

## HAD KELAYAKAN ATLET OLAHRAGA KE SUKMA JOHOR 2020

### LELAKI

| BIL | ACARA                   | TEMPAT KE-1 | TEMPAT KE-2 | TEMPAT KE-3 | TEMPAT KE-4 |
|-----|-------------------------|-------------|-------------|-------------|-------------|
| 1   | 100M                    | 10.39s      | 10.43s      | 10.46s      | 10.72s      |
| 2   | 200M                    | 21.01s (GR) | 21.26s      | 21.30s      | 21.44s      |
| 3   | 400M                    | 47.02s (GR) | 47.35s      | 47.44s      | 48.17s      |
| 4   | 800M                    | 01:52.50s   | 01:53.38s   | 01:53.55s   | 01:54.71s   |
| 5   | 1,500M                  | 04:07.40s   | 04:07.84s   | 04:08.88s   | 04:11.61s   |
| 6   | 5,000M                  | 15:51.05s   | 15:51.89s   | 16:13.00s   | 16:45.69s   |
| 7   | 10,000M                 | 33:50.62s   | 33:57.56s   | 34:18.28s   | 34:27.66s   |
| 8   | 10,000M J/KAKI          | 48:48.03s   | 50:07.41s   | 51:17.71s   | 54:25.00s   |
| 9   | 20,000M J/KAKI          | 01:45.58s   | 01:53.02s   | 01:54.29s   | 01:57.42s   |
| 10  | 3,000M LARI BERHALANGAN | 09:38.16s   | 09:38.31s   | 09:53.98s   | 09:59.15s   |
| 11  | 110M LARI BERPAGAR      | 14.25s      | 14.46s      | 14.92s      | 15.19s      |
| 12  | 400M LARI BERPAGAR      | 52.05s      | 52.56s      | 52.81s      | 53.18s      |
| 13  | LOMPAT TINGGI           | 2.06m       | 2.03m       | 2.00m       | 1.97m       |
| 14  | LOMPAT JAUH             | 7.46m       | 7.39m       | 7.28m       | 6.88m       |
| 15  | LOMPAT KIJANG           | 15.91m      | 15.44m      | 15.12m      | 14.88m      |
| 16  | LOMPAT BERGALAH         | 4.50m       | 4.50m       | 4.20m       | 4.00m       |
| 17  | MELONTAR PELURU         | 15.14m      | 14.01m      | 13.90m      | 13.49m      |
| 18  | MEREJAM LEMBING         | 60.78m      | 57.68m      | 55.77m      | 54.49m      |
| 19  | MELEMPAR CAKERA         | 48.94m      | 47.57m      | 40.91m      | 40.48m      |
| 20  | BALING TUKUL BESI       | 57.37m (GR) | 53.14m      | 51.68m      | 47.45m      |
| 21  | 4X100M                  | 40.21s      | 40.40s      | 40.42s      | 40.95s      |
| 22  | 4X400M                  | 03:14.42s   | 03:14.79s   | 03:15.48s   | 03:15.99s   |
| 23  | DECATHLON               | 5242        | 4627        | 4606        | 4491        |

**HAD KELAYAKAN ATLET OLAHRAGA KE SUKMA JOHOR 2020**  
**WANITA**

| <b>BIL</b> | <b>ACARA</b>            | <b>TEMPAT KE-1</b> | <b>TEMPAT KE-2</b> | <b>TEMPAT KE-3</b> | <b>TEMPAT KE-4</b> |
|------------|-------------------------|--------------------|--------------------|--------------------|--------------------|
| 1          | 100M                    | 11.81s (GR)        | 12.17s             | 12.28s             | 12.42s             |
| 2          | 200M                    | 24.76s             | 24.92s             | 25.27s             | 25.28s             |
| 3          | 400M                    | 55.69s             | 55.92s             | 58.71s             | 58.94s             |
| 4          | 800M                    | 02:12.76s          | 02:16.93s          | 02:19.00s          | 02:22.52s          |
| 5          | 1,500M                  | 04:42.75s          | 04:54.52s          | 05:01.37s          | 05:09.99s          |
| 6          | 5,000M                  | 19:29.70s          | 20:29.00s          | 20:38.38s          | 20:47.33s          |
| 7          | 5,000M J/KAKI           | 27:35.26s          | 28:01.85s          | 30:00.40s          | 30:49.13s          |
| 8          | 10,000M J/KAKI          | 54:42.45s          | 55:42.45s          | 53:53.36s          | 01:01:50.88s       |
| 9          | 3,000M LARI BERHALANGAN | 11:54.03s          | 12:32.01s          | 12:45.94s          | 12:48.20s          |
| 10         | 100M LARI BERPAGAR      | 14.64s             | 15.09s             | 15.28s             | 15.43s             |
| 11         | 400M LARI BERPAGAR      | 01:02.38s          | 01:03.68s          | 01:04.71s          | 01:08.16s          |
| 12         | LOMPAT TINGGI           | 1.66m              | 1.63m              | 1.57m              | 1.57m              |
| 13         | LOMPAT JAUH             | 5.99m              | 5.60m              | 5.51m              | 5.49m              |
| 14         | LOMPAT KIJANG           | 12.95m             | 12.66m             | 12.48m             | 12.12m             |
| 15         | LOMPAT BERGALAH         | 3.80m (GR)         | 3.50m              | 3.30m              | 3.20m              |
| 16         | MELONTAR PELURU         | 12.76m             | 12.35m             | 11.86m             | 11.23m             |
| 17         | MEREJAM LEMBING         | 41.22m             | 41.11m             | 39.57m             | 38.53m             |
| 18         | MELEMPAR CAKERA         | 43.77m             | 40.64m             | 39.62m             | 38.48m             |
| 19         | BALING TUKUL BESI       | 56.51m             | 50.25m             | 49.46m             | 45.77m             |
| 20         | 4X100M                  | 47.01s             | 47.51s             | 48.74s             | 48.86s             |
| 21         | 4X400M                  | 03:56.24s          | 04:01.35s          | 04:03.89s          | 04:05.79s          |
| 22         | HEPTATHLON              | 4510               | 4028               | 3806               | 3543               |