

# Kenanga Port Dickson Triathlon 2023 (OD)

OD

## Category Results

### Male Men 18-29 years

| Pos | No  | Name                               | Time     | O.Pos | Swim     | Pos | C.Pos | Cycle    | Pos | C.Pos | Run      | Pos | C.Pos |
|-----|-----|------------------------------------|----------|-------|----------|-----|-------|----------|-----|-------|----------|-----|-------|
| 1   | 122 | Andrew Pang                        | 02:05:54 | 3     | 00:21:28 | 12  | 7     | 01:07:43 | 80  | 18    | 00:36:42 | 3   | 1     |
| 2   | 116 | Martyn Lim Wen Xuan                | 02:07:07 | 5     | 00:21:18 | 10  | 6     | 01:07:48 | 81  | 19    | 00:38:00 | 5   | 2     |
| 3   | 142 | Muhammad Khairil Azhar Bin Abd Wal | 02:07:34 | 6     | 00:22:36 | 19  | 8     | 01:07:35 | 71  | 16    | 00:37:23 | 6   | 3     |
| 4   | 129 | William Chang Tzen Foong           | 02:07:55 | 7     | 00:24:00 | 34  | 11    | 01:05:00 | 24  | 5     | 00:38:54 | 7   | 4     |
| 5   | 119 | Daniel John Chen Hong Soo          | 02:08:38 | 8     | 00:18:24 | 3   | 2     | 01:05:28 | 33  | 8     | 00:44:46 | 8   | 5     |
| 6   | 137 | Mohd Azmir bin Abdullah Sani       | 02:09:04 | 10    | 00:23:46 | 30  | 10    | 01:05:13 | 25  | 6     | 00:40:03 | 10  | 6     |
| 7   | 131 | Edwin Thiang                       | 02:09:28 | 11    | 00:19:22 | 6   | 4     | 01:09:35 | 115 | 23    | 00:40:30 | 11  | 7     |
| 8   | 135 | Muhammad Izzat Fahmi Bin Ahmad T   | 02:11:09 | 15    | 00:28:49 | 112 | 22    | 01:04:14 | 13  | 2     | 00:38:05 | 15  | 8     |
| 9   | 118 | Oscar Siow                         | 02:11:25 | 17    | 00:18:21 | 1   | 1     | 01:05:28 | 36  | 10    | 00:47:36 | 17  | 9     |
| 10  | 138 | LOKMAN HAKIM BIN RAZALI            | 02:12:11 | 19    | 00:25:41 | 48  | 14    | 01:04:44 | 17  | 3     | 00:41:46 | 19  | 10    |
| 11  | 124 | Kan Eezen                          | 02:13:44 | 24    | 00:21:09 | 8   | 5     | 01:07:52 | 79  | 17    | 00:44:41 | 24  | 11    |
| 12  | 136 | JASRY MARADIUS                     | 02:13:58 | 25    | 00:26:04 | 55  | 16    | 01:07:02 | 49  | 13    | 00:40:51 | 25  | 12    |
| 13  | 133 | Lim Chee Yong                      | 02:15:11 | 28    | 00:23:07 | 21  | 9     | 01:05:53 | 39  | 11    | 00:46:11 | 28  | 13    |
| 14  | 127 | MUHAMMAD RABANI HASHIM             | 02:15:40 | 30    | 00:31:34 | 198 | 25    | 01:01:29 | 2   | 1     | 00:42:36 | 30  | 14    |
| 15  | 130 | Liew Bak Lam                       | 02:17:31 | 35    | 00:26:41 | 70  | 19    | 01:07:30 | 59  | 15    | 00:43:19 | 35  | 15    |
| 16  | 139 | Mohamad Amirul Bin Razahan         | 02:17:42 | 36    | 00:26:11 | 61  | 17    | 01:06:51 | 51  | 14    | 00:44:39 | 36  | 16    |
| 17  | 120 | Benjamin John Chen Hong Ren        | 02:18:52 | 38    | 00:18:24 | 4   | 3     | 01:09:36 | 108 | 21    | 00:50:50 | 38  | 17    |
| 18  | 132 | CHENG JUN WEN                      | 02:20:49 | 44    | 00:29:26 | 124 | 23    | 01:05:23 | 20  | 4     | 00:46:00 | 44  | 18    |
| 19  | 141 | Daved anak Enggang                 | 02:23:52 | 54    | 00:25:44 | 51  | 15    | 01:13:31 | 176 | 25    | 00:44:37 | 54  | 19    |
| 20  | 140 | Juffrin bin ranis                  | 02:24:48 | 58    | 00:24:39 | 41  | 12    | 01:15:48 | 216 | 27    | 00:44:20 | 58  | 20    |
| 21  | 103 | Koh Chee Siong                     | 02:27:01 | 68    | 00:27:04 | 78  | 21    | 01:10:29 | 102 | 20    | 00:49:27 | 68  | 21    |
| 22  | 114 | Eugene Tan Sze Jiet                | 02:28:25 | 73    | 00:27:03 | 77  | 20    | 01:06:10 | 32  | 7     | 00:55:11 | 73  | 22    |
| 23  | 108 | MUHAMMAD ZAFFRUL QAYYUM BIN        | 02:34:51 | 101   | 00:37:48 | 363 | 34    | 01:09:10 | 48  | 12    | 00:47:52 | 101 | 23    |
| 24  | 107 | Muhammad Amar Naseem bin Razak     | 02:40:13 | 129   | 00:34:56 | 299 | 30    | 01:06:57 | 35  | 9     | 00:58:19 | 129 | 24    |
| 25  | 125 | MUHAMMAD FIRDHAUS BIN KHAIRI       | 02:42:56 | 141   | 00:33:02 | 246 | 27    | 01:19:03 | 217 | 28    | 00:50:50 | 141 | 25    |
| 26  | 121 | Asyraf Ramlan                      | 02:43:26 | 146   | 00:36:33 | 335 | 32    | 01:10:22 | 118 | 24    | 00:56:30 | 146 | 26    |
| 27  | 106 | YOONG KAI XIANG                    | 02:49:01 | 175   | 00:31:34 | 200 | 26    | 01:14:29 | 178 | 26    | 01:02:56 | 175 | 27    |
| 28  | 104 | AMIR AMZAR BIN ABDULLAH            | 02:49:25 | 177   | 00:31:12 | 180 | 24    | 01:21:20 | 294 | 31    | 00:56:53 | 177 | 28    |
| 29  | 102 | Khairul Danish bin Khairul Hamidi  | 02:53:59 | 200   | 00:36:41 | 339 | 33    | 01:27:13 | 369 | 35    | 00:50:04 | 200 | 29    |
| 30  | 123 | Muhammad Aiman Bin Zainal Abidin   | 02:55:52 | 215   | 00:40:34 | 415 | 37    | 01:11:03 | 112 | 22    | 01:04:14 | 215 | 30    |
| 31  | 110 | Muhammad Ameer Sirajuddin bin Ab M | 02:56:10 | 217   | 00:33:08 | 249 | 29    | 01:25:30 | 327 | 34    | 00:57:30 | 217 | 31    |
| 32  | 112 | Aden                               | 02:57:13 | 225   | 00:33:05 | 247 | 28    | 01:19:14 | 228 | 29    | 01:04:53 | 225 | 32    |
| 33  | 115 | Cheah Johnson                      | 02:58:42 | 234   | 00:25:37 | 45  | 13    | 01:21:31 | 305 | 32    | 01:11:33 | 234 | 33    |
| 34  | 113 | Ahmad Nurhafiz bin Ahmad Kamal     | 03:11:25 | 304   | 00:39:24 | 392 | 36    | 01:28:58 | 399 | 36    | 01:03:02 | 304 | 34    |
| 35  | 105 | Manigandaa Keertan                 | 03:21:57 | 352   | 00:26:20 | 64  | 18    | 01:32:50 | 417 | 38    | 01:22:46 | 352 | 35    |
| 36  | 101 | Kam Kah Man                        | 03:24:22 | 365   | 00:44:26 | 444 | 38    | 01:21:47 | 266 | 30    | 01:18:08 | 365 | 36    |
| 37  | 111 | Aw Jian Young Nicholas             | 03:31:02 | 388   | 00:36:14 | 322 | 31    | 01:35:27 | 413 | 37    | 01:19:20 | 388 | 37    |
| 38  | 117 | MUHAMMAD MUQRI BIN AHMAD           | 03:32:08 | 392   | 00:54:03 | 465 | 39    | 01:24:15 | 315 | 33    | 01:13:49 | 392 | 38    |
| 39  | 109 | Lee Tet Sean                       | 03:36:18 | 409   | 00:38:25 | 370 | 35    | 01:41:31 | 452 | 39    | 01:16:22 | 409 | 39    |

# Kenanga Port Dickson Triathlon 2023 (OD)

## OD Category Results

### Male Men 30-39 years

| Pos | No  | Name                             | Time     | O.Pos | Swim     | Pos | C.Pos | Cycle    | Pos | C.Pos | Run      | Pos | C.Pos |
|-----|-----|----------------------------------|----------|-------|----------|-----|-------|----------|-----|-------|----------|-----|-------|
| 1   | 238 | Jason walker                     | 02:09:42 | 12    | 00:25:04 | 43  | 6     | 01:02:23 | 4   | 1     | 00:42:14 | 12  | 1     |
| 2   | 302 | Gan Kok hoo                      | 02:09:54 | 13    | 00:24:28 | 39  | 5     | 01:02:59 | 5   | 2     | 00:42:26 | 13  | 2     |
| 3   | 336 | YUSOF BIN ABDUL MANAN            | 02:11:33 | 18    | 00:26:10 | 60  | 10    | 01:03:53 | 9   | 3     | 00:41:29 | 18  | 3     |
| 4   | 271 | Afiq Syazwan                     | 02:13:40 | 22    | 00:26:49 | 75  | 16    | 01:04:58 | 12  | 5     | 00:41:52 | 22  | 4     |
| 5   | 297 | Ang Ye Koon                      | 02:13:59 | 26    | 00:22:20 | 17  | 1     | 01:06:00 | 38  | 14    | 00:45:38 | 26  | 5     |
| 6   | 222 | Eric Sarrion                     | 02:14:48 | 27    | 00:26:19 | 63  | 11    | 01:05:28 | 29  | 11    | 00:43:01 | 27  | 6     |
| 7   | 134 | Nurulhafizan bin zanudin         | 02:15:43 | 31    | 00:26:46 | 72  | 14    | 01:05:39 | 23  | 9     | 00:43:17 | 31  | 7     |
| 8   | 303 | MOHAMAD HAZUWAN BIN HARIS        | 02:16:50 | 33    | 00:25:44 | 50  | 7     | 01:04:39 | 18  | 7     | 00:46:27 | 33  | 8     |
| 9   | 285 | Tan Sheng Lin                    | 02:18:55 | 39    | 00:24:25 | 37  | 4     | 01:05:43 | 15  | 6     | 00:48:46 | 39  | 9     |
| 10  | 213 | Nicholas Ong Soon Keat           | 02:18:57 | 40    | 00:26:20 | 65  | 12    | 01:03:49 | 10  | 4     | 00:48:47 | 40  | 10    |
| 11  | 201 | Danial Haidhar Yusoff            | 02:20:28 | 43    | 00:28:34 | 103 | 23    | 01:05:53 | 31  | 13    | 00:45:59 | 43  | 11    |
| 12  | 250 | benjamin chee                    | 02:21:13 | 46    | 00:26:23 | 67  | 13    | 01:05:23 | 19  | 8     | 00:49:26 | 46  | 12    |
| 13  | 325 | Chan Jhan Yong                   | 02:21:28 | 48    | 00:24:19 | 36  | 3     | 01:09:37 | 107 | 29    | 00:47:32 | 48  | 13    |
| 14  | 215 | Fawwaz                           | 02:23:47 | 53    | 00:29:16 | 121 | 29    | 01:07:01 | 28  | 10    | 00:47:28 | 53  | 14    |
| 15  | 284 | Sia Jiazheng                     | 02:25:17 | 63    | 00:28:20 | 97  | 21    | 01:10:38 | 106 | 28    | 00:46:18 | 63  | 15    |
| 16  | 248 | Nicholas Hong                    | 02:25:24 | 64    | 00:23:56 | 33  | 2     | 01:06:18 | 30  | 12    | 00:55:09 | 64  | 16    |
| 17  | 283 | Kenneth Pang                     | 02:29:56 | 78    | 00:31:49 | 206 | 54    | 01:07:09 | 54  | 17    | 00:50:57 | 78  | 17    |
| 18  | 219 | Jessen Lee                       | 02:29:58 | 79    | 00:29:05 | 116 | 26    | 01:09:46 | 84  | 24    | 00:51:06 | 79  | 18    |
| 19  | 241 | Deswyn Wan                       | 02:30:04 | 80    | 00:28:38 | 105 | 24    | 01:10:28 | 100 | 27    | 00:50:57 | 80  | 19    |
| 20  | 237 | Tee Chee Hui                     | 02:30:23 | 81    | 00:26:09 | 57  | 9     | 01:10:14 | 111 | 30    | 00:53:59 | 81  | 20    |
| 21  | 316 | Khoo Hsien Leung                 | 02:30:42 | 83    | 00:29:57 | 138 | 34    | 01:09:03 | 65  | 21    | 00:51:41 | 83  | 21    |
| 22  | 281 | Heng Jee Siang                   | 02:30:52 | 86    | 00:27:46 | 86  | 19    | 01:08:42 | 87  | 25    | 00:54:23 | 86  | 22    |
| 23  | 339 | Muhamad Firdaus Bin Selamat      | 02:33:14 | 95    | 00:31:15 | 182 | 49    | 01:12:22 | 135 | 35    | 00:49:36 | 95  | 23    |
| 24  | 308 | Yuthika Peiris                   | 02:33:35 | 97    | 00:28:27 | 101 | 22    | 01:15:22 | 209 | 59    | 00:49:46 | 97  | 24    |
| 25  | 262 | Chan Yong Liang Benjamin         | 02:34:10 | 99    | 00:31:50 | 208 | 55    | 01:13:25 | 144 | 40    | 00:48:54 | 99  | 25    |
| 26  | 301 | Faris Irsyad Amir Hisham         | 02:34:17 | 100   | 00:36:30 | 333 | 85    | 01:07:27 | 62  | 18    | 00:50:19 | 100 | 26    |
| 27  | 226 | Alvin Thien Hau Ket              | 02:35:01 | 102   | 00:29:08 | 117 | 27    | 01:13:45 | 154 | 44    | 00:52:06 | 102 | 27    |
| 28  | 264 | Wan Kim Sui                      | 02:35:08 | 103   | 00:30:06 | 144 | 35    | 01:17:52 | 220 | 62    | 00:47:09 | 103 | 28    |
| 29  | 229 | Chong Jyh Haur                   | 02:35:50 | 105   | 00:31:08 | 176 | 45    | 01:13:17 | 143 | 39    | 00:51:24 | 105 | 29    |
| 30  | 208 | Rizal Khalid                     | 02:36:06 | 106   | 00:31:14 | 181 | 48    | 01:09:12 | 90  | 26    | 00:55:39 | 106 | 30    |
| 31  | 320 | Mohd nasrul bin nordin           | 02:37:15 | 109   | 00:30:31 | 152 | 39    | 01:13:11 | 164 | 48    | 00:53:32 | 109 | 31    |
| 32  | 327 | Yong Jay                         | 02:38:48 | 115   | 00:30:24 | 151 | 38    | 01:19:45 | 213 | 60    | 00:48:37 | 115 | 32    |
| 33  | 328 | Chan Yian Kit                    | 02:39:11 | 119   | 00:31:06 | 175 | 44    | 01:19:57 | 272 | 84    | 00:48:08 | 119 | 33    |
| 34  | 212 | Lim Yong                         | 02:39:26 | 122   | 00:32:48 | 238 | 66    | 01:21:28 | 268 | 82    | 00:45:09 | 122 | 34    |
| 35  | 223 | Ahmad Syuaib Nasir               | 02:41:13 | 132   | 00:30:16 | 149 | 37    | 01:11:41 | 141 | 37    | 00:59:14 | 132 | 35    |
| 36  | 217 | hendrey                          | 02:41:30 | 134   | 00:34:48 | 294 | 76    | 01:09:21 | 64  | 20    | 00:57:21 | 134 | 36    |
| 37  | 330 | KENNETH CHEONG                   | 02:41:58 | 135   | 00:34:35 | 286 | 71    | 01:15:36 | 188 | 54    | 00:51:46 | 135 | 37    |
| 38  | 310 | Frank.L.Woon                     | 02:42:26 | 136   | 00:35:03 | 301 | 77    | 01:09:00 | 63  | 19    | 00:58:22 | 136 | 38    |
| 39  | 234 | Loong                            | 02:42:32 | 137   | 00:31:53 | 211 | 56    | 01:16:08 | 199 | 56    | 00:54:29 | 137 | 39    |
| 40  | 202 | Umar Alsiddiq                    | 02:42:37 | 139   | 00:31:09 | 177 | 46    | 01:13:25 | 153 | 43    | 00:58:02 | 139 | 40    |
| 41  | 331 | Kenny Tan                        | 02:43:01 | 142   | 00:30:06 | 145 | 36    | 01:13:40 | 160 | 46    | 00:59:14 | 142 | 41    |
| 42  | 225 | Muhammad Najmi bin Mohamad Zahic | 02:43:04 | 143   | 00:30:58 | 171 | 42    | 01:13:59 | 151 | 42    | 00:58:05 | 143 | 42    |
| 43  | 318 | Mohammad Ilyas Bin Mohamed Yusof | 02:43:22 | 145   | 00:27:24 | 83  | 18    | 01:08:56 | 69  | 23    | 01:07:02 | 145 | 43    |
| 44  | 209 | Kamal Syakier Bin Mohamed        | 02:43:56 | 147   | 00:34:37 | 287 | 72    | 01:09:20 | 47  | 15    | 00:59:58 | 147 | 44    |
| 45  | 280 | Tay Kee Zet                      | 02:44:13 | 150   | 00:35:26 | 310 | 79    | 01:08:33 | 67  | 22    | 01:00:14 | 150 | 45    |
| 46  | 218 | Chan Boon Sheng                  | 02:44:16 | 151   | 00:32:04 | 217 | 58    | 01:17:48 | 236 | 69    | 00:54:23 | 151 | 46    |
| 47  | 268 | mohd farid bin mohd sharif       | 02:45:25 | 157   | 00:31:29 | 194 | 51    | 01:12:35 | 128 | 33    | 01:01:20 | 157 | 47    |

# Kenanga Port Dickson Triathlon 2023 (OD)

## OD Category Results

### Male Men 30-39 years

| Pos | No  | Name                              | Time     | O.Pos | Swim     | Pos | C.Pos | Cycle    | Pos | C.Pos | Run      | Pos | C.Pos |
|-----|-----|-----------------------------------|----------|-------|----------|-----|-------|----------|-----|-------|----------|-----|-------|
| 48  | 276 | MUHAMMAD HAFIZ BIN ABDULLAH       | 02:45:28 | 158   | 00:26:55 | 76  | 17    | 01:16:07 | 203 | 58    | 01:02:25 | 158 | 48    |
| 49  | 305 | SIM SIAM YEE                      | 02:45:52 | 163   | 00:26:47 | 73  | 15    | 01:16:55 | 198 | 55    | 01:02:09 | 163 | 49    |
| 50  | 254 | Matthew Bourke                    | 02:46:05 | 164   | 00:25:59 | 54  | 8     | 01:16:56 | 226 | 65    | 01:03:09 | 164 | 50    |
| 51  | 332 | Vishal Pandey                     | 02:46:59 | 169   | 00:29:33 | 126 | 30    | 01:23:03 | 289 | 89    | 00:54:22 | 169 | 51    |
| 52  | 269 | Ahmad Faheem B Md Sani            | 02:47:34 | 170   | 00:34:07 | 275 | 67    | 01:13:25 | 148 | 41    | 01:00:01 | 170 | 52    |
| 53  | 258 | Malcalm Chew                      | 02:48:49 | 173   | 00:32:30 | 228 | 61    | 01:20:19 | 252 | 74    | 00:56:00 | 173 | 53    |
| 54  | 300 | Azmin Ariff Bin Abdul Azij        | 02:49:29 | 178   | 00:36:54 | 345 | 88    | 01:12:12 | 116 | 31    | 01:00:22 | 178 | 54    |
| 55  | 233 | Chak Jia Heng                     | 02:50:49 | 184   | 00:34:32 | 285 | 70    | 01:14:46 | 185 | 53    | 01:01:30 | 184 | 55    |
| 56  | 299 | mohd redwan                       | 02:51:41 | 188   | 00:34:38 | 289 | 73    | 01:14:16 | 168 | 49    | 01:02:46 | 188 | 56    |
| 57  | 220 | Ahmad fikry                       | 02:53:07 | 195   | 00:31:31 | 196 | 52    | 01:22:13 | 303 | 93    | 00:59:21 | 195 | 57    |
| 58  | 292 | Ahmed Nabil                       | 02:53:27 | 196   | 00:32:34 | 230 | 62    | 01:18:38 | 247 | 73    | 01:02:14 | 196 | 58    |
| 59  | 231 | Matthew Chan                      | 02:54:11 | 201   | 00:32:18 | 221 | 60    | 01:13:10 | 139 | 36    | 01:08:42 | 201 | 59    |
| 60  | 245 | MUHAMMAD ASHA'ARI BIN ABU HU      | 02:54:13 | 202   | 00:34:38 | 290 | 74    | 01:12:35 | 120 | 32    | 01:06:59 | 202 | 60    |
| 61  | 322 | Lee Yee Aun                       | 02:54:56 | 209   | 00:31:25 | 189 | 50    | 01:20:52 | 282 | 88    | 01:02:39 | 209 | 61    |
| 62  | 321 | Mohd Ridwan Bin Mustafa           | 02:55:10 | 210   | 00:32:46 | 237 | 65    | 01:20:03 | 246 | 72    | 01:02:19 | 210 | 62    |
| 63  | 282 | Anis Izzuddin Bin Othman          | 02:55:17 | 211   | 00:31:03 | 174 | 43    | 01:18:15 | 221 | 63    | 01:05:58 | 211 | 63    |
| 64  | 329 | Tan Lian Meng                     | 02:55:29 | 213   | 00:28:47 | 109 | 25    | 01:14:20 | 182 | 52    | 01:12:22 | 213 | 64    |
| 65  | 256 | ALSYAKRIN RAFWANI MOHAMAD K       | 02:56:34 | 222   | 00:37:42 | 360 | 94    | 01:18:55 | 223 | 64    | 00:59:56 | 222 | 65    |
| 66  | 309 | Simone Dossena                    | 02:57:28 | 226   | 00:31:11 | 179 | 47    | 01:21:21 | 257 | 78    | 01:04:55 | 226 | 66    |
| 67  | 246 | Abdul Munir bin Mohani @ Che Umar | 02:57:47 | 228   | 00:40:03 | 404 | 109   | 01:18:45 | 219 | 61    | 00:58:59 | 228 | 67    |
| 68  | 334 | Samuel Wee Yeung Ern              | 02:58:29 | 231   | 00:39:03 | 387 | 101   | 01:13:30 | 142 | 38    | 01:05:54 | 231 | 68    |
| 69  | 278 | CHUA JIAXIANG                     | 02:58:37 | 232   | 00:31:47 | 205 | 53    | 01:22:11 | 300 | 92    | 01:04:38 | 232 | 69    |
| 70  | 242 | Muhammad Faisal Bin yunus         | 02:58:59 | 235   | 00:44:39 | 447 | 122   | 01:09:34 | 53  | 16    | 01:04:45 | 235 | 70    |
| 71  | 253 | Der Tun Guan                      | 02:59:58 | 244   | 00:34:22 | 280 | 68    | 01:15:05 | 172 | 50    | 01:10:30 | 244 | 71    |
| 72  | 221 | LAI JIN SHAWN                     | 03:00:20 | 245   | 00:28:11 | 95  | 20    | 01:15:45 | 177 | 51    | 01:16:23 | 245 | 72    |
| 73  | 298 | liew kat yan                      | 03:00:22 | 247   | 00:36:16 | 324 | 82    | 01:13:51 | 163 | 47    | 01:10:14 | 247 | 73    |
| 74  | 263 | AMIRUL ZAHIDIN NAZRIN             | 03:01:10 | 252   | 00:32:06 | 219 | 59    | 01:25:40 | 340 | 104   | 01:03:24 | 252 | 74    |
| 75  | 313 | Newman Loh                        | 03:01:19 | 255   | 00:30:38 | 158 | 40    | 01:37:29 | 439 | 125   | 00:53:10 | 255 | 75    |
| 76  | 272 | Ng Eng Hooi                       | 03:02:11 | 256   | 00:34:27 | 283 | 69    | 01:20:04 | 265 | 81    | 01:07:39 | 256 | 76    |
| 77  | 335 | Chin Li Wei                       | 03:03:04 | 261   | 00:40:13 | 409 | 110   | 01:12:11 | 130 | 34    | 01:10:38 | 261 | 77    |
| 78  | 205 | YEIK NAI JUN                      | 03:03:12 | 262   | 00:40:48 | 424 | 115   | 01:19:23 | 254 | 76    | 01:03:00 | 262 | 78    |
| 79  | 211 | Khoo Wen Shan                     | 03:03:55 | 266   | 00:29:41 | 130 | 31    | 01:23:58 | 318 | 99    | 01:10:15 | 266 | 79    |
| 80  | 249 | ismarul nizam isnin               | 03:06:00 | 277   | 00:39:53 | 402 | 107   | 01:13:39 | 155 | 45    | 01:12:27 | 277 | 80    |
| 81  | 306 | Soon Chia Choon                   | 03:07:06 | 279   | 00:36:58 | 349 | 90    | 01:22:21 | 279 | 86    | 01:07:46 | 279 | 81    |
| 82  | 267 | David Ng Wui Ming                 | 03:07:12 | 280   | 00:40:23 | 412 | 112   | 01:22:19 | 256 | 77    | 01:04:30 | 280 | 82    |
| 83  | 207 | Shahrul Nadzree                   | 03:07:14 | 281   | 00:39:27 | 394 | 103   | 01:17:30 | 229 | 66    | 01:10:16 | 281 | 83    |
| 84  | 244 | Mohd Imran Bin Abdul Rahman       | 03:08:40 | 289   | 00:35:44 | 313 | 81    | 01:21:23 | 244 | 71    | 01:11:32 | 289 | 84    |
| 85  | 279 | Asrul Syamin Bin Hisyam Yong      | 03:08:42 | 290   | 00:38:25 | 371 | 98    | 01:21:51 | 262 | 79    | 01:08:25 | 290 | 85    |
| 86  | 266 | Willy Wong                        | 03:10:32 | 298   | 00:35:14 | 305 | 78    | 01:18:56 | 242 | 70    | 01:16:21 | 298 | 86    |
| 87  | 296 | Mohd Hezrul Hizham                | 03:10:39 | 299   | 00:29:13 | 120 | 28    | 01:21:27 | 264 | 80    | 01:19:58 | 299 | 87    |
| 88  | 304 | Abdul Halim Rosly                 | 03:11:22 | 303   | 00:45:09 | 451 | 124   | 01:24:09 | 331 | 103   | 01:02:03 | 303 | 88    |
| 89  | 324 | Eric Lim Wei Czek                 | 03:13:25 | 312   | 00:31:57 | 214 | 57    | 01:27:27 | 362 | 110   | 01:14:00 | 312 | 89    |
| 90  | 315 | tan chin zhen                     | 03:13:36 | 313   | 00:36:33 | 336 | 86    | 01:30:26 | 384 | 115   | 01:06:36 | 313 | 90    |
| 91  | 247 | VOO WOON HOONG                    | 03:13:38 | 314   | 00:30:42 | 160 | 41    | 01:23:56 | 313 | 97    | 01:18:59 | 314 | 91    |
| 92  | 210 | Mohd Rafiq Iskandar bin Zulkifli  | 03:14:05 | 316   | 00:32:39 | 233 | 63    | 01:20:51 | 280 | 87    | 01:20:33 | 316 | 92    |
| 93  | 294 | Yoo wai hong                      | 03:15:49 | 327   | 00:43:15 | 440 | 120   | 01:20:58 | 270 | 83    | 01:11:36 | 327 | 93    |
| 94  | 204 | Faiz bin Rusli                    | 03:16:21 | 328   | 00:38:36 | 376 | 99    | 01:40:49 | 453 | 128   | 00:56:54 | 328 | 94    |

# Kenanga Port Dickson Triathlon 2023 (OD)

OD

## Category Results

### Male Men 30-39 years

| Pos | No  | Name                            | Time     | O.Pos | Swim     | Pos | C.Pos | Cycle    | Pos | C.Pos | Run      | Pos | C.Pos |
|-----|-----|---------------------------------|----------|-------|----------|-----|-------|----------|-----|-------|----------|-----|-------|
| 95  | 277 | MOHD ASFAHANI SUKIMAN           | 03:16:45 | 329   | 00:39:36 | 396 | 104   | 01:21:23 | 253 | 75    | 01:15:46 | 329 | 95    |
| 96  | 206 | MOHD FALIQ BIN FAUZI            | 03:18:09 | 334   | 00:39:55 | 403 | 108   | 01:24:31 | 312 | 96    | 01:13:41 | 334 | 96    |
| 97  | 273 | WONG KHIUN FUNG                 | 03:18:21 | 336   | 00:39:53 | 401 | 106   | 01:25:59 | 317 | 98    | 01:12:28 | 336 | 97    |
| 98  | 259 | Wan Izzul Fathi bin Hamdan      | 03:18:38 | 338   | 00:37:32 | 357 | 93    | 01:23:27 | 295 | 90    | 01:17:37 | 338 | 98    |
| 99  | 311 | Gan Kai Meng                    | 03:18:43 | 340   | 00:34:42 | 292 | 75    | 01:28:56 | 378 | 113   | 01:15:04 | 340 | 99    |
| 100 | 326 | AWANG HAMAD ABDULLAH            | 03:18:50 | 341   | 00:39:15 | 390 | 102   | 01:19:52 | 233 | 68    | 01:19:42 | 341 | 100   |
| 101 | 239 | MOHD FAIZ BIN ISMAIL            | 03:18:55 | 342   | 00:36:54 | 346 | 89    | 01:28:58 | 379 | 114   | 01:13:02 | 342 | 101   |
| 102 | 261 | Norzafry Norhalim               | 03:18:55 | 343   | 00:40:47 | 422 | 114   | 01:16:28 | 200 | 57    | 01:21:40 | 343 | 102   |
| 103 | 338 | Ahmad Taufiq bin Abdul Rahim    | 03:18:55 | 344   | 00:29:50 | 135 | 32    | 01:35:02 | 434 | 124   | 01:14:02 | 344 | 103   |
| 104 | 291 | Muhammad Syakir Bin Che Mansor  | 03:19:40 | 345   | 00:29:50 | 136 | 33    | 01:19:19 | 232 | 67    | 01:30:30 | 345 | 104   |
| 105 | 286 | Lim Bok Eng                     | 03:21:08 | 347   | 00:35:35 | 311 | 80    | 01:34:57 | 442 | 126   | 01:10:36 | 347 | 105   |
| 106 | 333 | yap choe houk                   | 03:22:36 | 356   | 00:38:57 | 384 | 100   | 01:31:15 | 392 | 117   | 01:12:23 | 356 | 106   |
| 107 | 236 | LIEW KOK SUM                    | 03:23:27 | 360   | 00:39:49 | 400 | 105   | 01:22:41 | 298 | 91    | 01:20:56 | 360 | 107   |
| 108 | 274 | TAN KEE SHEN                    | 03:23:40 | 363   | 00:36:50 | 343 | 87    | 01:22:50 | 278 | 85    | 01:23:58 | 363 | 108   |
| 109 | 232 | Johan Effendi Mat Nadzri        | 03:23:54 | 364   | 00:45:01 | 450 | 123   | 01:23:51 | 321 | 100   | 01:15:01 | 364 | 109   |
| 110 | 240 | Nurshareezaman Mohamed          | 03:24:31 | 367   | 00:37:26 | 355 | 92    | 01:25:30 | 326 | 102   | 01:21:34 | 367 | 110   |
| 111 | 251 | Matthew Benjamin Joseph         | 03:25:30 | 369   | 00:36:18 | 327 | 83    | 01:24:39 | 325 | 101   | 01:24:33 | 369 | 111   |
| 112 | 307 | MUHAIMIN FITRI                  | 03:28:42 | 379   | 00:46:18 | 456 | 126   | 01:23:59 | 307 | 94    | 01:18:23 | 379 | 112   |
| 113 | 260 | Danni Rais                      | 03:29:47 | 383   | 00:36:18 | 329 | 84    | 01:33:23 | 420 | 122   | 01:20:05 | 383 | 113   |
| 114 | 224 | Daniel Heng                     | 03:30:02 | 385   | 00:37:02 | 351 | 91    | 01:28:03 | 366 | 111   | 01:24:57 | 385 | 114   |
| 115 | 270 | Ahmad Affiq Bin Ahmad Zakie     | 03:32:37 | 394   | 00:37:56 | 365 | 95    | 01:27:16 | 342 | 105   | 01:27:25 | 394 | 115   |
| 116 | 216 | Chaiyut Boonkong                | 03:35:05 | 403   | 00:42:02 | 436 | 118   | 01:30:40 | 391 | 116   | 01:22:23 | 403 | 116   |
| 117 | 235 | Khairudin Bin Yaacob            | 03:35:22 | 405   | 00:38:13 | 367 | 97    | 01:32:06 | 371 | 112   | 01:25:02 | 405 | 117   |
| 118 | 265 | Wilson Wong Chau Shen           | 03:36:37 | 413   | 00:40:17 | 411 | 111   | 01:33:26 | 408 | 121   | 01:22:52 | 413 | 118   |
| 119 | 203 | Sapwan Rahim                    | 03:37:45 | 415   | 00:46:11 | 454 | 125   | 01:28:01 | 350 | 107   | 01:23:32 | 415 | 119   |
| 120 | 230 | AHMAD TARMIZI BIN ADNAN         | 03:38:07 | 416   | 00:40:43 | 418 | 113   | 01:34:41 | 421 | 123   | 01:22:42 | 416 | 120   |
| 121 | 323 | Hafiz Jamal                     | 03:39:33 | 422   | 00:32:39 | 234 | 64    | 01:23:33 | 310 | 95    | 01:43:20 | 422 | 121   |
| 122 | 293 | MOHD SUKRI BIN MOHD ALI         | 03:42:30 | 429   | 00:47:30 | 459 | 127   | 01:28:54 | 361 | 109   | 01:26:05 | 429 | 122   |
| 123 | 228 | MOHD ISMAIL BIN RAMLI           | 03:43:53 | 432   | 00:47:31 | 460 | 128   | 01:37:39 | 447 | 127   | 01:18:42 | 432 | 123   |
| 124 | 255 | Loh Wei Soon                    | 03:45:27 | 436   | 00:43:13 | 439 | 119   | 01:30:59 | 395 | 119   | 01:31:14 | 436 | 124   |
| 125 | 317 | Johnathan Ti Teng Yao           | 03:53:28 | 449   | 00:41:29 | 432 | 117   | 01:41:15 | 455 | 129   | 01:30:43 | 449 | 125   |
| 126 | 314 | NICHOLAS CHUA YUAN LOONG        | 03:54:36 | 452   | 00:38:11 | 366 | 96    | 01:32:19 | 405 | 120   | 01:44:05 | 452 | 126   |
| 127 | 337 | Mohammad Aizat bin Mohammad Ali | 03:55:49 | 453   | 01:05:53 | 475 | 131   | 01:28:28 | 359 | 108   | 01:21:28 | 453 | 127   |
| 128 | 290 | MUHAMAD RAFIQUE BIN ABDULLAH    | 03:57:43 | 456   | 00:57:41 | 470 | 130   | 01:25:35 | 345 | 106   | 01:34:27 | 456 | 128   |
| 129 | 312 | Mohammad Faidzul                | 04:00:59 | 459   | 00:54:23 | 466 | 129   | 01:43:46 | 467 | 131   | 01:22:49 | 459 | 129   |
| 130 | 243 | Shafiq Haizam Bin Mohd Kamil    | 04:09:02 | 463   | 01:20:53 | 476 | 132   | 01:35:00 | 393 | 118   | 01:13:09 | 463 | 130   |
| 131 | 214 | MOHD KHAIRI ABDUL RAZAK         | 04:09:49 | 464   | 00:43:37 | 442 | 121   | 01:41:39 | 458 | 130   | 01:44:31 | 464 | 131   |
| 132 | 319 | Ahmad Shahir Ismail             | 04:18:30 | 466   | 00:41:17 | 431 | 116   | 01:47:06 | 469 | 132   | 01:50:06 | 466 | 132   |

# Kenanga Port Dickson Triathlon 2023 (OD)

## OD Category Results

### Male Men 40-49 years

| Pos | No  | Name                               | Time     | O.Pos | Swim     | Pos | C.Pos | Cycle    | Pos | C.Pos | Run      | Pos | C.Pos |
|-----|-----|------------------------------------|----------|-------|----------|-----|-------|----------|-----|-------|----------|-----|-------|
| 1   | 472 | ABDUL RAHMAN BIN ABU HASSAN        | 02:08:55 | 9     | 00:23:51 | 31  | 8     | 01:03:09 | 7   | 2     | 00:41:54 | 9   | 1     |
| 2   | 531 | Rorie Masson                       | 02:10:04 | 14    | 00:22:26 | 18  | 3     | 01:04:37 | 16  | 5     | 00:43:00 | 14  | 2     |
| 3   | 416 | Shahrom Abdullah                   | 02:11:17 | 16    | 00:25:39 | 46  | 12    | 01:03:10 | 8   | 3     | 00:42:27 | 16  | 3     |
| 4   | 439 | Wei Kuo Hau                        | 02:12:15 | 20    | 00:21:55 | 14  | 2     | 01:05:09 | 22  | 7     | 00:45:10 | 20  | 4     |
| 5   | 546 | Muhammad Syamsul erry bin abdullah | 02:13:21 | 21    | 00:23:23 | 25  | 5     | 01:05:19 | 21  | 6     | 00:44:37 | 21  | 5     |
| 6   | 538 | Kenneth Chan                       | 02:15:23 | 29    | 00:24:32 | 40  | 9     | 01:04:11 | 14  | 4     | 00:46:40 | 29  | 6     |
| 7   | 422 | Muhammad Azmir                     | 02:15:47 | 32    | 00:25:42 | 49  | 13    | 01:02:55 | 6   | 1     | 00:47:08 | 32  | 7     |
| 8   | 463 | Jose Luis Larrosa                  | 02:17:01 | 34    | 00:19:01 | 5   | 1     | 01:11:33 | 140 | 46    | 00:46:25 | 34  | 8     |
| 9   | 529 | Chia Yong Wei                      | 02:18:01 | 37    | 00:26:28 | 68  | 16    | 01:06:48 | 42  | 12    | 00:44:44 | 37  | 9     |
| 10  | 526 | Tan Khim Bok                       | 02:21:03 | 45    | 00:26:10 | 58  | 14    | 01:06:10 | 34  | 10    | 00:48:43 | 45  | 10    |
| 11  | 505 | Herve HUGUENOT                     | 02:22:55 | 51    | 00:30:03 | 141 | 38    | 01:10:20 | 94  | 30    | 00:42:31 | 51  | 11    |
| 12  | 493 | Joseph Taylor                      | 02:24:33 | 57    | 00:29:59 | 139 | 37    | 01:06:07 | 26  | 8     | 00:48:26 | 57  | 12    |
| 13  | 544 | ngee wei seng                      | 02:25:02 | 60    | 00:27:40 | 85  | 20    | 01:08:07 | 72  | 19    | 00:49:14 | 60  | 13    |
| 14  | 497 | Ryan Calder                        | 02:25:10 | 61    | 00:23:39 | 29  | 7     | 01:09:41 | 105 | 34    | 00:51:49 | 61  | 14    |
| 15  | 431 | Lim swee soon                      | 02:25:16 | 62    | 00:27:09 | 79  | 18    | 01:08:40 | 73  | 20    | 00:49:26 | 62  | 15    |
| 16  | 534 | ooi chin guan                      | 02:25:54 | 66    | 00:27:59 | 91  | 21    | 01:09:32 | 93  | 29    | 00:48:22 | 66  | 16    |
| 17  | 474 | Azuree Hydani                      | 02:25:54 | 67    | 00:29:37 | 128 | 33    | 01:06:32 | 27  | 9     | 00:49:44 | 67  | 17    |
| 18  | 553 | Tan Kok Chuan (Casey)              | 02:27:22 | 69    | 00:28:26 | 100 | 24    | 01:07:53 | 46  | 15    | 00:51:02 | 69  | 18    |
| 19  | 527 | Vignesh Krisnan                    | 02:27:37 | 70    | 00:25:11 | 44  | 11    | 01:10:48 | 125 | 40    | 00:51:38 | 70  | 19    |
| 20  | 528 | Szymon Gross                       | 02:27:38 | 71    | 00:33:20 | 254 | 76    | 01:06:49 | 43  | 13    | 00:47:28 | 71  | 20    |
| 21  | 525 | Tan Aun Yeong                      | 02:28:37 | 74    | 00:24:42 | 42  | 10    | 01:08:32 | 78  | 23    | 00:55:22 | 74  | 21    |
| 22  | 424 | Ng hing yuen                       | 02:30:43 | 84    | 00:28:03 | 93  | 23    | 01:12:40 | 147 | 47    | 00:50:00 | 84  | 22    |
| 23  | 499 | Keng swee hau                      | 02:30:49 | 85    | 00:29:49 | 134 | 35    | 01:07:20 | 40  | 11    | 00:53:39 | 85  | 23    |
| 24  | 479 | Amir Fariz                         | 02:31:47 | 88    | 00:32:26 | 226 | 67    | 01:08:30 | 76  | 22    | 00:50:50 | 88  | 24    |
| 25  | 450 | Hakim Yahya                        | 02:32:20 | 90    | 00:28:01 | 92  | 22    | 01:09:23 | 85  | 26    | 00:54:55 | 90  | 25    |
| 26  | 508 | ZOOL HILMY HAZALLY                 | 02:32:32 | 91    | 00:29:10 | 118 | 29    | 01:11:29 | 127 | 42    | 00:51:53 | 91  | 26    |
| 27  | 511 | Mohd Zaid Bin Mohd Nordin          | 02:35:17 | 104   | 00:31:28 | 193 | 55    | 01:09:32 | 70  | 18    | 00:54:16 | 104 | 27    |
| 28  | 481 | Raymond Ang Kiang Seng             | 02:37:40 | 110   | 00:32:19 | 223 | 64    | 01:12:00 | 109 | 35    | 00:53:20 | 110 | 28    |
| 29  | 549 | Muhamad Kamil Bin Abdul Wahab      | 02:38:45 | 114   | 00:32:25 | 225 | 66    | 01:08:36 | 82  | 24    | 00:57:43 | 114 | 29    |
| 30  | 470 | Muhamad Hazwan bin Hamzah          | 02:38:49 | 116   | 00:34:24 | 281 | 86    | 01:11:45 | 98  | 32    | 00:52:39 | 116 | 30    |
| 31  | 437 | Alan ng                            | 02:39:01 | 118   | 00:30:38 | 157 | 45    | 01:14:37 | 170 | 55    | 00:53:45 | 118 | 31    |
| 32  | 473 | Florian Schimzack                  | 02:39:39 | 124   | 00:26:48 | 74  | 17    | 01:19:15 | 231 | 72    | 00:53:34 | 124 | 32    |
| 33  | 410 | Fadzir Azuan Mahari                | 02:39:41 | 125   | 00:31:28 | 192 | 54    | 01:09:30 | 58  | 17    | 00:58:43 | 125 | 33    |
| 34  | 537 | Tg Ahmad Masirin                   | 02:39:56 | 127   | 00:30:03 | 143 | 39    | 01:11:16 | 124 | 39    | 00:58:36 | 127 | 34    |
| 35  | 471 | Mohamed Subki Bin Ahmad Fadzil     | 02:40:04 | 128   | 00:33:35 | 264 | 81    | 01:12:05 | 119 | 38    | 00:54:23 | 128 | 35    |
| 36  | 404 | Azani Mat Jusoh                    | 02:42:33 | 138   | 00:33:26 | 260 | 79    | 01:12:54 | 133 | 43    | 00:56:12 | 138 | 36    |
| 37  | 524 | Muhammad Alphian Bin Hashim        | 02:42:43 | 140   | 00:40:24 | 413 | 124   | 01:10:46 | 97  | 31    | 00:51:32 | 140 | 37    |
| 38  | 521 | TAN SER AIK                        | 02:43:06 | 144   | 00:32:16 | 220 | 63    | 01:14:35 | 152 | 49    | 00:56:15 | 144 | 38    |
| 39  | 436 | Mohd shahrin bin hasan sezali      | 02:44:02 | 148   | 00:32:32 | 229 | 68    | 01:11:46 | 117 | 37    | 00:59:43 | 148 | 39    |
| 40  | 509 | Danl Lok                           | 02:44:31 | 152   | 00:32:42 | 236 | 70    | 01:13:23 | 167 | 53    | 00:58:24 | 152 | 40    |
| 41  | 476 | Nornekman Abdul Razak              | 02:44:53 | 154   | 00:34:37 | 288 | 87    | 01:14:53 | 171 | 56    | 00:55:22 | 154 | 41    |
| 42  | 420 | Marcus Ho Peng Yang                | 02:45:34 | 159   | 00:33:19 | 253 | 75    | 01:12:52 | 149 | 48    | 00:59:22 | 159 | 42    |
| 43  | 542 | LOO PENG HOCK                      | 02:45:46 | 161   | 00:31:54 | 212 | 61    | 01:13:46 | 175 | 58    | 01:00:06 | 161 | 43    |
| 44  | 513 | BITTARANJAN PRADHAN                | 02:45:48 | 162   | 00:27:11 | 81  | 19    | 01:23:40 | 324 | 97    | 00:54:56 | 162 | 44    |
| 45  | 432 | Nik Mohd Hazleigh Bin Nik Hussin   | 02:48:38 | 172   | 00:33:21 | 256 | 77    | 01:13:28 | 137 | 45    | 01:01:48 | 172 | 45    |
| 46  | 445 | Bukhary Ikhwan                     | 02:48:59 | 174   | 00:31:16 | 184 | 50    | 01:09:42 | 104 | 33    | 01:08:00 | 174 | 46    |
| 47  | 503 | Mohamad Faizal Bin Mohamad Nor     | 02:49:23 | 176   | 00:31:23 | 188 | 52    | 01:14:57 | 173 | 57    | 01:03:01 | 176 | 47    |

# Kenanga Port Dickson Triathlon 2023 (OD)

## OD Category Results

### Male Men 40-49 years

| Pos | No  | Name                                | Time     | O.Pos | Swim     | Pos | C.Pos | Cycle    | Pos | C.Pos | Run      | Pos | C.Pos |
|-----|-----|-------------------------------------|----------|-------|----------|-----|-------|----------|-----|-------|----------|-----|-------|
| 48  | 536 | HAN SIEW SING                       | 02:50:25 | 181   | 00:37:13 | 353 | 109   | 01:13:35 | 166 | 52    | 00:59:35 | 181 | 48    |
| 49  | 512 | FAUZAN SAFIEE                       | 02:50:27 | 182   | 00:36:17 | 325 | 101   | 01:13:54 | 158 | 50    | 01:00:15 | 182 | 49    |
| 50  | 506 | John Still                          | 02:51:20 | 185   | 00:29:53 | 137 | 36    | 01:24:06 | 316 | 94    | 00:57:21 | 185 | 50    |
| 51  | 480 | Jovial Chan                         | 02:52:02 | 189   | 00:26:16 | 62  | 15    | 01:15:35 | 211 | 68    | 01:10:11 | 189 | 51    |
| 52  | 425 | Andrew Choa Hon Hsien               | 02:52:30 | 191   | 00:31:21 | 185 | 51    | 01:19:11 | 259 | 79    | 01:01:57 | 191 | 52    |
| 53  | 412 | ROSMAN ALIAS                        | 02:52:45 | 193   | 00:30:20 | 150 | 42    | 01:10:30 | 91  | 27    | 01:11:54 | 193 | 53    |
| 54  | 438 | MOHD SYAFARIM MD ISHAK              | 02:52:47 | 194   | 00:35:24 | 309 | 95    | 01:10:10 | 92  | 28    | 01:07:12 | 194 | 54    |
| 55  | 456 | MOHD RAFIQ BIN ABDUL RAHIM          | 02:53:52 | 199   | 00:34:56 | 298 | 92    | 01:15:46 | 210 | 67    | 01:03:09 | 199 | 55    |
| 56  | 494 | muhamad sahrizan                    | 02:54:31 | 204   | 00:31:31 | 195 | 56    | 01:09:36 | 83  | 25    | 01:13:24 | 204 | 56    |
| 57  | 516 | Ahmad Husaini Hashim                | 02:54:55 | 208   | 00:29:29 | 125 | 31    | 01:16:49 | 204 | 65    | 01:08:36 | 208 | 57    |
| 58  | 464 | Mohd Ridzuan Bin Mohd Norani        | 02:55:30 | 214   | 00:29:21 | 123 | 30    | 01:25:31 | 348 | 103   | 01:00:38 | 214 | 58    |
| 59  | 477 | Mohamad Zaki Musa                   | 02:55:58 | 216   | 00:41:39 | 434 | 132   | 01:09:28 | 52  | 16    | 01:04:50 | 216 | 59    |
| 60  | 482 | Mohd Yusrie Yahana                  | 02:56:15 | 219   | 00:33:50 | 271 | 83    | 01:12:44 | 126 | 41    | 01:09:40 | 219 | 60    |
| 61  | 448 | Allan Zul                           | 02:56:37 | 223   | 00:36:18 | 328 | 103   | 01:15:55 | 201 | 63    | 01:04:23 | 223 | 61    |
| 62  | 423 | Shahariz Aziz                       | 02:56:43 | 224   | 00:35:11 | 304 | 93    | 01:17:59 | 227 | 71    | 01:03:32 | 224 | 62    |
| 63  | 541 | Bryan Ng kah foong                  | 02:57:32 | 227   | 00:28:36 | 104 | 25    | 01:12:16 | 136 | 44    | 01:16:39 | 227 | 63    |
| 64  | 466 | ANG CHONG LEY                       | 02:57:48 | 229   | 00:36:16 | 323 | 100   | 01:21:30 | 276 | 82    | 01:00:01 | 229 | 64    |
| 65  | 427 | Ngan Kok Kie                        | 02:58:28 | 230   | 00:34:54 | 297 | 91    | 01:15:47 | 169 | 54    | 01:07:47 | 230 | 65    |
| 66  | 514 | HON LIAN DING                       | 02:58:42 | 233   | 00:31:49 | 207 | 58    | 01:19:23 | 238 | 74    | 01:07:28 | 233 | 66    |
| 67  | 492 | Alfashah bin mohamed                | 02:59:01 | 236   | 00:32:50 | 241 | 72    | 01:23:40 | 299 | 90    | 01:02:31 | 236 | 67    |
| 68  | 455 | Azran Fazirin                       | 02:59:33 | 239   | 00:31:51 | 209 | 59    | 01:21:54 | 235 | 73    | 01:05:47 | 239 | 68    |
| 69  | 517 | Mohd ismifarizal bin mohammed ishak | 02:59:33 | 240   | 00:38:17 | 369 | 114   | 01:18:51 | 196 | 62    | 01:02:24 | 240 | 69    |
| 70  | 451 | Sean Adrian Ferrao                  | 03:00:20 | 246   | 00:36:17 | 326 | 102   | 01:17:47 | 208 | 66    | 01:06:15 | 246 | 70    |
| 71  | 475 | Ahmad Shahir bin Mawardi            | 03:01:04 | 250   | 00:40:54 | 427 | 129   | 01:23:14 | 293 | 87    | 00:56:55 | 250 | 71    |
| 72  | 489 | Tan boon hoong                      | 03:01:18 | 254   | 00:35:49 | 316 | 97    | 01:16:28 | 195 | 61    | 01:08:59 | 254 | 72    |
| 73  | 554 | Vasily Baranov                      | 03:02:22 | 257   | 00:35:45 | 314 | 96    | 01:30:53 | 370 | 108   | 00:55:44 | 257 | 73    |
| 74  | 518 | Hazarul Faskah                      | 03:03:16 | 263   | 00:30:33 | 153 | 43    | 01:14:51 | 191 | 60    | 01:17:51 | 263 | 74    |
| 75  | 465 | Muhammad Huzaifah Ab. Rahim         | 03:03:42 | 265   | 00:32:21 | 224 | 65    | 01:08:16 | 45  | 14    | 01:23:04 | 265 | 75    |
| 76  | 406 | Wong Tung Wee                       | 03:04:32 | 267   | 00:31:46 | 204 | 57    | 01:15:59 | 202 | 64    | 01:16:47 | 267 | 76    |
| 77  | 441 | Ong Boo Seng                        | 03:05:03 | 269   | 00:36:51 | 344 | 107   | 01:22:55 | 281 | 83    | 01:05:16 | 269 | 77    |
| 78  | 533 | Wong Yik Lin                        | 03:05:43 | 274   | 00:28:39 | 106 | 26    | 01:18:18 | 240 | 75    | 01:18:45 | 274 | 78    |
| 79  | 532 | Kim Peng Fei                        | 03:05:43 | 275   | 00:31:27 | 191 | 53    | 01:09:33 | 75  | 21    | 01:24:43 | 275 | 79    |
| 80  | 523 | Ng Tiong Tat                        | 03:05:51 | 276   | 00:40:06 | 407 | 122   | 01:16:49 | 183 | 59    | 01:08:55 | 276 | 80    |
| 81  | 402 | Leonard Ng                          | 03:06:23 | 278   | 00:30:42 | 162 | 47    | 01:15:33 | 162 | 51    | 01:20:07 | 278 | 81    |
| 82  | 409 | Chee Chien Sean                     | 03:07:30 | 283   | 00:23:05 | 20  | 4     | 01:21:46 | 275 | 81    | 01:22:39 | 283 | 82    |
| 83  | 453 | Alan Tan Yew Choon                  | 03:08:11 | 287   | 00:28:58 | 115 | 28    | 01:22:43 | 258 | 78    | 01:16:29 | 287 | 83    |
| 84  | 507 | Stephen                             | 03:08:50 | 292   | 00:31:02 | 172 | 49    | 01:22:24 | 304 | 91    | 01:15:23 | 292 | 84    |
| 85  | 504 | Alvin Lim                           | 03:09:17 | 293   | 00:32:37 | 232 | 69    | 01:18:15 | 215 | 69    | 01:18:25 | 293 | 85    |
| 86  | 485 | chow cheong kwai                    | 03:09:34 | 294   | 00:23:30 | 26  | 6     | 01:26:05 | 335 | 99    | 01:19:58 | 294 | 86    |
| 87  | 407 | Muhammad Hatta bin muhamad          | 03:10:52 | 301   | 00:39:09 | 388 | 118   | 01:18:40 | 225 | 70    | 01:13:02 | 301 | 87    |
| 88  | 502 | Chow Kean Fatt                      | 03:11:12 | 302   | 00:37:29 | 356 | 110   | 01:23:10 | 291 | 86    | 01:10:32 | 302 | 88    |
| 89  | 556 | Leong Chin Wei                      | 03:12:16 | 307   | 00:38:49 | 379 | 116   | 01:27:27 | 364 | 107   | 01:05:59 | 307 | 89    |
| 90  | 403 | MUHAMMAD NOOR FADZLY BIN OT         | 03:12:55 | 310   | 00:40:46 | 421 | 126   | 01:36:34 | 429 | 130   | 00:55:34 | 310 | 90    |
| 91  | 530 | Salva Alarcon Alacio                | 03:13:11 | 311   | 00:37:46 | 362 | 111   | 01:28:57 | 382 | 116   | 01:06:28 | 311 | 91    |
| 92  | 483 | Dahari Abdul Aziz                   | 03:14:23 | 317   | 00:40:12 | 408 | 123   | 01:24:20 | 329 | 98    | 01:09:50 | 317 | 92    |
| 93  | 446 | Chua Siong Tat                      | 03:14:46 | 319   | 00:32:58 | 244 | 73    | 01:29:18 | 381 | 115   | 01:12:29 | 319 | 93    |
| 94  | 447 | Ang Eu Jin                          | 03:14:54 | 322   | 00:36:19 | 330 | 104   | 01:29:16 | 383 | 117   | 01:09:18 | 322 | 94    |

# Kenanga Port Dickson Triathlon 2023 (OD)

## OD Category Results

### Male Men 40-49 years

| Pos | No  | Name                             | Time     | O.Pos | Swim     | Pos | C.Pos | Cycle    | Pos | C.Pos | Run      | Pos | C.Pos |
|-----|-----|----------------------------------|----------|-------|----------|-----|-------|----------|-----|-------|----------|-----|-------|
| 95  | 435 | Lim                              | 03:15:19 | 323   | 00:34:40 | 291 | 88    | 01:28:04 | 356 | 105   | 01:12:34 | 323 | 95    |
| 96  | 418 | Oscar Lau Nam Yee                | 03:15:19 | 324   | 00:35:58 | 317 | 98    | 01:29:04 | 375 | 112   | 01:10:17 | 324 | 96    |
| 97  | 428 | Kenneth Yap Kien Loy             | 03:15:21 | 325   | 00:35:16 | 307 | 94    | 01:25:59 | 343 | 101   | 01:14:05 | 325 | 97    |
| 98  | 413 | Faizal Jaafar                    | 03:17:35 | 330   | 00:34:48 | 295 | 89    | 01:21:37 | 284 | 84    | 01:21:08 | 330 | 98    |
| 99  | 452 | Zulputra Harsat                  | 03:17:51 | 331   | 00:33:43 | 270 | 82    | 01:29:51 | 344 | 102   | 01:14:16 | 331 | 99    |
| 100 | 498 | LIN CHUN CHIEH                   | 03:18:38 | 339   | 00:39:40 | 398 | 121   | 01:25:17 | 322 | 95    | 01:13:40 | 339 | 100   |
| 101 | 548 | MOHD AZURI ZAKARIA               | 03:19:53 | 346   | 00:38:15 | 368 | 113   | 01:29:05 | 387 | 119   | 01:12:32 | 346 | 101   |
| 102 | 520 | Tang Chin Teng                   | 03:21:25 | 350   | 00:40:58 | 430 | 131   | 01:23:01 | 297 | 89    | 01:17:25 | 350 | 102   |
| 103 | 434 | Wan Suhazeli Bin Wan Ahamed      | 03:21:39 | 351   | 00:39:25 | 393 | 120   | 01:24:21 | 323 | 96    | 01:17:52 | 351 | 103   |
| 104 | 496 | BALASOORIAN A/L BALAKRISHNAN     | 03:22:02 | 353   | 00:33:22 | 257 | 78    | 01:24:35 | 314 | 93    | 01:24:04 | 353 | 104   |
| 105 | 440 | Mark Mu Wei Seng                 | 03:22:33 | 355   | 00:32:48 | 239 | 71    | 01:30:20 | 402 | 122   | 01:19:24 | 355 | 105   |
| 106 | 457 | Micheal Chan                     | 03:22:49 | 357   | 00:30:47 | 166 | 48    | 01:21:53 | 286 | 85    | 01:30:09 | 357 | 106   |
| 107 | 459 | Nick Tesselaar                   | 03:24:31 | 366   | 00:37:50 | 364 | 112   | 01:22:55 | 311 | 92    | 01:23:45 | 366 | 107   |
| 108 | 430 | Gerhard Ott                      | 03:24:39 | 368   | 00:36:43 | 341 | 106   | 01:20:27 | 249 | 77    | 01:27:28 | 368 | 108   |
| 109 | 510 | CHANDRASEGARAN UTHAMASEEL        | 03:26:41 | 371   | 00:44:36 | 445 | 134   | 01:27:31 | 353 | 104   | 01:14:33 | 371 | 109   |
| 110 | 519 | Ioh chuan heng                   | 03:27:12 | 375   | 00:29:46 | 132 | 34    | 01:22:38 | 296 | 88    | 01:34:47 | 375 | 110   |
| 111 | 490 | CHOO KWAN FOON                   | 03:27:21 | 376   | 00:30:42 | 159 | 46    | 01:39:25 | 443 | 134   | 01:17:13 | 376 | 111   |
| 112 | 468 | Lee kok cheng                    | 03:29:02 | 380   | 00:40:29 | 414 | 125   | 01:39:20 | 414 | 125   | 01:09:12 | 380 | 112   |
| 113 | 449 | Md Noorazizulhakkim Md Yusoff    | 03:31:07 | 389   | 00:33:31 | 262 | 80    | 01:35:48 | 428 | 129   | 01:21:47 | 389 | 113   |
| 114 | 467 | Lok bin yong                     | 03:33:04 | 396   | 00:39:19 | 391 | 119   | 01:36:24 | 440 | 133   | 01:17:20 | 396 | 114   |
| 115 | 401 | Mohd Irwan Ahmad Mustafa         | 03:33:43 | 397   | 00:31:58 | 215 | 62    | 01:22:10 | 274 | 80    | 01:39:33 | 397 | 115   |
| 116 | 539 | Alex Chow                        | 03:34:48 | 402   | 00:48:01 | 461 | 137   | 01:32:56 | 416 | 127   | 01:13:50 | 402 | 116   |
| 117 | 444 | Meor Azman Meor Danial           | 03:35:44 | 406   | 00:36:05 | 320 | 99    | 01:28:14 | 377 | 114   | 01:31:24 | 406 | 117   |
| 118 | 469 | JIMMY LOW                        | 03:36:06 | 408   | 00:45:50 | 453 | 136   | 01:40:34 | 437 | 131   | 01:09:41 | 408 | 118   |
| 119 | 411 | Terence Tan                      | 03:36:27 | 411   | 00:30:11 | 148 | 41    | 01:50:08 | 472 | 141   | 01:16:07 | 411 | 119   |
| 120 | 552 | Chong Yiow Fei                   | 03:38:25 | 417   | 00:40:55 | 428 | 130   | 01:29:36 | 372 | 109   | 01:27:53 | 417 | 120   |
| 121 | 550 | Chong Yiow Loong                 | 03:38:28 | 418   | 00:40:47 | 423 | 127   | 01:29:43 | 376 | 113   | 01:27:56 | 418 | 121   |
| 122 | 414 | Mohammed Haider Abdul Rashid     | 03:38:35 | 419   | 00:31:53 | 210 | 60    | 01:20:25 | 245 | 76    | 01:46:16 | 419 | 122   |
| 123 | 551 | Edwin Ng Heng Chye               | 03:39:16 | 420   | 00:40:52 | 425 | 128   | 01:31:08 | 385 | 118   | 01:27:15 | 420 | 123   |
| 124 | 484 | ZULKIPLI BIN BAIJURI             | 03:39:38 | 423   | 00:30:37 | 156 | 44    | 01:25:50 | 336 | 100   | 01:43:10 | 423 | 124   |
| 125 | 501 | HOW SHI HUEI                     | 03:39:45 | 424   | 00:48:27 | 462 | 138   | 01:31:53 | 401 | 121   | 01:19:24 | 424 | 125   |
| 126 | 460 | Mohamad Shuaib Bin Mohamad Zabid | 03:41:15 | 426   | 00:55:02 | 467 | 139   | 01:31:08 | 409 | 123   | 01:15:04 | 426 | 126   |
| 127 | 426 | MOHD AZMAN MANSOR                | 03:42:12 | 428   | 00:36:30 | 334 | 105   | 01:33:43 | 415 | 126   | 01:31:57 | 428 | 127   |
| 128 | 417 | Chan Voon Jhin                   | 03:45:13 | 433   | 00:33:53 | 272 | 84    | 01:32:30 | 398 | 120   | 01:38:49 | 433 | 128   |
| 129 | 405 | Boo keat chin                    | 03:45:16 | 434   | 00:30:08 | 146 | 40    | 01:34:43 | 438 | 132   | 01:40:24 | 434 | 129   |
| 130 | 500 | Wong Yeng Wan                    | 03:46:59 | 437   | 00:36:57 | 348 | 108   | 01:36:10 | 424 | 128   | 01:33:51 | 437 | 130   |
| 131 | 488 | Lee Chee Aik                     | 03:47:30 | 438   | 01:01:36 | 472 | 141   | 01:14:16 | 113 | 36    | 01:31:37 | 438 | 131   |
| 132 | 486 | Abu Zaki Abu Bakar               | 03:47:53 | 439   | 00:34:50 | 296 | 90    | 01:38:10 | 444 | 135   | 01:34:53 | 439 | 132   |
| 133 | 461 | Siew                             | 03:48:47 | 440   | 00:38:38 | 377 | 115   | 01:27:35 | 373 | 110   | 01:42:33 | 440 | 133   |
| 134 | 429 | HAIROL AZWAN ABAS                | 03:50:57 | 442   | 00:43:33 | 441 | 133   | 01:41:17 | 449 | 137   | 01:26:07 | 442 | 134   |
| 135 | 495 | NOORHIZAM BIN OTHMAN             | 03:51:01 | 443   | 00:44:39 | 446 | 135   | 01:30:08 | 374 | 111   | 01:36:14 | 443 | 135   |
| 136 | 535 | Liew mun seng                    | 03:51:14 | 445   | 00:29:36 | 127 | 32    | 01:32:27 | 412 | 124   | 01:49:10 | 445 | 136   |
| 137 | 442 | Azan Azlan                       | 03:54:35 | 451   | 00:34:14 | 277 | 85    | 01:44:10 | 466 | 139   | 01:36:10 | 451 | 137   |
| 138 | 419 | Daniel Gan Wei Teck              | 03:56:16 | 454   | 00:38:51 | 380 | 117   | 01:43:16 | 460 | 138   | 01:34:08 | 454 | 138   |
| 139 | 408 | Hanafiah Mohd Aris               | 04:01:20 | 460   | 00:33:07 | 248 | 74    | 01:36:42 | 446 | 136   | 01:51:30 | 460 | 139   |
| 140 | 458 | Mohd Haniff Kasuan               | 04:04:59 | 461   | 00:57:14 | 469 | 140   | 01:30:24 | 363 | 106   | 01:37:20 | 461 | 140   |

# Kenanga Port Dickson Triathlon 2023 (OD)

OD

Category Results

# Kenanga Port Dickson Triathlon 2023 (OD)

## OD Category Results

### Male Men 50-59 years

| Pos | No  | Name                      | Time     | O.Pos | Swim     | Pos | C.Pos | Cycle    | Pos | C.Pos | Run      | Pos | C.Pos |
|-----|-----|---------------------------|----------|-------|----------|-----|-------|----------|-----|-------|----------|-----|-------|
| 1   | 636 | Carsten Bauer             | 02:19:56 | 42    | 00:26:10 | 59  | 4     | 01:07:26 | 55  | 3     | 00:46:19 | 42  | 1     |
| 2   | 628 | Benard Lee Kheng Yew      | 02:24:11 | 56    | 00:28:21 | 98  | 8     | 01:09:41 | 101 | 12    | 00:46:08 | 56  | 2     |
| 3   | 653 | ong soon keat (ken)       | 02:28:18 | 72    | 00:26:45 | 71  | 5     | 01:09:27 | 88  | 8     | 00:52:05 | 72  | 3     |
| 4   | 674 | Andrew Chadwick           | 02:28:40 | 75    | 00:24:14 | 35  | 1     | 01:12:05 | 122 | 14    | 00:52:20 | 75  | 4     |
| 5   | 637 | Leow Kin man              | 02:29:24 | 76    | 00:32:56 | 242 | 31    | 01:08:53 | 86  | 7     | 00:47:33 | 76  | 5     |
| 6   | 629 | Ku Seow Wee               | 02:30:30 | 82    | 00:30:36 | 154 | 16    | 01:13:44 | 146 | 17    | 00:46:10 | 82  | 6     |
| 7   | 644 | CHEOU Wan Kwai            | 02:31:27 | 87    | 00:28:46 | 108 | 9     | 01:12:55 | 157 | 20    | 00:49:45 | 87  | 7     |
| 8   | 609 | Fauzi Othman              | 02:31:54 | 89    | 00:26:07 | 56  | 3     | 01:13:55 | 174 | 23    | 00:51:52 | 89  | 8     |
| 9   | 635 | Yaw Tia Seng              | 02:32:33 | 92    | 00:29:47 | 133 | 13    | 01:09:38 | 61  | 6     | 00:53:07 | 92  | 9     |
| 10  | 611 | Chee Kai Mun              | 02:32:43 | 93    | 00:30:11 | 147 | 15    | 01:09:22 | 99  | 11    | 00:53:10 | 93  | 10    |
| 11  | 664 | Ang Chee Kiang            | 02:33:35 | 96    | 00:34:28 | 284 | 38    | 01:11:15 | 114 | 13    | 00:47:51 | 96  | 11    |
| 12  | 632 | Stephen Willett           | 02:34:02 | 98    | 00:30:58 | 170 | 20    | 01:08:43 | 50  | 2     | 00:54:20 | 98  | 12    |
| 13  | 667 | Liew Yoon Choy            | 02:39:30 | 123   | 00:29:40 | 129 | 12    | 01:11:33 | 131 | 16    | 00:58:15 | 123 | 13    |
| 14  | 616 | Chan Hock Yin             | 02:40:42 | 130   | 00:32:49 | 240 | 30    | 01:13:04 | 150 | 18    | 00:54:48 | 130 | 14    |
| 15  | 671 | Daniel Lim King Kuan      | 02:44:03 | 149   | 00:31:22 | 186 | 23    | 01:08:14 | 57  | 5     | 01:04:25 | 149 | 15    |
| 16  | 631 | Abdul Kadir Abdul Karim   | 02:45:17 | 156   | 00:31:55 | 213 | 25    | 01:07:35 | 56  | 4     | 01:05:45 | 156 | 16    |
| 17  | 634 | Angus Amran               | 02:46:17 | 166   | 00:28:52 | 114 | 10    | 01:16:39 | 193 | 28    | 01:00:44 | 166 | 17    |
| 18  | 668 | Jarret Liew               | 02:49:47 | 179   | 00:25:40 | 47  | 2     | 01:09:13 | 89  | 9     | 01:14:53 | 179 | 18    |
| 19  | 651 | Randy Chin                | 02:50:47 | 183   | 00:36:22 | 331 | 44    | 01:16:18 | 190 | 26    | 00:58:06 | 183 | 19    |
| 20  | 633 | Azran Osman Rani          | 02:51:26 | 186   | 00:32:40 | 235 | 29    | 01:15:07 | 192 | 27    | 01:03:39 | 186 | 20    |
| 21  | 602 | Azman Sulaiman            | 02:51:34 | 187   | 00:35:04 | 302 | 40    | 01:17:53 | 222 | 30    | 00:58:36 | 187 | 21    |
| 22  | 603 | Razali bin Md.Jonit       | 02:52:37 | 192   | 00:34:17 | 279 | 37    | 01:14:17 | 161 | 21    | 01:04:02 | 192 | 22    |
| 23  | 669 | Arif Sidek                | 02:54:37 | 205   | 00:29:10 | 119 | 11    | 01:17:34 | 239 | 33    | 01:07:53 | 205 | 23    |
| 24  | 659 | Lim Ming Huat             | 02:55:25 | 212   | 00:31:26 | 190 | 24    | 01:15:15 | 180 | 24    | 01:08:43 | 212 | 24    |
| 25  | 604 | AHMAD HAFIZ BIN ISMAIL    | 02:56:10 | 218   | 00:36:00 | 319 | 42    | 01:13:01 | 129 | 15    | 01:07:09 | 218 | 25    |
| 26  | 640 | Fayzal Abdul Manap Khalid | 02:56:28 | 221   | 00:33:09 | 250 | 32    | 01:18:31 | 212 | 29    | 01:04:48 | 221 | 26    |
| 27  | 670 | Hor King Wah              | 02:59:27 | 238   | 00:36:34 | 337 | 45    | 01:13:22 | 156 | 19    | 01:09:30 | 238 | 27    |
| 28  | 658 | Ashraff Dewal             | 03:00:54 | 248   | 00:28:09 | 94  | 7     | 01:18:55 | 241 | 34    | 01:13:49 | 248 | 28    |
| 29  | 647 | Michael Chow              | 03:02:40 | 258   | 00:33:36 | 265 | 34    | 01:19:12 | 230 | 31    | 01:09:52 | 258 | 29    |
| 30  | 619 | Zaidi Shahrizaila         | 03:02:46 | 259   | 00:36:37 | 338 | 46    | 01:15:10 | 165 | 22    | 01:10:58 | 259 | 30    |
| 31  | 638 | Tan Chee Wee              | 03:04:55 | 268   | 00:37:06 | 352 | 48    | 01:23:47 | 333 | 45    | 01:04:01 | 268 | 31    |
| 32  | 630 | Loi Kok Mun               | 03:05:30 | 273   | 00:31:15 | 183 | 22    | 01:20:11 | 263 | 38    | 01:14:02 | 273 | 32    |
| 33  | 660 | JEFFERY LIM SWEE EU       | 03:07:40 | 284   | 00:37:25 | 354 | 49    | 01:20:49 | 243 | 35    | 01:09:25 | 284 | 33    |
| 34  | 654 | Lee Boon Chong            | 03:08:42 | 291   | 00:30:42 | 161 | 17    | 01:16:35 | 186 | 25    | 01:21:24 | 291 | 34    |
| 35  | 601 | Tan Wee Lee               | 03:09:49 | 295   | 00:32:30 | 227 | 28    | 01:19:20 | 255 | 37    | 01:17:58 | 295 | 35    |
| 36  | 623 | Robert John plachciak     | 03:12:16 | 306   | 00:30:03 | 142 | 14    | 01:34:01 | 425 | 61    | 01:08:10 | 306 | 36    |
| 37  | 675 | Lim Chee Gay              | 03:12:43 | 309   | 00:30:52 | 167 | 19    | 01:35:15 | 435 | 63    | 01:06:35 | 309 | 37    |
| 38  | 620 | Suresh Kumar              | 03:14:42 | 318   | 00:30:43 | 163 | 18    | 01:25:03 | 302 | 43    | 01:18:55 | 318 | 38    |
| 39  | 615 | Chan Kennieth             | 03:14:48 | 320   | 00:27:16 | 82  | 6     | 01:29:26 | 400 | 57    | 01:18:05 | 320 | 39    |
| 40  | 662 | Tan jit wah               | 03:15:45 | 326   | 00:38:48 | 378 | 53    | 01:20:57 | 283 | 40    | 01:15:58 | 326 | 40    |
| 41  | 617 | Paul                      | 03:18:21 | 335   | 00:34:16 | 278 | 36    | 01:35:08 | 427 | 62    | 01:08:57 | 335 | 41    |
| 42  | 610 | Foo Sheek Hian            | 03:18:35 | 337   | 00:36:57 | 347 | 47    | 01:23:47 | 285 | 41    | 01:17:51 | 337 | 42    |
| 43  | 650 | MOHAMAD FADZIL            | 03:21:15 | 348   | 00:33:23 | 258 | 33    | 01:28:17 | 355 | 48    | 01:19:33 | 348 | 43    |
| 44  | 639 | Raymond Moy               | 03:21:21 | 349   | 00:39:38 | 397 | 56    | 01:20:34 | 250 | 36    | 01:21:08 | 349 | 44    |
| 45  | 648 | Eduard Salvatore Pieters  | 03:23:29 | 361   | 00:40:58 | 429 | 60    | 01:21:18 | 271 | 39    | 01:21:12 | 361 | 45    |
| 46  | 627 | MOHD ZAMRI ABDUL GHANI    | 03:26:23 | 370   | 00:33:37 | 268 | 35    | 01:29:43 | 380 | 52    | 01:23:02 | 370 | 46    |
| 47  | 673 | Tan See Liang             | 03:26:53 | 372   | 00:45:14 | 452 | 63    | 01:31:48 | 389 | 54    | 01:09:50 | 372 | 47    |

# Kenanga Port Dickson Triathlon 2023 (OD)

OD

## Category Results

### Male Men 50-59 years

| Pos | No  | Name                           | Time     | O.Pos | Swim     | Pos | C.Pos | Cycle    | Pos | C.Pos | Run      | Pos | C.Pos |
|-----|-----|--------------------------------|----------|-------|----------|-----|-------|----------|-----|-------|----------|-----|-------|
| 48  | 663 | Vibun Ai Chuan                 | 03:26:58 | 373   | 00:44:40 | 448 | 62    | 01:25:16 | 301 | 42    | 01:17:01 | 373 | 48    |
| 49  | 614 | Adli Chung                     | 03:27:08 | 374   | 00:37:45 | 361 | 51    | 01:28:11 | 349 | 47    | 01:21:11 | 374 | 49    |
| 50  | 656 | Khor Hock Beng                 | 03:28:14 | 378   | 00:34:47 | 293 | 39    | 01:33:23 | 394 | 55    | 01:20:02 | 378 | 50    |
| 51  | 607 | dr mohamad nizam bin nazarudin | 03:29:11 | 381   | 00:39:09 | 389 | 54    | 01:30:24 | 386 | 53    | 01:19:37 | 381 | 51    |
| 52  | 605 | juned mustafa                  | 03:29:11 | 382   | 00:39:27 | 395 | 55    | 01:18:53 | 237 | 32    | 01:30:50 | 382 | 52    |
| 53  | 661 | Ben chin                       | 03:30:17 | 386   | 00:31:10 | 178 | 21    | 01:34:20 | 397 | 56    | 01:24:45 | 386 | 53    |
| 54  | 652 | Aznan bin Abdul Aziz           | 03:30:23 | 387   | 00:38:36 | 375 | 52    | 01:28:00 | 358 | 50    | 01:23:45 | 387 | 54    |
| 55  | 641 | kamarul mohd som               | 03:33:48 | 398   | 00:32:05 | 218 | 26    | 01:34:56 | 404 | 58    | 01:26:45 | 398 | 55    |
| 56  | 657 | Teong Heng                     | 03:33:51 | 399   | 00:40:44 | 420 | 59    | 01:39:22 | 450 | 65    | 01:13:44 | 399 | 56    |
| 57  | 622 | CHAN KHENG HOE                 | 03:35:55 | 407   | 00:37:35 | 358 | 50    | 01:34:15 | 418 | 60    | 01:24:04 | 407 | 57    |
| 58  | 625 | Nurhashim Haron                | 03:36:26 | 410   | 00:41:38 | 433 | 61    | 01:24:09 | 319 | 44    | 01:30:37 | 410 | 58    |
| 59  | 612 | NOOR AZWA MOHD NOOR            | 03:36:35 | 412   | 00:40:14 | 410 | 58    | 01:27:05 | 341 | 46    | 01:29:15 | 412 | 59    |
| 60  | 624 | Mohd Alwi Mat Ali              | 03:40:01 | 425   | 00:35:46 | 315 | 41    | 01:30:15 | 357 | 49    | 01:33:58 | 425 | 60    |
| 61  | 672 | Omar bin Abdullah              | 03:45:20 | 435   | 00:47:24 | 458 | 65    | 01:33:21 | 410 | 59    | 01:24:35 | 435 | 61    |
| 62  | 608 | Seow Chee                      | 03:56:45 | 455   | 00:40:05 | 405 | 57    | 01:44:30 | 463 | 66    | 01:32:09 | 455 | 62    |
| 63  | 626 | Harris Fadzilah Abdul Hamid    | 03:58:24 | 458   | 00:46:18 | 455 | 64    | 01:40:36 | 448 | 64    | 01:31:29 | 458 | 63    |
| 64  | 649 | Husaini bin Mohd Hanafiah      | 04:39:27 | 471   | 00:58:10 | 471 | 66    | 01:56:40 | 473 | 67    | 01:44:35 | 471 | 64    |

# Kenanga Port Dickson Triathlon 2023 (OD)

OD

## Category Results

### Male Men 60 years & above

| Pos | No  | Name                       | Time     | O.Pos | Swim     | Pos | C.Pos | Cycle    | Pos | C.Pos | Run      | Pos | C.Pos |
|-----|-----|----------------------------|----------|-------|----------|-----|-------|----------|-----|-------|----------|-----|-------|
| 1   | 701 | KHOR NGEE LEONG            | 02:23:16 | 52    | 00:26:22 | 66  | 1     | 01:08:48 | 77  | 1     | 00:48:05 | 52  | 1     |
| 2   | 703 | FRANCK TROQUAY             | 02:53:33 | 197   | 00:27:28 | 84  | 2     | 01:18:29 | 234 | 3     | 01:07:35 | 197 | 2     |
| 3   | 715 | Jasonthiang                | 02:59:39 | 241   | 00:33:28 | 261 | 6     | 01:23:25 | 320 | 6     | 01:02:45 | 241 | 3     |
| 4   | 710 | Lee pang hong              | 02:59:53 | 243   | 00:38:51 | 382 | 10    | 01:18:03 | 218 | 2     | 01:02:57 | 243 | 4     |
| 5   | 707 | Sam Haggag                 | 03:01:07 | 251   | 00:33:12 | 251 | 5     | 01:29:44 | 406 | 10    | 00:58:10 | 251 | 5     |
| 6   | 712 | Chong Kok Woh              | 03:07:22 | 282   | 00:43:55 | 443 | 12    | 01:26:22 | 339 | 7     | 00:57:04 | 282 | 6     |
| 7   | 708 | BenedictIndran Ratnasingam | 03:12:37 | 308   | 00:34:58 | 300 | 7     | 01:24:23 | 309 | 5     | 01:13:16 | 308 | 7     |
| 8   | 711 | Danny leong thin chee      | 03:14:02 | 315   | 00:36:43 | 342 | 9     | 01:23:36 | 306 | 4     | 01:13:41 | 315 | 8     |
| 9   | 705 | Darius Keow                | 03:23:18 | 359   | 00:32:36 | 231 | 3     | 01:34:56 | 431 | 11    | 01:15:45 | 359 | 9     |
| 10  | 706 | Kavin Phillips             | 03:23:34 | 362   | 00:32:57 | 243 | 4     | 01:27:23 | 365 | 8     | 01:23:13 | 362 | 10    |
| 11  | 716 | WONG HOCK YIM              | 03:37:06 | 414   | 00:44:53 | 449 | 13    | 01:32:55 | 403 | 9     | 01:19:17 | 414 | 11    |
| 12  | 713 | Jerry Wan                  | 03:42:35 | 430   | 00:36:27 | 332 | 8     | 01:39:16 | 441 | 12    | 01:26:51 | 430 | 12    |
| 13  | 702 | Khiruddin Said             | 04:27:33 | 469   | 00:41:58 | 435 | 11    | 01:52:22 | 471 | 13    | 01:53:13 | 469 | 13    |

# Kenanga Port Dickson Triathlon 2023 (OD)

OD

## Category Results

### Known Relay Team Open

| Pos | No  | Name                | Time     | O.Pos | Swim     | Pos | C.Pos | Cycle    | Pos | C.Pos | Run      | Pos | C.Pos |
|-----|-----|---------------------|----------|-------|----------|-----|-------|----------|-----|-------|----------|-----|-------|
| 1   | 902 | Team 902            | 02:04:24 | 1     | 00:23:35 | 28  | 6     | 01:01:50 | 3   | 1     | 00:38:58 | 1   | 1     |
| 2   | 915 | RC Wonderboys       | 02:05:00 | 2     | 00:18:21 | 2   | 1     | 01:05:44 | 37  | 3     | 00:40:53 | 2   | 2     |
| 3   | 886 | RC Wonderwoman      | 02:06:36 | 4     | 00:20:01 | 7   | 2     | 01:04:02 | 11  | 2     | 00:42:32 | 4   | 3     |
| 4   | 918 | KYSM 2              | 02:19:47 | 41    | 00:22:16 | 16  | 4     | 01:07:48 | 74  | 8     | 00:49:43 | 41  | 4     |
| 5   | 903 | Team 903            | 02:22:26 | 49    | 00:26:32 | 69  | 10    | 01:06:16 | 44  | 5     | 00:49:37 | 49  | 5     |
| 6   | 912 | IIUM                | 02:23:54 | 55    | 00:25:51 | 53  | 9     | 01:09:41 | 103 | 10    | 00:48:21 | 55  | 6     |
| 7   | 917 | KYSM 1              | 02:24:55 | 59    | 00:23:52 | 32  | 7     | 01:06:07 | 41  | 4     | 00:54:55 | 59  | 7     |
| 8   | 913 | IIUMK               | 02:25:39 | 65    | 00:34:10 | 276 | 23    | 01:08:21 | 68  | 7     | 00:43:07 | 65  | 8     |
| 9   | 920 | KYSM 4              | 02:29:27 | 77    | 00:27:53 | 90  | 13    | 01:09:46 | 110 | 11    | 00:51:47 | 77  | 9     |
| 10  | 925 | KYSM 9              | 02:33:10 | 94    | 00:29:44 | 131 | 18    | 01:07:19 | 60  | 6     | 00:56:05 | 94  | 10    |
| 11  | 926 | KYSM 10             | 02:36:12 | 107   | 00:28:42 | 107 | 15    | 01:08:55 | 95  | 9     | 00:58:34 | 107 | 11    |
| 12  | 907 | Team 907            | 02:37:41 | 111   | 00:27:51 | 89  | 12    | 01:14:46 | 145 | 14    | 00:55:03 | 111 | 12    |
| 13  | 916 | Team 916            | 02:38:27 | 113   | 00:30:45 | 164 | 20    | 01:24:26 | 352 | 23    | 00:43:15 | 113 | 13    |
| 14  | 919 | KYSM 3              | 02:39:01 | 117   | 00:27:50 | 88  | 11    | 01:14:42 | 197 | 18    | 00:56:28 | 117 | 14    |
| 15  | 928 | Team Kenanga        | 02:39:14 | 120   | 00:24:27 | 38  | 8     | 01:18:11 | 138 | 13    | 00:56:35 | 120 | 15    |
| 16  | 909 | Team 909            | 02:39:20 | 121   | 00:21:43 | 13  | 3     | 01:10:59 | 134 | 12    | 01:06:38 | 121 | 16    |
| 17  | 924 | KYSM 8              | 02:41:30 | 133   | 00:29:20 | 122 | 17    | 01:13:56 | 184 | 16    | 00:58:13 | 133 | 17    |
| 18  | 923 | KYSM 7              | 02:44:48 | 153   | 00:28:47 | 110 | 16    | 01:22:33 | 328 | 21    | 00:53:27 | 153 | 18    |
| 19  | 904 | Team 904            | 02:46:16 | 165   | 00:38:34 | 374 | 29    | 01:13:37 | 179 | 15    | 00:54:04 | 165 | 19    |
| 20  | 908 | Team 908            | 02:46:52 | 168   | 00:33:20 | 255 | 22    | 01:14:13 | 189 | 17    | 00:59:17 | 168 | 20    |
| 21  | 921 | KYSM 5              | 02:52:05 | 190   | 00:23:20 | 23  | 5     | 01:22:59 | 337 | 22    | 01:05:44 | 190 | 21    |
| 22  | 929 | Team Tune Protect 1 | 02:54:13 | 203   | 00:35:08 | 303 | 24    | 01:18:58 | 261 | 19    | 01:00:05 | 203 | 22    |
| 23  | 927 | KYSM 11             | 02:54:55 | 207   | 00:30:01 | 140 | 19    | 01:19:10 | 269 | 20    | 01:05:43 | 207 | 23    |
| 24  | 911 | AwesomeMamas        | 03:08:02 | 286   | 00:35:42 | 312 | 26    | 01:28:01 | 390 | 24    | 01:04:19 | 286 | 24    |
| 25  | 910 | Team 910            | 03:09:49 | 296   | 00:28:17 | 96  | 14    | 01:28:25 | 396 | 25    | 01:13:06 | 296 | 25    |
| 26  | 922 | KYSM 6              | 03:10:45 | 300   | 00:33:17 | 252 | 21    | 01:40:49 | 462 | 27    | 00:56:39 | 300 | 26    |
| 27  | 906 | Team 906            | 03:32:18 | 393   | 00:40:05 | 406 | 31    | 01:31:18 | 411 | 26    | 01:20:53 | 393 | 27    |
| 28  | 914 | Team 914            | 03:54:01 | 450   | 00:38:31 | 373 | 28    | 01:44:54 | 468 | 29    | 01:30:35 | 450 | 28    |
| 29  | 932 | Team Tune Protect 4 | 03:57:58 | 457   | 00:39:01 | 386 | 30    | 01:56:59 | 474 | 30    | 01:21:58 | 457 | 29    |
| 30  | 930 | Team Tune Protect 2 | 04:27:30 | 468   | 00:38:26 | 372 | 27    | 02:08:37 | 475 | 31    | 01:40:27 | 468 | 30    |
| 31  | 931 | Team Tune Protect 3 | 04:28:36 | 470   | 01:03:30 | 474 | 32    | 01:43:15 | 465 | 28    | 01:41:50 | 470 | 31    |

# Kenanga Port Dickson Triathlon 2023 (OD)

OD

## Category Results

### Female Women 18-29 years

| Pos | No  | Name                    | Time     | O.Pos | Swim     | Pos | C.Pos | Cycle    | Pos | C.Pos | Run      | Pos | C.Pos |
|-----|-----|-------------------------|----------|-------|----------|-----|-------|----------|-----|-------|----------|-----|-------|
| 1   | 803 | Esther Joy Chen Hong Li | 02:13:43 | 23    | 00:21:21 | 11  | 2     | 01:10:23 | 123 | 2     | 00:41:59 | 23  | 1     |
| 2   | 802 | sara joy chen hong mae  | 02:21:17 | 47    | 00:21:17 | 9   | 1     | 01:10:28 | 121 | 1     | 00:49:31 | 47  | 2     |
| 3   | 805 | Cindy Sui Yea Zhen      | 02:39:48 | 126   | 00:22:12 | 15  | 3     | 01:19:17 | 267 | 3     | 00:58:17 | 126 | 3     |
| 4   | 801 | Choo Wai Yi             | 02:45:46 | 160   | 00:27:50 | 87  | 4     | 01:20:35 | 273 | 4     | 00:57:20 | 160 | 4     |
| 5   | 804 | Loh Jiening             | 03:32:44 | 395   | 00:30:46 | 165 | 5     | 01:37:04 | 445 | 5     | 01:24:52 | 395 | 5     |

# Kenanga Port Dickson Triathlon 2023 (OD)

OD

## Category Results

### Female Women 30-39 years

| Pos | No  | Name                     | Time     | O.Pos | Swim     | Pos | C.Pos | Cycle    | Pos | C.Pos | Run      | Pos | C.Pos |
|-----|-----|--------------------------|----------|-------|----------|-----|-------|----------|-----|-------|----------|-----|-------|
| 1   | 826 | Chia shio yuan           | 02:38:00 | 112   | 00:28:29 | 102 | 3     | 01:15:34 | 187 | 3     | 00:53:56 | 112 | 1     |
| 2   | 827 | Tan Shi Lin              | 02:48:12 | 171   | 00:31:34 | 197 | 9     | 01:11:53 | 132 | 1     | 01:04:45 | 171 | 2     |
| 3   | 840 | Chrissy Kha Khrang       | 02:53:50 | 198   | 00:28:50 | 113 | 4     | 01:16:01 | 207 | 4     | 01:08:58 | 198 | 3     |
| 4   | 823 | nur diyana zainal arifin | 02:56:22 | 220   | 00:31:34 | 199 | 10    | 01:14:57 | 181 | 2     | 01:09:50 | 220 | 4     |
| 5   | 825 | Lim Shwe Ying            | 02:59:12 | 237   | 00:30:56 | 168 | 6     | 01:19:40 | 277 | 8     | 01:08:35 | 237 | 5     |
| 6   | 836 | Thein Kwee Huey          | 02:59:45 | 242   | 00:40:54 | 426 | 13    | 01:19:57 | 260 | 7     | 00:58:54 | 242 | 6     |
| 7   | 838 | Jacqueline Ng            | 03:01:17 | 253   | 00:23:35 | 27  | 1     | 01:26:32 | 351 | 11    | 01:11:10 | 253 | 7     |
| 8   | 839 | Joyce Yap                | 03:05:16 | 270   | 00:30:57 | 169 | 7     | 01:18:23 | 248 | 5     | 01:15:54 | 270 | 8     |
| 9   | 835 | Teri Swinson             | 03:08:15 | 288   | 00:27:09 | 80  | 2     | 01:25:47 | 346 | 9     | 01:15:18 | 288 | 9     |
| 10  | 824 | Nurul Ain Bakri          | 03:09:55 | 297   | 00:35:24 | 308 | 11    | 01:25:17 | 347 | 10    | 01:09:13 | 297 | 10    |
| 11  | 832 | Elynn Suah               | 03:23:15 | 358   | 00:31:23 | 187 | 8     | 01:34:33 | 433 | 12    | 01:17:17 | 358 | 11    |
| 12  | 828 | Chooi Sow Yee            | 03:31:28 | 390   | 00:30:36 | 155 | 5     | 01:42:37 | 459 | 16    | 01:18:14 | 390 | 12    |
| 13  | 831 | Nur Amirah Abd Latiff    | 03:39:29 | 421   | 00:56:07 | 468 | 17    | 01:19:39 | 251 | 6     | 01:23:42 | 421 | 13    |
| 14  | 830 | Shazila Rosli            | 03:51:02 | 444   | 00:42:37 | 438 | 15    | 01:36:16 | 436 | 13    | 01:32:08 | 444 | 14    |
| 15  | 834 | Jasmin Loh               | 03:53:19 | 448   | 00:38:55 | 383 | 12    | 01:42:57 | 457 | 15    | 01:31:25 | 448 | 15    |
| 16  | 833 | Syaza                    | 04:11:41 | 465   | 00:47:06 | 457 | 16    | 01:43:49 | 456 | 14    | 01:40:45 | 465 | 16    |
| 17  | 821 | Foong Mei Peng           | 04:21:46 | 467   | 00:42:15 | 437 | 14    | 02:16:16 | 476 | 17    | 01:23:14 | 467 | 17    |

# Kenanga Port Dickson Triathlon 2023 (OD)

OD

## Category Results

### Female Women 40 years & above

| Pos | No  | Name                           | Time     | O.Pos | Swim     | Pos | C.Pos | Cycle    | Pos | C.Pos | Run      | Pos | C.Pos |
|-----|-----|--------------------------------|----------|-------|----------|-----|-------|----------|-----|-------|----------|-----|-------|
| 1   | 857 | Teoh Sue Ling                  | 02:22:30 | 50    | 00:23:09 | 22  | 1     | 01:07:57 | 66  | 1     | 00:51:23 | 50  | 1     |
| 2   | 873 | Claire McCallum                | 02:37:01 | 108   | 00:25:48 | 52  | 3     | 01:17:01 | 214 | 6     | 00:54:12 | 108 | 2     |
| 3   | 856 | Lim Poh Kam                    | 02:41:02 | 131   | 00:28:22 | 99  | 4     | 01:15:45 | 194 | 3     | 00:56:55 | 131 | 3     |
| 4   | 874 | Anne Dahl                      | 02:45:06 | 155   | 00:23:23 | 24  | 2     | 01:18:08 | 205 | 4     | 01:03:33 | 155 | 4     |
| 5   | 866 | Effarezan Abdul Rahman         | 02:46:51 | 167   | 00:33:37 | 267 | 14    | 01:14:06 | 159 | 2     | 00:59:07 | 167 | 5     |
| 6   | 882 | Lee Yen Yen                    | 02:49:58 | 180   | 00:31:03 | 173 | 5     | 01:16:29 | 206 | 5     | 01:02:25 | 180 | 6     |
| 7   | 858 | Tan Lai Tee                    | 02:54:46 | 206   | 00:33:01 | 245 | 10    | 01:21:39 | 292 | 11    | 01:00:05 | 206 | 7     |
| 8   | 851 | Noorazni Binti Abdul Jabar     | 03:01:03 | 249   | 00:33:36 | 266 | 13    | 01:17:29 | 224 | 7     | 01:09:57 | 249 | 8     |
| 9   | 859 | Shu Min Lim                    | 03:02:57 | 260   | 00:33:35 | 263 | 12    | 01:23:14 | 308 | 12    | 01:06:07 | 260 | 9     |
| 10  | 884 | Chia Wai Men                   | 03:03:26 | 264   | 00:36:59 | 350 | 21    | 01:22:09 | 290 | 10    | 01:04:17 | 264 | 10    |
| 11  | 869 | Norazimimah Abdullah           | 03:05:23 | 271   | 00:37:40 | 359 | 22    | 01:25:39 | 330 | 13    | 01:02:03 | 271 | 11    |
| 12  | 863 | Chan Tze Wee                   | 03:05:24 | 272   | 00:31:38 | 202 | 7     | 01:25:21 | 338 | 16    | 01:08:24 | 272 | 12    |
| 13  | 862 | Chong Lee Lian                 | 03:08:00 | 285   | 00:31:46 | 203 | 8     | 01:26:35 | 332 | 14    | 01:09:38 | 285 | 13    |
| 14  | 867 | Lam Yong Peng                  | 03:11:58 | 305   | 00:39:43 | 399 | 25    | 01:29:15 | 367 | 18    | 01:02:59 | 305 | 14    |
| 15  | 877 | Rebecca Sia                    | 03:14:49 | 321   | 00:38:51 | 381 | 23    | 01:22:03 | 288 | 9     | 01:13:54 | 321 | 15    |
| 16  | 875 | Toh Tsae Ling                  | 03:17:52 | 332   | 00:36:42 | 340 | 20    | 01:34:43 | 430 | 26    | 01:06:27 | 332 | 16    |
| 17  | 883 | Cheah Jan Nie                  | 03:18:05 | 333   | 00:33:43 | 269 | 15    | 01:24:05 | 334 | 15    | 01:20:16 | 333 | 17    |
| 18  | 855 | FARHANA NOOR BINTI ABDUL HAM   | 03:22:24 | 354   | 00:38:58 | 385 | 24    | 01:35:24 | 423 | 24    | 01:08:01 | 354 | 18    |
| 19  | 861 | Naqiyah Azlan                  | 03:27:34 | 377   | 00:51:55 | 464 | 30    | 01:21:36 | 287 | 8     | 01:14:02 | 377 | 19    |
| 20  | 852 | Sharatulain Norwawi            | 03:29:52 | 384   | 00:40:37 | 417 | 27    | 01:33:52 | 426 | 25    | 01:15:22 | 384 | 20    |
| 21  | 880 | Julie Idiawati Binte Jamaludin | 03:31:37 | 391   | 00:33:25 | 259 | 11    | 01:34:16 | 422 | 23    | 01:23:55 | 391 | 21    |
| 22  | 881 | Karen Cheong                   | 03:33:57 | 400   | 00:31:35 | 201 | 6     | 01:29:18 | 354 | 17    | 01:33:03 | 400 | 22    |
| 23  | 854 | Chan Yi Jiun                   | 03:34:20 | 401   | 00:50:37 | 463 | 29    | 01:28:14 | 368 | 19    | 01:15:28 | 401 | 23    |
| 24  | 853 | JENNY LOH CHEN NEE             | 03:35:21 | 404   | 00:34:25 | 282 | 18    | 01:31:03 | 388 | 20    | 01:29:52 | 404 | 24    |
| 25  | 885 | SZE TO YUEN YIN                | 03:42:07 | 427   | 00:33:56 | 273 | 16    | 01:32:05 | 407 | 21    | 01:36:05 | 427 | 25    |
| 26  | 878 | LYNN AZURA MD SHAM             | 03:42:49 | 431   | 00:35:59 | 318 | 19    | 01:34:01 | 419 | 22    | 01:32:47 | 431 | 26    |
| 27  | 876 | Mun Pui Yee                    | 03:50:48 | 441   | 00:40:35 | 416 | 26    | 01:43:47 | 464 | 31    | 01:26:25 | 441 | 27    |
| 28  | 871 | Kim Doeve                      | 03:51:23 | 446   | 00:34:03 | 274 | 17    | 01:44:40 | 461 | 30    | 01:32:38 | 446 | 28    |
| 29  | 872 | ROSZAILINA OTHMAN              | 03:51:29 | 447   | 00:32:02 | 216 | 9     | 01:42:32 | 454 | 29    | 01:36:54 | 447 | 29    |
| 30  | 868 | Nur Yazmin Yaacob              | 04:06:52 | 462   | 00:40:44 | 419 | 28    | 01:39:43 | 451 | 28    | 01:46:23 | 462 | 30    |