Pace	12.15km Time	12.15km Pace	13.5km Time	13.5km Pace
LEONG YOKE HUN	073	Female	00:08:23	6:12 min/km	00:17:05	6:19 min/km	00:26:11	6:27 min/km	00:35:03	6:29 min/km	00:44:22	6:34 min/km	00:53:52	6:38 min/km	01:03:49	6:45 min/km	01:13:45	6:49 min/km				
LEOW FOOK SU	002	Male	00:10:05	7:27 min/km	00:21:47	8:03 min/km	00:32:52	8:06 min/km	00:43:30	8:03 min/km	00:53:52	7:58 min/km	01:04:01	7:54 min/km								
LIEW YIH CHEN	014	Male	00:11:59	8:52 min/km	00:23:45	8:47 min/km	00:35:51	8:51 min/km	00:47:59	8:53 min/km	01:00:35	8:58 min/km	01:12:50	8:59 min/km								
LIM HONG CHEE	087	Male	00:09:34	7:05 min/km	00:19:32	7:14 min/km	00:29:55	7:23 min/km	00:40:02	7:24 min/km	00:50:36	7:29 min/km	01:00:50	7:30 min/km	01:11:55	7:36 min/km	01:22:55	7:40 min/km				
LIM LEY KIANG	402	Female	00:08:08	6:00 min/km	00:16:20	6:02 min/km	00:24:48	6:07 min/km	00:33:28	6:11 min/km	00:43:30	6:26 min/km	00:52:27	6:28 min/km								
LIM LEY RIN	403	Female	00:09:45	7:13 min/km	00:19:49	7:20 min/km	00:31:38	7:48 min/km	00:41:35	7:41 min/km	00:51:59	7:41 min/km	01:01:19	7:34 min/km								
LIM MUN LENG	057	Female	00:12:25	9:11 min/km	00:24:09	8:56 min/km	00:34:25	8:29 min/km	00:43:39	8:04 min/km	00:53:35	7:56 min/km	01:03:26	7:49 min/km								
LIM YEW KHUAY	450	Male	00:07:37	5:38 min/km	00:15:15	5:38 min/km	00:23:04	5:41 min/km	00:30:40	5:40 min/km	00:38:12	5:39 min/km	00:45:43	5:38 min/km	00:53:17	5:38 min/km	01:00:47	5:37 min/km	01:08:30	5:38 min/km	01:16:11	5:38 min/km
LOOI CHEE HOE	026	Male	00:08:43	6:26 min/km	00:17:06	6:19 min/km	00:25:42	6:20 min/km	00:33:05	6:07 min/km	00:40:27	5:59 min/km	00:47:27	5:51 min/km								
LYE LANG CHEE	136	Male	00:12:12	9:01 min/km	00:25:03	9:16 min/km	00:40:23	9:58 min/km	00:55:35	10:17 min/km												
LYE YI QI	133	Female	00:12:12	9:02 min/km	00:25:03	9:16 min/km	00:40:25	9:58 min/km	00:55:34	10:17 min/km												
LYE YI WEN	135	Female	00:12:05	8:56 min/km	00:23:52	8:50 min/km	00:35:58	8:52 min/km	00:48:04	8:54 min/km	01:00:41	8:59 min/km	01:12:17	8:55 min/km								
MARCO ONG BOON CHUNG	085	Male	00:11:17	8:21 min/km	00:22:39	8:23 min/km	00:33:47	8:20 min/km	00:46:29	8:36 min/km												
MAZNUN ARIFA BINTI MOHAMMADAN MAH	153	Female	00:12:14	9:03 min/km	00:26:47	9:54 min/km	00:41:53	10:20 min/km	00:57:19	10:36 min/km	01:14:11	10:59 min/km	01:30:49	11:12 min/km								
MIKE DENESH A/L SUBBARAMANIAM	016	Male	00:10:00	7:23 min/km	00:19:46	7:19 min/km	00:30:07	7:25 min/km	00:39:56	7:23 min/km												
MOHAMAD FAZRE BIN ZAINAL ABDIN	042	Male	00:10:03	7:26 min/km	00:26:50	9:56 min/km	00:36:35	9:01 min/km	00:46:29	8:36 min/km												
MOHAMAD SALAMI BIN ABDUL RANI	128	Male	00:12:13	9:02 min/km	00:25:56	9:36 min/km	00:41:44	10:18 min/km	00:53:34	9:55 min/km	01:14:09	10:59 min/km	01:28:20	10:54 min/km								
MOHAMMAD AIZAT BIN NOOR AZMAN	105	Male	00:11:35	8:34 min/km	00:22:33	8:20 min/km	00:33:58	8:23 min/km	00:44:25	8:13 min/km												
MOHANADAS	056	Male	00:07:16	5:22 min/km	00:14:23	5:19 min/km	00:21:53	5:24 min/km	00:29:42	5:29 min/km	00:38:12	5:39 min/km	00:46:39	5:45 min/km	00:55:16	5:50 min/km	01:03:11	5:50 min/km				
MOHD IZZAT AMIR MD KAMSAN	094	Male	00:11:58	8:51 min/km	00:24:21	9:01 min/km	00:39:20	9:42 min/km	00:53:32	9:54 min/km												
MOHD YAZID SYAFIQ BIN MOHD KHAIRUD	053	Male	00:08:02	5:56 min/km	00:23:18	8:37 min/km																
MUHAMMAD AL HAFIZ BIN MOKHTAR	127	Male	00:11:21	8:24 min/km	00:22:07	8:11 min/km	00:32:39	8:03 min/km	00:43:07	7:58 min/km	00:53:26	7:54 min/km	01:03:35	7:50 min/km	01:13:48	7:48 min/km	01:24:31	7:49 min/km				
MUHAMMAD HAFIZ BIN NORDIN	109	Male	00:09:13	6:49 min/km	00:16:58	6:16 min/km	00:25:33	6:18 min/km	00:33:51	6:16 min/km	00:43:56	6:30 min/km	00:53:05	6:33 min/km	01:02:54	6:39 min/km	01:12:00	6:39 min/km				
MUHAMMAD AMZAR BIN ABDUL RAZAK	049	Male	00:11:57	8:50 min/km	00:24:21	9:01 min/km	00:35:19	8:43 min/km	00:46:43	8:39 min/km												
MUHAMMAD HAFIL ABDUL RAHMAN	406	Male	00:11:45	8:41 min/km	00:22:38	8:22 min/km	00:35:41	8:48 min/km	00:47:06	8:43 min/km												
MUHAMMAD IDIN MUBIN	491	Male	00:09:57	7:22 min/km	00:17:36	6:31 min/km	00:27:28	6:46 min/km	00:34:41	6:25 min/km	00:43:08	6:23 min/km	00:51:12	6:19 min/km								
MUHAMMAD ILYASA BIN SHAHROUL NIZA	081	Male	00:12:04	8:56 min/km	00:23:49	8:49 min/km	00:35:44	8:49 min/km	00:47:48	8:50 min/km	01:00:24	8:56 min/km	01:12:36	8:57 min/km								
MUHAMMAD IQBAL BIN MOHD NAJID @ Z	156	Male	00:09:55	7:20 min/km	00:19:38	7:16 min/km	00:29:24	7:15 min/km	00:39:15	7:15 min/km	00:50:48	7:31 min/km	01:01:11	7:33 min/km								
NAGARAJAN RAMASAMY	039	Male	00:08:41	6:25 min/km	00:17:03	6:18 min/km	00:25:39	6:19 min/km	00:33:52	6:16 min/km	00:44:11	6:32 min/km	00:52:58	6:32 min/km								
NATASYA NG JIA WEYN	129	Female	00:11:04	8:11 min/km	00:22:11	8:12 min/km	00:32:43	8:04 min/km	00:43:14	8:00 min/km	00:53:33	7:55 min/km	01:03:40	7:51 min/km	01:13:53	7:49 min/km	01:24:35	7:49 min/km				
NG CHING HER	117	Male	00:11:06	8:12 min/km																		
NG JUN KEAT	019	Male	00:08:05	5:58 min/km	00:16:03	5:56 min/km	00:23:42	5:51 min/km	00:31:41	5:51 min/km	00:44:11	6:32 min/km	00:53:26	6:35 min/km	01:03:10	6:40 min/km	01:12:25	6:42 min/km				
NG KOK SONG	082	Male	00:08:29	6:16 min/km	00:16:57	6:16 min/km	00:25:47	6:21 min/km	00:34:55	6:27 min/km	00:44:46	6:37 min/km	00:54:45	6:45 min/km								
NG TAK TIM	010	Male	00:08:10	6:02 min/km	00:16:22	6:03 min/km	00:25:37	6:19 min/km	00:35:05	6:29 min/km	00:46:01	6:48 min/km	00:55:34	6:51 min/km								
NG TEK YAP	045	Male	00:08:22	6:11 min/km	00:16:18	6:02 min/km	00:25:16	6:14 min/km	00:33:48	6:15 min/km	00:43:29	6:26 min/km	00:52:20	6:27 min/km	01:02:04	6:34 min/km	01:11:01	6:34 min/km				
NG VI VIAN	075	Female	00:10:21	7:39 min/km	00:21:15	7:51 min/km	00:34:44	8:34 min/km	00:50:38	9:22 min/km	01:04:28	9:33 min/km	01:18:05	9:38 min/km								
NG WAI YEN	029	Female	00:08:03	5:57 min/km	00:16:02	5:56 min/km	00:24:06	5:56 min/km	00:32:04	5:56 min/km	00:40:09	5:56 min/km	00:48:13	5:57 min/km								
NG WEI LIN	131	Female	00:10:05	7:27 min/km	00:20:14	7:29 min/km																
NOOR DAYANA BT HARIS FADZILAH	154	Female	00:26:55	19:55 min/km	00:41:45	15:27 min/km																
NORMA SYAFRIZA JASMIN	031	Female	00:13:22	9:53 min/km	00:29:11	10:48 min/km	00:45:51	11:19 min/km	01:03:00	11:39 min/km												
NORSYAHIRAH BINTI AHMAD KHAIDAR	103	Female	00:11:16	8:20 min/km	00:22:24	8:17 min/km	00:32:57	8:07 min/km	00:43:36	8:04 min/km	00:55:04	8:09 min/km	01:06:12	8:10 min/km	01:17:07	8:09 min/km	01:28:36	8:12 min/km				
NURAZLINA BABA	197	Female	00:11:08	8:14 min/km	00:22:17	8:15 min/km	00:32:48	8:05 min/km	00:43:15	8:00 min/km	00:53:35	7:56 min/km	01:03:43	7:51 min/km	01:13:58	7:49 min/km	01:24:38	7:50 min/km				
NURUL 'AIN SYAFINAS	107	Female	00:09:56	7:21 min/km	00:21:09	7:49 min/km	00:32:46	8:05 min/km	00:43:39	8:04 min/km	00:55:16	8:11 min/km	01:09:00	8:31 min/km								
NYE KWANG TEAR	401	Male	00:11:40	8:38 min/km	00:23:01	8:31 min/km	00:34:18	8:26 min/km	00:45:33	8:26 min/km	01:00:40	8:59 min/km	01:13:01	9:00 min/km								
ONG TIAN-QIONG	063	Female	00:10:37	7:51 min/km	00:21:06	7:48 min/km	00:32:04	7:54 min/km	00:44:46	8:17 min/km	00:58:34	8:40 min/km	01:12:09	8:54 min/km								
OOI CHIN HUI	086	Male	00:07:11	5:18 min/km	00:14:19	5:17 min/km	00:21:20	5:15 min/km	00:28:28	5:16 min/km	00:35:31	5:15 min/km	00:42:41	5:16 min/km	00:49:51	5:16 min/km	00:56:51	5:15 min/km				
OOI LIANG YIK	052	Male	00:10:50	8:01 min/km	00:23:52	8:50 min/km	00:38:07	9:24 min/km	00:52:15	9:40 min/km												
OW JI TOONG	414	Male	00:12:08	8:59 min/km	00:23:45	8:47 min/km	00:35:57	8:52 min/km	00:47:56	8:52 min/km	01:00:47	9:00 min/km	01:12:54	8:59 min/km								
PANG SHIO HIN	044	Male	00:11:14	8:18 min/km	00:22:22	8:16 min/km	00:32:53	8:06 min/km	00:43:22	8:01 min/km	00:53:41	7:57 min/km	01:03:50	7:52 min/km	01:14:03	7:50 min/km	01:24:45	7:50 min/km				
PONG SHEAU JING	070	Female	00:11:41	8:39 min/km	00:22:46	8:25 min/km	00:34:10	8:26 min/km	00:45:52	8:29 min/km	00:58:50	8:42 min/km	01:12:20	8:55 min/km								
RAVIPRAKASH KANUGODU MANJAPPA	055	Male	00:07:59	5:54 min/km	00:16:24	6:04 min/km	00:24:51	6:07 min/km	00:33:30	6:12 min/km	00:42:45	6:19 min/km	00:51:35	6:22 min/km	01:03:56	6:45 min/km	01:14:14	6:52 min/km				
ROZMI BIN YUNUS	130	Male	00:09:56	7:21 min/km	00:17:37	6:31 min/km	00:27:26	6:46 min/km	00:34:47	6:26 min/km	00:43:06	6:23 min/km	00:50:56	6:17 min/km								
RUZANA ZAWAWI	095	Female	00:11:58	8:51 min/km	00:24:21	9:01 min/km	00:39:20	9:42 min/km	00:53:32	9:54 min/km												
SAIFUL AKMAL BIN SAIFUL BAHARIN	122	Male	00:12:19	9:07 min/km	00:25:06	9:17 min/km																
SAMSUL AMRI BIN ISMAIL	115	Male	00:11:08	8:14 min/km	00:22:17	8:14 min/km	00:32:47	8:05 min/km	00:43:15	8:00 min/km	00:53:35	7:56 min/km	01:03:43	7:51 min/km	01:13:56	7:49 min/km	01:24:38	7:50 min/km				
SANDESH KUMAR	021	Male	00:07:34	5:35 min/km	00:15:09	5:36 min/km	00:23:07	5:42 min/km	00:31:31	5:50 min/km												
SARATH UNNIKRISHNAN	411	Male	00:11:17	8:21 min/km	00:22:38	8:22 min/km	00:33:20	8:13 min/km	00:43:54	8:07 min/km												
SEAH LEONG SAN	449	Male	00:11:15	8:19 min/km	00:22:																	

