

**HAD KELAYAKAN**

**KEJOHANAN OLAHRAGA MSSDHL 2025**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **ACARA** | **L1** | **L2** | **L3** | **P1** | **P2** | **P3** |
| **100m** | 11.56 | 11.87 | 12.09 | 14.53 | 14.88 | 14.40 |
| **200m** | 23.65 | 25.03 | 25.03 | 30.19 | 31.21 | 30.88 |
| **400m** | 55.03 | 57.97 | 57.97 | 73.28 | 75.94 | 75.28 |
| **800m** | 2:16:47 | 2:21:25 | 2:27:38 | 3:17:18 | 3:08:53 | 2:59:22 |
| **1500m** | 4:36:69 | 4:50:41 | 4:57:50 | 6:40:34 | 6:53:12 | 6:19:59 |
| **3000m** | 10:15:02 | 15:27:00 |
| **100m Berpagar** |  |  |  | 20.16 | 21.03 | 20.28 |
| **110m Berpagar** | 17.90 | 17.44 | 18.34 |  |  |  |
| **200m Berpagar** |  | 28.15 | 29.50 |  | 37.44 | 36.35 |
| **400m Berpagar** | 64.63 |  |  | 96.12 |  |  |
| **2000m Berhalangan** | 7:37:56 | 7:48:50 | 12:36:47 |
| **3 Km Jalan Kaki** |  | 23:04:72 |
| **5 Km Jalan Kaki** |  | 34:51:0 | 41:12:0 |  |
| **10 Km Jalan Kaki** | 70:18:00 |  |
| **Lompat Tinggi** | 1.65 | 1.60 | 1.60 | 1.25 | 1.30 | 1.27 |
| **Lompat Jauh** | 6.06 | 5.50 | 5.39 | 3.89 | 3.95 | 3.88 |
| **Lompat Kijang** | 12.33 | 11.57 | 11.01 | 8.30 | 7.69 | 8.40 |
| **Lontar Peluru** | 10.46 | 10.79 | 10.26 | 8.13 | 6.67 | 7.54 |
| **Lempar Cakera** | 27.53 | 27.64 | 29.41 | 19.95 | 16.16 | 16.22 |
| **Merejam Lembing** | 33.90 | 34.74 | 30.45 | 20.50 | 16.92 | 18.82 |
| **Heptathlon** | 1046 |  |  |  |  |  |
| **Octathlon** | 2779 |  |  |  |  |  |

* Had Kelayakkan berdasarkan Tempat ke Empat Kejohanan Olahraga MSSD Hulu Langat 2024