

**Kenyir Lake International Triathlon 2009**  
**29 March 2009**

**Category: MEN 30 - 39 YEARS**

Rank	Bib	Name	Country	Swim	T1	Bike	T2	Run	Total
1	252	Shahrom bin Abdullah	Malaysia	00:25:41	00:01:22	01:02:36	00:00:40	00:38:53	02:09:11
2	215	Koday Senmood	Thailand	00:29:17	00:01:19	01:08:21	00:00:50	00:37:04	02:16:49
3	238	Muhammad Hafiz Wong	Malaysia	00:28:15	00:01:20	01:04:44	00:01:00	00:41:48	02:17:06
4	234	Chadarak Chaikamjorn	Thailand	00:33:44	00:01:01	01:05:29	00:00:35	00:36:25	02:17:12
5	219	Jusery bin Gani	Malaysia	00:27:49	00:01:19	01:09:26	00:00:39	00:40:47	02:19:57
6	213	Frankie Ak Ambrose	Malaysia	00:23:19	00:01:44	01:05:32	00:00:47	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	00:47:36	02:22:57
8	259	Yeo Kim Hong	Singapore	00:32:48	00:01:12	01:08:05	00:00:56	00:43:13	02:26:12
9	229	Loke Tuck Wai	Singapore	00:28:44	00:02:02	01:07:48	00:01:33	00:47:19	02:27:24
10	216	Jasmi bin Sarael	Malaysia	00:34:56	00:01:40	01:10:43	00:00:51	00:42:31	02:30:39
11	249	Randy Tan	Malaysia	00:25:38	00:01:57	01:13:41	00:00:50	00:50:15	02:32:19
12	244	Ong Lay Yong	Malaysia	00:30:19	00:01:29	01:10:24	00:00:50	00:50:10	02:33:10
13	223	Kohing bin Antak	Malaysia	00:23:28	00:01:23	01:14:34	00:00:49	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	00:48:58	02:37:36
15	226	Lim Chee Loon	Malaysia	00:33:44	00:01:42	01:12:23	00:01:31	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	00:52:22	02:38:33
17	264	Alan Yeap Jin Teong	Malaysia	00:29:00	00:02:21	01:11:08	00:01:13	00:54:57	02:38:36
18	260	Zabil Ihram bin Zainol	Malaysia	00:32:05	00:01:43	01:11:20	00:01:26	00:56:07	02:42:39
19	208	Chin Wui Mon	Malaysia	00:31:52	00:01:32	01:14:14	00:00:49	00:54:44	02:43:07
20	209	Chua Boon Hong Nigel	Singapore	00:34:02	00:03:16	01:12:57	00:01:43	00:51:20	02:43:16
21	239	Murin Majana	Malaysia	00:30:24	00:01:31	01:26:31	00:00:58	00:45:06	02:44:28
22	254	Stuart Allen	Great Britain	00:35:55	00:03:28	01:13:12	00:01:57	00:54:35	02:49:06
23	201	Abu Soffian Azzahari Bin Abu Hasan S	Malaysia	00:38:11	00:02:30	01:10:04	00:01:02	00:59:06	02:50:51
24	263	Zulkpli Bin Bajuri	Malaysia	00:30:43	00:01:44	01:21:29	00:01:23	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	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	01:03:23	02:56:29
27	207	Chan Yew Wah	Malaysia	00:37:41	00:01:46	01:16:43	00:01:32	00:59:37	02:57:18
28	257	Toh Beng Bin	Malaysia	00:25:50	00:01:20	01:19:17	00:01:12	01:10:34	02:58:13
29	217	Jonathan Tan	Malaysia	00:37:10	00:04:03	01:16:05	00:02:15	01:09:08	03:08:40
30	225	Lee Kian Hwee	Malaysia	00:29:08	00:02:24	01:23:20	00:01:28	01:12:30	03:08:49
31	240	Nik Arif Sidek	Malaysia	00:37:54	00:02:02	01:24:11	00:01:10	01:09:47	03:15:03
32	266	Zuraidi Mohd Yusuf	Malaysia	00:37:08	00:02:31	01:41:48	00:01:08	00:53:37	03:16:12
33	211	Esmenn bin Mohd Mokhtar	Malaysia	00:41:14	00:02:11	01:25:55	00:01:23	01:07:03	03:17:43
34	228	Loke Jin Hien	Malaysia	00:38:06	00:02:00	01:31:32	00:01:38	01:05:26	03:18:39

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Rank	Bib	Name	Country	Swim	T1	Bike	T2	Run	Total
35	222	Khairul Nizam bin Abdul Samad	Malaysia	00:38:53	00:02:04	01:25:52	00:01:48	01:11:45	03:20:20
36	237	Mohd Zaidi bin Ismail	Malaysia	00:44:08	00:03:51	01:18:38	00:02:08	01:11:37	03:20:20
37	262	Zakaria bin Baharom	Malaysia	00:41:59	00:02:19	01:21:09	00:02:18	01:12:38	03:20:20
38	241	Nik Fahusnaza Bin Nik Mohd Najmi	Malaysia	00:42:47	00:02:21	01:25:35	00:01:31	01:13:44	03:25:55
39	258	Wong Ming Yew Lionel	Malaysia	00:39:06	00:03:17	01:29:10	00:01:49	01:16:51	03:30:11
40	227	Lim Ming Chiat	Malaysia	00:50:50	00:02:11	01:30:51	00:01:52	01:04:47	03:30:31
41	243	Oh Choor Guan	Malaysia	00:40:21	00:02:54	01:35:42	00:01:47	01:13:09	03:33:51
42	236	Hairul Azwan Bin Ahmad Zaini	Malaysia	00:36:38	00:03:27	01:32:52	00:01:44	01:22:40	03:37:19
43	220	Kam Kasturie	Malaysia	00:47:29	00:04:44	01:24:14	00:02:16	01:22:19	03:40:59
44	202	Alexander E. A. McNab	Malaysia	00:37:22	00:02:21	01:27:12	00:01:55	01:34:32	03:43:20
45	214	Gabriel Ong	Singapore	00:43:14	00:02:21	01:49:21	00:01:54	01:09:02	03:45:52
46	203	Andre Anthony Baptist	Malaysia	00:39:51	00:02:59	01:37:06	00:02:01	01:26:00	03:47:57
47	212	Fairul Mizam Zamani	Malaysia	00:42:57	00:05:30	01:47:13	00:02:11	01:10:37	03:48:28
48	256	Tin Chee Yee	Singapore	00:43:45	00:04:20	01:52:23	00:01:51	01:13:18	03:55:37
49	253	Sharil Sharudin	Malaysia	00:53:38	00:04:39	01:33:50	00:02:22	01:34:45	04:09:14
50	221	Kevin Ong Chong Keong	Malaysia	01:11:19	00:04:27	01:48:34	00:02:13	01:14:19	04:20:52
51	205	Azwan Harun	Malaysia						04:38:25
	247	Poon Chung Kiat	Singapore						DNF
	255	Tan Ghee Beng	Malaysia						DNF