

## **POWERMAN MALAYSIA 2004 -3rd October 2004**

### **Overall Men**

<b>No</b>	<b>Race</b>	<b>Categories</b>	<b>Names</b>	<b>10km run</b>	<b>60km bike</b>	<b>10km run</b>	<b>FINISH</b>
1	<b>002</b>	M Elite	Crispine Omondi Onyango	00:31:15	01:27:15	00:41:09	02:39:39
2	<b>010</b>	M Elite	Shahrom Abdullah	00:34:13	01:28:57	00:36:49	02:39:59
3	<b>001</b>	M Elite	Adam Conquest	00:34:22	01:23:18	00:42:38	02:40:18
4	<b>003</b>	M Elite	Florian Wagner	00:34:51	01:28:20	00:37:12	02:40:23
5	<b>009</b>	M Elite	Ryan Mendoza	00:32:09	01:31:00	00:39:19	02:42:28
6	<b>005</b>	M Elite	Jarrad Adams	00:32:08	01:31:03	00:40:00	02:43:11
7	<b>059</b>	M20-29	Koday Senmood	00:32:10	01:39:07	00:38:32	02:49:49
8	<b>026</b>	M20-29	Jusery Gani	00:36:58	01:33:39	00:42:10	02:52:47
9	<b>006</b>	M Elite	Jefferson Valdez	00:35:57	01:34:50	00:42:19	02:53:06
10	<b>011</b>	M Elite	Wong Ah Thiam	00:36:56	01:31:00	00:47:04	02:55:00
11	<b>004</b>	M Elite	Harrison Kariuki Hungura	00:33:31	01:40:35	00:41:37	02:55:43
12	<b>046</b>	M20-29	Solchai Choosakul	00:34:33	01:39:14	00:42:15	02:56:02
13	<b>079</b>	M30-39	Loh Yeong Shang	00:36:54	01:34:15	00:46:00	02:57:09
14	<b>058</b>	M30-39	Bryan Hoare	00:39:21	01:29:55	00:48:26	02:57:42
15	<b>016</b>	M20-29	Cecil Cheong Chee Liong	00:36:54	01:38:33	00:45:20	03:00:47
16	<b>121</b>	M40-44	Iwata Takatoshi	00:34:48	01:40:59	00:45:00	03:00:47
17	<b>044</b>	M20-29	Ramly Ismail	00:36:58	01:33:26	00:53:26	03:03:50
18	<b>008</b>	M Elite	Richard Graemiger	00:33:58	01:29:10	01:04:55	03:08:03
19	<b>095</b>	M30-39	Reno Munksgaard	00:39:20	01:38:11	00:50:46	03:08:17
20	<b>132</b>	M40-44	Sawong Chuchit	00:35:56	01:50:51	00:42:43	03:09:30
21	<b>068</b>	M30-39	Hamidon Sabino	00:37:15	01:47:29	00:44:51	03:09:35
22	<b>185</b>	M40-44	Ongsa Sornlek	00:35:56	01:53:32	00:40:28	03:09:56
23	<b>139</b>	M45-49	Don Khor Ngee Leong	00:38:49	01:44:18	00:47:11	03:10:18
24	<b>076</b>	M30-39	Kuan Chee Kee	00:37:36	01:46:17	00:46:30	03:10:23
25	<b>025</b>	M20-29	Jasmi Sarael	00:38:24	01:44:40	00:47:58	03:11:02

## **POWERMAN MALAYSIA 2004 -3rd October 2004**

<b>No</b>	<b>Race</b>	<b>Categories</b>	<b>Names</b>	<b>10km run</b>	<b>60km bike</b>	<b>10km run</b>	<b>FINISH</b>
26	<b>089</b>	M30-39	Mohd Shahnom Ismail	00:38:50	01:41:22	00:51:25	03:11:37
27	<b>113</b>	M40-44	Andrew Peter Pirie	00:39:06	01:38:59	00:54:28	03:12:33
28	<b>094</b>	M30-39	Norman Loy Wee Boon	00:39:42	01:49:14	00:45:27	03:14:23
29	<b>060</b>	M30-39	Charles Monneron	00:43:39	01:39:35	00:52:10	03:15:24
30	<b>043</b>	M20-29	Ramli 'Cipolini' Yusof	00:41:07	01:46:41	00:48:41	03:16:29
31	<b>142</b>	M45-49	Greg Lyons	00:42:36	01:44:01	00:51:05	03:17:42
32	<b>156</b>	M50-59	John Preston	00:43:11	01:43:42	00:52:54	03:19:47
33	<b>065</b>	M30-39	Dylan Wade	00:38:54	01:34:05	01:09:29	03:22:28
34	<b>080</b>	M30-39	Loke Tuck Wai	00:45:09	01:49:26	00:48:11	03:22:46
35	<b>162</b>	M50-59	Yap Leong Chin	00:43:25	01:48:44	00:51:51	03:24:00
36	<b>116</b>	M40-44	Chu Poh Ong	00:46:05	01:42:43	00:57:43	03:26:31
37	<b>144</b>	M45-49	Heinz Peter Iten	00:45:14	01:47:06	00:54:44	03:27:04
38	<b>077</b>	M30-39	Lee Ching Hoe	00:46:31	01:47:38	00:53:31	03:27:40
39	<b>062</b>	M30-39	Chee Kai Mun	00:44:47	01:48:19	00:55:24	03:28:30
40	<b>075</b>	M30-39	Jurg Niederberger	00:44:38	01:43:05	01:01:48	03:29:31
41	<b>072</b>	M30-39	Jacky Loh Theam Fah	00:41:56	01:54:19	00:53:40	03:29:55
42	<b>051</b>	M30-39	Abd Malik Mat Hussain	00:40:09	01:55:11	00:56:22	03:31:42
43	<b>034</b>	M20-29	Mohamad Azhar Bujang	00:39:26	01:52:11	01:00:15	03:31:52
44	<b>191</b>	M50-59	Teerasakdi Toachalee	00:40:49	02:00:19	00:51:03	03:32:11
45	<b>160</b>	M50-59	Md Yasan Rahmin	00:38:17	01:59:37	00:54:36	03:32:30
46	<b>161</b>	M50-59	Mohd Radzi Dahalan	00:44:29	01:52:20	00:56:31	03:33:20
47	<b>141</b>	M45-49	Eric Ravier	00:46:51	01:47:29	01:00:06	03:34:26
48	<b>135</b>	M40-44	Yee Sing Seng	00:43:24	01:52:17	00:59:03	03:34:44
49	<b>078</b>	M30-39	Lee Hean Cheng	00:46:15	01:48:01	01:01:22	03:35:38
50	<b>036</b>	M20-29	Mohd Ibrahim Hj Azman	00:39:50	01:43:53	01:12:34	03:36:17

## **POWERMAN MALAYSIA 2004 -3rd October 2004**

<b>No</b>	<b>Race</b>	<b>Categories</b>	<b>Names</b>	<b>10km run</b>	<b>60km bike</b>	<b>10km run</b>	<b>FINISH</b>
51	<b>097</b>	M30-39	Rozaini Ismail	00:38:41	01:42:44	01:14:56	03:36:21
52	<b>042</b>	M20-29	Nur Azan Ismail	00:41:23	01:54:23	01:01:11	03:36:57
53	<b>063</b>	M30-39	Danny Khaw Teik Chye	00:42:32	01:49:08	01:05:50	03:37:30
54	<b>084</b>	M30-39	Mohd Alias Said	00:50:09	01:46:11	01:03:58	03:40:18
55	<b>064</b>	M30-39	David Khaw Teik Keong	00:49:45	01:47:56	01:04:46	03:42:27
56	<b>115</b>	M40-44	Choo Poh Kok	00:48:36	01:51:34	01:02:27	03:42:37
57	<b>158</b>	M50-59	Lim Kim Boon	00:49:22	02:00:52	00:57:24	03:47:38
58	<b>074</b>	M30-39	Johny Tanujaya	00:49:19	01:56:47	01:01:36	03:47:42
59	<b>143</b>	M45-49	Hassan Mohammad	00:47:26	01:49:01	01:14:33	03:51:00
60	<b>039</b>	M20-29	Mohd Sufian Abd Samad	00:45:51	01:47:25	01:18:10	03:51:26
61	<b>092</b>	M30-39	Ng Kit Howe	00:51:39	01:56:25	01:04:45	03:52:49
62	<b>071</b>	M30-39	Hubertus Sarus @ Jeremy	00:47:57	01:51:08	01:13:56	03:53:01
63	<b>047</b>	M40-44	Basil Bryne Edwards	00:44:37	02:00:54	01:07:39	03:53:10
64	<b>096</b>	M30-39	Ronnie Gui Boon Teong	00:42:39	01:51:34	01:19:16	03:53:29
65	<b>164</b>	M60&above	Bernard Ho Fong Chee	00:52:11	01:54:01	01:07:20	03:53:32
66	<b>052</b>	M30-39	Adrian Ming	00:52:49	01:54:16	01:07:17	03:54:22
67	<b>151</b>	M45-49	Shinichi Matsunaga	00:48:15	01:50:02	01:16:14	03:54:31
68	<b>129</b>	M40-44	Rob Gibson	00:52:38	01:57:09	01:05:10	03:54:57
69	<b>017</b>	M20-29	Chin Wui Mon	00:49:28	01:57:31	01:08:10	03:55:09
70	<b>032</b>	M20-29	Ma Hong Choong	00:44:33	01:54:49	01:15:54	03:55:16
71	<b>137</b>	M45-49	Abdul Halim Jantan	00:54:54	01:53:23	01:07:33	03:55:50
72	<b>100</b>	M30-39	Stephane Pautard	00:47:39	01:56:37	01:12:14	03:56:30
73	<b>090</b>	M30-39	Mustaffa Kamal Ahmad	00:44:24	01:55:25	01:18:13	03:58:02
74	<b>069</b>	M30-39	Ho Chee Keong	00:46:01	02:10:50	01:01:15	03:58:06
75	<b>101</b>	M30-39	Steve Lee	00:51:53	01:52:24	01:13:58	03:58:15

## **POWERMAN MALAYSIA 2004 -3rd October 2004**

<b>No</b>	<b>Race</b>	<b>Categories</b>	<b>Names</b>	<b>10km run</b>	<b>60km bike</b>	<b>10km run</b>	<b>FINISH</b>
76	<b>103</b>	M30-39	Thong Thiam Wong	00:43:12	01:59:40	01:15:44	03:58:36
77	<b>163</b>	M60&above	Abdul Razak Zainuddin	00:49:51	01:59:58	01:10:10	03:59:59
78	<b>022</b>	M20-29	Ibrahim Alias	00:50:13	01:59:07	01:11:31	04:00:51
79	<b>128</b>	M40-44	Pang Cheong Tuck	00:52:54	01:53:23	01:14:41	04:00:58
80	<b>033</b>	M50-59	Chua Song Cher	00:48:42	02:09:33	01:02:51	04:01:06
81	<b>107</b>	M30-39	Yap Eng Leong	00:51:25	02:00:30	01:09:33	04:01:28
82	<b>108</b>	M30-39	Yee Seng Toong	00:49:29	02:07:53	01:04:11	04:01:33
83	<b>035</b>	M20-29	Mohammad Salleh Abdullah	00:50:08	02:03:33	01:08:44	04:02:25
84	<b>106</b>	M30-39	William Ng Swee Cheng	00:48:27	01:44:42	01:29:58	04:03:07
85	<b>157</b>	M50-59	Lam Chee Long	00:53:54	02:03:51	01:07:08	04:04:53
86	<b>091</b>	M30-39	Ng Aik Liang	00:52:27	01:59:32	01:14:18	04:06:17
87	<b>049</b>	M20-29	Tuan Azizzu Tuan Mamat	00:52:39	02:04:34	01:09:51	04:07:04
88	<b>114</b>	M40-44	Cheok Kon Fook	00:50:09	02:09:01	01:08:11	04:07:21
89	<b>012</b>	M20-29	Ahmad Yuzairy Mohd Lasa	00:43:04	02:06:04	01:18:20	04:07:28
90	<b>124</b>	M40-44	Leong Wan Heng	00:50:17	02:07:37	01:09:54	04:07:48
91	<b>147</b>	M45-49	Ng Thiam Huat	00:47:48	02:24:53	00:56:33	04:09:14
92	<b>159</b>	M50-59	Loe Hock Guan	00:46:44	01:58:07	01:24:28	04:09:19
93	<b>021</b>	M20-29	Foo En Lin	00:57:01	01:56:11	01:16:49	04:10:01
94	<b>146</b>	M45-49	Lee Woon Khaw	00:46:22	02:05:11	01:19:30	04:11:03
95	<b>122</b>	M40-44	Jamahari Narawi	00:43:10	02:11:57	01:16:59	04:12:06
96	<b>133</b>	M40-44	Tan Chor Kerng	00:51:47	02:10:16	01:10:35	04:12:38
97	<b>028</b>	M20-29	Jonathan Leonard Pereira	00:50:03	02:08:24	01:14:12	04:12:39
98	<b>048</b>	M20-29	Timothy K Barnes	00:49:32	02:03:56	01:20:28	04:13:56
99	<b>067</b>	M30-39	Eric Lay Chee Hoong	00:51:12	02:06:53	01:16:44	04:14:49
100	<b>126</b>	M40-44	Mohd Raziff Embi	00:45:10	02:18:39	01:11:21	04:15:10

## **POWERMAN MALAYSIA 2004 -3rd October 2004**

<b>No</b>	<b>Race</b>	<b>Categories</b>	<b>Names</b>	<b>10km run</b>	<b>60km bike</b>	<b>10km run</b>	<b>FINISH</b>
101	<b>081</b>	M30-39	M Kannan Murugasan	00:52:42	02:03:43	01:19:59	04:16:24
102	<b>050</b>	M20-29	Wong Siew JooH	00:57:37	01:58:47	01:20:06	04:16:30
103	<b>104</b>	M30-39	Ungku Azlan Ungku Muhammad	00:51:40	02:04:15	01:21:54	04:17:49
104	<b>120</b>	M40-44	Harnisch	00:47:48	02:08:42	01:22:05	04:18:35
105	<b>102</b>	M30-39	Tan Chong Tai	00:49:33	02:07:16	01:25:14	04:22:03
106	<b>109</b>	M30-39	Zairin Zainudin	00:49:58	02:02:47	01:31:04	04:23:49
107	<b>149</b>	M45-49	Ong Boon Hin	00:48:17	02:17:25	01:19:11	04:24:53
108	<b>155</b>	M50-59	Chin Peng Wah	00:50:10	02:10:52	01:24:54	04:25:56
109	<b>014</b>	M20-29	Arif Shahrizal Zamri	01:03:17	01:58:58	01:25:24	04:27:39
110	<b>056</b>	M30-39	Amaludin Abdul Rahman	00:53:46	02:13:14	01:22:59	04:29:59
111	<b>066</b>	M30-39	Eow Khean Fatt	00:52:09	02:12:07	01:25:46	04:30:02
112	<b>070</b>	M60&above	Rosli Abu Bakar	00:51:52	02:13:28	01:25:43	04:31:03
113	<b>098</b>	M30-39	Shamsol Abu Bakar	00:54:06	02:17:12	01:20:00	04:31:18
114	<b>123</b>	M40-44	Kwong Fook Keong	00:49:00	02:18:35	01:23:55	04:31:30
115	<b>054</b>	M30-39	Al Jazzura Khan	00:54:54	02:18:08	01:19:31	04:32:33
116	<b>055</b>	M30-39	Alan Tiang Promsuwan	00:51:56	02:14:17	01:28:42	04:34:55
117	<b>165</b>	M60&above	Robert Lim Khu Sing	00:52:50	02:23:40	01:20:06	04:36:36
118	<b>030</b>	M20-29	Lok Yeong Yih	00:57:38	02:17:39	01:22:14	04:37:31
119	<b>029</b>	M20-29	Lok Yeong Lim	00:53:16	02:05:13	01:39:03	04:37:32
120	<b>148</b>	M45-49	Nor Jamalu Azmal Dahalan	01:03:12	02:03:33	01:33:15	04:40:00
121	<b>087</b>	M30-39	Mohd Fariz Mohd Zain	00:59:17	02:24:29	01:16:46	04:40:32
122	<b>153</b>	M45-49	Tee Tai Sun	00:52:25	02:32:57	01:18:01	04:43:23
123	<b>117</b>	M40-44	Chan Chee Kuen	01:08:22	02:22:55	01:14:33	04:45:50
124	<b>020</b>	M20-29	Fernandez Selan	00:50:37	02:19:28	01:39:59	04:50:04
125	<b>110</b>	M30-39	Zulkefli Muhammad	00:57:39	02:17:04	01:38:47	04:53:30

## **POWERMAN MALAYSIA 2004 -3rd October 2004**

<b>No</b>	<b>Race</b>	<b>Categories</b>	<b>Names</b>	<b>10km run</b>	<b>60km bike</b>	<b>10km run</b>	<b>FINISH</b>
126	<b>112</b>	M40-44	Abdul Shukor Abdul Hashim	00:54:33	02:20:56	01:38:15	04:53:44
127	<b>057</b>	M30-39	Armin Baniaz Pahamin	01:04:46	02:23:08	01:30:08	04:58:02
128	<b>031</b>	M40-44	Philip Koh Heng Chye	01:08:52	02:11:36	01:38:03	04:58:31
129	<b>013</b>	M20-29	Ang He Shyang	01:09:40	02:17:42	01:31:13	04:58:35
130	<b>125</b>	M40-44	Loh Kian Lai	01:04:54	02:26:41	01:42:08	05:13:43
131	<b>027</b>	M20-29	Kok Pooi Hoe	01:03:53	02:23:36	01:46:34	05:14:03
132	<b>134</b>	M40-44	Wong Keng Cheong	01:00:58	02:40:11	01:39:34	05:20:43
133	<b>085</b>	M30-39	Mohd Asri Md Ismail	00:56:00	02:29:39	01:56:11	05:21:50
134	<b>082</b>	M30-39	Menno Willemse	01:00:58	02:52:29	01:31:25	05:24:52
	<b>140</b>	M45-49	Edward Kee Kah Fatt	00:51:44	02:03:47	00:00:00	DNF
	<b>019</b>	M20-29	Ding Shan Keong	00:42:59	02:09:41	00:00:00	DNF
	<b>041</b>	M20-29	Nor Saiful Ibrahim	00:58:12	02:49:53	00:00:00	DNF
	<b>007</b>	M Elite	Razali Yahya	00:00:00	00:00:00	00:00:00	DNS
	<b>015</b>	M20-29	Azani Mat Jusoh	00:00:00	00:00:00	00:00:00	DNS
	<b>018</b>	M20-29	Derrick Phong Teck Lak	00:00:00	00:00:00	00:00:00	DNS
	<b>023</b>	M20-29	Isaiah Kee Tzen Chin (18 years)	00:00:00	00:00:00	00:00:00	DNS
	<b>024</b>	M20-29	Ismail Sabtu	00:00:00	00:00:00	00:00:00	DNS
	<b>037</b>	M20-29	Mohd Nizam Abu Hassan	00:00:00	00:00:00	00:00:00	DNS
	<b>038</b>	M20-29	Mohd Razin Umar	00:00:00	00:00:00	00:00:00	DNS
	<b>040</b>	M20-29	Muhammad Hilmi Hashni	00:00:00	00:00:00	00:00:00	DNS
	<b>045</b>	M20-29	Shahrizan Selamat	00:00:00	00:00:00	00:00:00	DNS
	<b>053</b>	M30-39	Ahmad Nizar	00:56:54	00:00:00	00:00:00	DNF
	<b>061</b>	M30-39	Cheah Soon Hock	00:00:00	00:00:00	00:00:00	DNS
	<b>073</b>	M30-39	Jagdeep Kairon	00:00:00	00:00:00	00:00:00	DNS

## **POWERMAN MALAYSIA 2004 -3rd October 2004**

<b>No</b>	<b>Race</b>	<b>Categories</b>	<b>Names</b>	<b>10km run</b>	<b>60km bike</b>	<b>10km run</b>	<b>FINISH</b>
	<b>083</b>	M30-39	Mohamad Yusran Abdul Ghani	00:00:00	00:00:00	00:00:00	DNS
	<b>086</b>	M30-39	Mohd Fadil Ahmad	00:00:00	00:00:00	00:00:00	DNS
	<b>088</b>	M30-39	Mohd Said Marsum	00:00:00	00:00:00	00:00:00	DNS
	<b>093</b>	M30-39	Niphon Suwan	00:37:54	00:00:00	00:00:00	DNF
	<b>099</b>	M30-39	Sharul Ambri Mohd Noor	00:00:00	00:00:00	00:00:00	DNS
	<b>105</b>	M30-39	Wan Jonudin Wan Dollah	00:00:00	00:00:00	00:00:00	DNS
	<b>111</b>	M40-44	Abdul Hamid Ramli	01:04:54	00:00:00	00:00:00	DNF
	<b>118</b>	M40-44	Freddie Tang Kok Wah	00:00:00	00:00:00	00:00:00	DNS
	<b>119</b>	M40-44	Goh Jooi Kok	00:00:00	00:00:00	00:00:00	DNS
	<b>130</b>	M40-44	Robert David Herries	00:00:00	00:00:00	00:00:00	DNS
	<b>131</b>	M40-44	Ronald Loges	00:00:00	00:00:00	00:00:00	DNS
	<b>136</b>	M40-44	Yeoh Shan Yaw	00:00:00	00:00:00	00:00:00	DNS
	<b>138</b>	M45-49	David Tan Chee Hian	00:00:00	00:00:00	00:00:00	DNF
	<b>145</b>	M45-49	Lee Hong Chai	00:54:59	00:00:00	00:00:00	DNF
	<b>150</b>	M45-49	Paul Ng Ho Siong	00:39:17	00:00:00	00:00:00	DNF
	<b>152</b>	M45-49	Tan Chee Kwang	00:00:00	00:00:00	00:00:00	DNF