

# Kenyir Lake International Triathlon '09

(2009-Mar-29)

## C - Category Results: Men 30-39

RkCat	Bib	Name	Country	Swim	T1	Bike	T2	RunLap1	RunLap2	RunTotal	Total	Remark
1	252	Shahrom bin Abdullah	Malaysia	00:25:41	00:01:22	01:02:36	00:00:40	00:18:03	00:18:55	00:38:53	02:09:11	
2	215	Koday Senmood	Thailand	00:29:17	00:01:19	01:08:21	00:00:50	00:17:39	00:17:31	00:37:04	02:16:49	
3	238	Muhammad Hafiz Wong	Malaysia	00:28:15	00:01:20	01:04:44	00:01:00	00:19:53	00:19:51	00:41:48	02:17:06	
4	234	Chadarak Chaikamjorn	Thailand	00:33:44	00:01:01	01:05:29	00:00:35	00:17:21	00:17:12	00:36:25	02:17:12	
5	219	Jusery bin Gani	Malaysia	00:27:49	00:01:19	01:09:26	00:00:39	00:19:18	00:19:26	00:40:47	02:19:57	
6	213	Frankie Ak Ambrose	Malaysia	00:23:19	00:01:44	01:05:32	00:00:47	00:23:38	00:23:56	00:49:52	02:21:11	
7	230	Md Hairul Nazwa bin Dol	Singapore	00:25:15	00:01:08	01:08:03	00:00:58	00:22:32	00:22:36	00:47:36	02:22:57	
8	259	Yeo Kim Hong	Singapore	00:32:48	00:01:12	01:08:05	00:00:56	00:20:24	00:20:40	00:43:13	02:26:12	
9	229	Loke Tuck Wai	Singapore	00:28:44	00:02:02	01:07:48	00:01:33	00:22:35	00:22:09	00:47:19	02:27:24	
10	216	Jasmi bin Sarael	Malaysia	00:34:56	00:01:40	01:10:43	00:00:51	00:22:30	00:17:30	00:42:11	02:30:20	
11	249	Randy Tan	Malaysia	00:25:38	00:01:57	01:13:41	00:00:50	00:23:45	00:24:10	00:50:15	02:32:19	
12	244	Ong Lay Yong	Malaysia	00:30:19	00:01:29	01:10:24	00:00:50	00:23:00	00:24:46	00:50:10	02:33:10	
13	223	Kohing bin Antak	Malaysia	00:23:28	00:01:23	01:14:34	00:00:49	00:26:57	00:27:05	00:56:50	02:37:03	
14	232	Mohamad Shahrizal bin Abd Rahman	Malaysia	00:33:38	00:01:58	01:11:37	00:01:27	00:23:19	00:23:15	00:48:58	02:37:36	
15	226	Lim Chee Loon	Malaysia	00:33:44	00:01:42	01:12:23	00:01:31	00:23:30	00:22:24	00:48:24	02:37:42	
16	235	Mohd Azam Abdul Hamid	Malaysia	00:28:54	00:01:20	01:14:56	00:01:03	00:24:43	00:25:08	00:52:22	02:38:33	
17	264	Alan Yeap Jin Teong	Malaysia	00:29:00	00:02:21	01:11:08	00:01:13	00:26:35	00:25:39	00:54:57	02:38:36	
18	260	Zabil Iqram bin Zainol	Malaysia	00:32:05	00:01:43	01:11:20	00:01:26	00:27:08	00:26:03	00:56:07	02:42:39	
19	208	Chin Wui Mon	Malaysia	00:31:52	00:01:32	01:14:14	00:00:49	00:24:34	00:27:47	00:54:44	02:43:07	
20	209	Chua Boon Hong Nigel	Singapore	00:34:02	00:03:16	01:12:57	00:01:43	00:24:24	00:24:22	00:51:20	02:43:16	
21	239	Murin Majana	Malaysia	00:30:24	00:01:31	01:26:31	00:00:58	00:21:12	00:21:51	00:45:06	02:44:28	
22	254	Stuart Allen	Great Britain	00:35:55	00:03:28	01:13:12	00:01:57	00:26:11	00:25:35	00:54:35	02:49:06	
23	201	Abu Soffian Azzahari Bin Abu Hasan Sazalli	Malaysia	00:38:11	00:02:30	01:10:04	00:01:02	00:27:40	00:28:36	00:59:06	02:50:51	
24	263	Zulkpli Bin Baijuri	Malaysia	00:30:43	00:01:44	01:21:29	00:01:23	00:27:13	00:26:18	00:56:32	02:51:50	
25	206	Bernard Tan Jenn Haur	Malaysia	00:38:16	00:01:38	01:10:58	00:01:13	00:27:48	00:30:56	01:01:29	02:53:32	
26	265	Patrick Ling AK Sayeng	Malaysia	00:26:12	00:02:18	01:23:09	00:01:28	00:29:12	00:31:22	01:03:23	02:56:29	
27	207	Chan Yew Wah	Malaysia	00:37:41	00:01:46	01:16:43	00:01:32	00:26:31	00:30:31	00:59:37	02:57:18	
28	217	Jonathan Tan	Malaysia	00:37:10	00:04:03	01:16:05	00:02:15	00:31:57	00:33:35	01:09:08	03:08:40	
29	225	Lee Kian Hwee	Malaysia	00:29:08	00:02:24	01:23:20	00:01:28	00:34:16	00:34:55	01:12:30	03:08:49	
30	240	Nik Arif Sidek	Malaysia	00:37:54	00:02:02	01:24:11	00:01:10	00:34:32	00:31:31	01:09:47	03:15:03	
31	266	Zuraidi Mohd Yusuf	Malaysia	00:37:08	00:02:31	01:41:48	00:01:40	00:25:43	00:25:52	00:53:07	03:16:12	
32	211	Esmenn bin Mohd Mokhtar	Malaysia	00:41:14	00:02:11	01:25:55	00:01:23	00:32:37	00:31:35	01:07:03	03:17:43	
33	228	Loke Jin Hien	Malaysia	00:38:06	00:02:00	01:31:32	00:01:38	00:31:25	00:30:49	01:05:26	03:18:39	

34	222	Khairul Nizam bin Abdul Samad	Malaysia	00:38:53	00:02:04	01:25:52	00:01:48	00:34:06	00:34:18	01:11:45	03:20:20
35	237	Mohd Zaidi bin Ismail	Malaysia	00:44:08	00:03:51	01:18:38	00:02:08	00:34:21	00:34:18	01:11:37	03:20:20
36	262	Zakaria bin Baharom	Malaysia	00:41:59	00:02:19	01:21:09	00:02:18	00:34:51	00:34:13	01:12:38	03:20:20
37	241	Nik Fahusnaza Bin Nik Mohd Najmi	Malaysia	00:42:47	00:02:21	01:25:35	00:01:31	00:35:07	00:35:26	01:13:44	03:25:55
38	258	Wong Ming Yew Lionel	Malaysia	00:39:06	00:03:17	01:29:10	00:01:49	00:35:20	00:38:07	01:16:51	03:30:11
39	227	Lim Ming Chiat	Malaysia	00:50:50	00:02:11	01:30:51	00:01:40	00:31:20	00:29:48	01:05:01	03:30:31
40	243	Oh Choor Guan	Malaysia	00:40:21	00:02:54	01:35:42	00:01:47	00:35:30	00:34:28	01:13:09	03:33:51
41	236	Hairul Azwan Bin Ahmad Zaini	Malaysia	00:36:38	00:03:27	01:32:52	00:01:44	00:38:49	00:40:16	01:22:40	03:37:19
42	220	Kam Kasturie	Malaysia	00:47:29	00:04:44	01:24:14	00:02:16	00:40:10	00:38:44	01:22:19	03:40:59
43	202	Alexander E. A. McNab	Malaysia	00:37:22	00:02:21	01:27:12	00:01:55	00:40:53	00:49:41	01:34:32	03:43:20
44	214	Gabriel Ong	Singapore	00:43:14	00:02:21	01:49:21	00:01:40	00:33:39	00:33:06	01:09:18	03:45:52
45	203	Andre Anthony Baptist	Malaysia	00:39:51	00:02:59	01:37:06	00:01:40	00:42:49	00:39:56	01:26:23	03:47:57
46	212	Fairul Mizam Zamani	Malaysia	00:42:57	00:05:30	01:47:13	00:01:40	00:33:05	00:34:25	01:11:10	03:48:28
47	256	Tin Chee Yee	Singapore	00:43:45	00:04:20	01:52:23	00:01:40	00:33:25	00:36:24	01:13:31	03:55:37
48	253	Sharil Sharudin	Malaysia	00:53:38	00:04:39	01:33:50	00:01:40	00:43:09	00:47:44	01:35:29	04:09:14
49	221	Kevin Ong Chong Keong	Malaysia	01:11:19	00:04:27	01:48:34	00:01:40	00:34:57	00:34:59	01:14:53	04:20:52

Timing & Results by ChampionChip; Printed at 3/31/2009 at 1:20:35 AM