

HAD KELAYAKAN MSSM 2022

BIL	ACARA	L18	L15	L12	P18	P15	P12
1	100 meter	10.95 s	11.25 s	12.60 s	12.65 s	12.85 s	13.70 s
2	200 meter	22.20 s	23.20 s	26.30 s	26.50 s	26.80 s	28.60 s
3	400 meter	50.50 s	53.00 s		62.00 s	63.50 s	
4	800 meter	2:02.00 s	2:07.00 s		2:34.00 s	2:32.00 s	
5	1500 meter	4:25.00 s	4:35.00 s		5:22.00 s	5:22.00 s	
6	3000 meter (T)	9:40.00 s			11:32.00 s		
7	80 meter LP			12.50 s			14.50 s
8	100 meter LP				15.60 s	15.80 s	
9	110 meter LP	14.30 s	14.90 s				
10	200 meter LP		25.50 s			30.50 s	
11	400 meter LP	56.50 s			68.00 s		
12	3000 meter JK					17:48.00 s	
13	5000 meter JK		27:25.00 s		30:10.00 s		
14	10000 meter JK	54:00.00 s					
15	2000 meter LB	6:32.00 s	6:53.00 s		8:21.00 s		
16	Melontar Peluru	14.50 m	13.50 m	11.30 m	11.70 m	10.20 m	8.50 m
17	Melempar Cakera	43.00 m	46.00 m		31.00 m	27.00 m	
18	Merejam Lembing	50.00 m	46.00 m		32.00 m	28.00 m	
19	Melempar T. Besi	50.00 m			38.00 m		
20	Lompat Tinggi	1.85 m	1.70 m	1.45 m	1.47 m	1.40 m	1.30 m
21	Lompat Jauh	6.50 m	6.20 m	4.90 m	5.20 m	4.80 m	4.15 m
22	Lompat Kijang	13.70 m	12.90 m		11.15 m	10.25 m	
23	Lombol Bergalah	3.40 m			2.60 m		
24	4 x 100 meter	42.30 s	44.30 s	50. 00 s	51.00 s	51.00 s	55.00 s
25	4 x 400 meter	3:23.00 s	3:34.00 s	1:46.00 s	4:10.00 s	4:15.00 s	1:57.50 s
26	Heptatlon				3485 mt		
27	Oktatlon	4475 mt					