



10th ASIAN INDOOR ATHLETICS CHAMPIONSHIPS

Astana

10.02.2023 - 12.02.2023

START LIST

60 m H Pentathlon

Women

Date: 10.02.2023

Heat 1 10:00

| Lane | BIB | Name | DoB | MF | SB |
|------|-----|---------------------|----------|-----|------|
| 3 | 248 | Sarah DEQUINAN | 07.10.96 | PHI | |
| 4 | 95 | Fatemeh MOHITIZADEH | 29.07.03 | IRI | 9.21 |
| 5 | 69 | Ekaterina AVDEENKO | 20.12.04 | KAZ | 9.28 |
| 6 | 79 | Ekaterina VORONINA | 16.02.92 | UZB | |

Heat 2 10:07

| Lane | BIB | Name | DoB | MF | SB |
|------|-----|--------------------|----------|-----|------|
| 3 | 137 | Swapna BARMAN | 29.10.96 | IND | |
| 4 | 188 | Yuki YAMASAKI | 06.06.95 | JPN | 8.68 |
| 5 | 68 | Alina CHISTYAKOVA | 30.04.05 | KAZ | 8.87 |
| 6 | 136 | Sowmiya MURUGAN | 25.03.96 | IND | |
| 7 | 67 | Nadezhda BOGDANOVA | 24.04.94 | KAZ | 9.26 |



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10.02.2023 - 12.02.2023

AR – 8.27
CR – 8.24

START LIST

Long Jump (**7.95 or the best 8 athletes**) Men

Date: 10.02.2023

Time: 10:10

| Lane | BIB | Name | DoB | MF | SB |
|------|-----|------------------------|----------|-----|------|
| 1 | 149 | Muhammed ANEES YAHIIYA | 03.12.95 | IND | 8.15 |
| 2 | 280 | Zhang MINGKUN | 20.10.00 | CHN | 7.89 |
| 3 | 72 | Anvar ANVAROV | 22.10.00 | UZB | 8.01 |
| 4 | 113 | Lin YU-TANG | 11.05.00 | TPE | 7.98 |
| 5 | 98 | Bagrat GASANBEKOV | 21.01.03 | TKM | 7.60 |
| 6 | 112 | Wen HUA-YU | 09.03.01 | TPE | 7.92 |
| 7 | 173 | Natsuki YAMAKAWA | 24.07.95 | JPN | 8.17 |
| 8 | 252 | Hamoud ali OLWANI | 28.07.92 | KSA | 7.80 |
| 9 | 103 | Ildar AHMADIEV | 01.03.00 | TJK | 6.89 |
| 10 | 150 | Jeswin ALDRIN | 24.12.01 | IND | 8.37 |
| 11 | 247 | Janry UBAS | 02.01.94 | PHI | 7.88 |
| 12 | 34 | Zelimkhan NASSYROV | 16.03.03 | KAZ | 7.09 |
| 13 | 119 | Ko ho LONG | 09.05.98 | HKG | 7.87 |
| 14 | 263 | Mohammad AMIN ALSALAMI | 25.07.94 | SYR | 7.70 |
| 15 | 211 | Abdullah ALMERSHED | 23.06.97 | KUW | |
| 16 | 120 | Chan MINT TAI | 30.01.95 | HKG | 8.00 |
| 17 | 33 | Sergey STEPANKOVSKIY | 17.10.01 | KAZ | 7.06 |
| 18 | 216 | Timur ISAKOV | 13.01.00 | KGZ | 6.94 |



10th ASIAN INDOOR ATHLETICS CHAMPIONSHIPS

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10.02.2023 - 12.02.2023

AR - 45.39

CR - 45.88

START LIST ROUND 1 (Q3+q3)

400m

Men

Date: 10.02.2023

Heat 1 10:15

| Lane | BIB | Name | DoB | MF | SB |
|------|-----|-----------------------|----------|-----|-------|
| 3 | 222 | Mohamad MERHE MORTADA | 31.05.98 | LBN | 48.29 |
| 4 | 4 | Elnor MUKHITDINOV | 21.04.93 | KAZ | 48.24 |
| 5 | 271 | Gu XIAOFEI | 21.09.01 | CHN | 46.40 |
| 6 | 228 | Uzair REHMAN | 07.12.95 | PAK | 46.99 |

Heat 2 10:23

| Lane | BIB | Name | DoB | MF | SB |
|------|-----|----------------------------|----------|-----|-------|
| 2 | 105 | Leonid PRONZHENKO | 05.01.00 | TJK | 50.31 |
| 3 | 212 | Shakhzatbek SADYKZHAN UULU | 18.09.97 | KGZ | 49.97 |
| 4 | 6 | Vyacheslav ZEMS | 02.05.98 | KAZ | 48.03 |
| 5 | 240 | Ammar ismail IBRAHIM | 18.09.96 | QAT | 45.76 |
| 6 | 155 | Yasir ALI MOHAMMED AL-SAAD | 02.03.98 | IRQ | 47.80 |

Heat 3 10:31

| Lane | BIB | Name | DoB | MF | SB |
|------|-----|----------------------|----------|-----|-------|
| 2 | 201 | Mohammd ALATIAH | 03.03.03 | KUW | |
| 3 | 104 | Aleksandr PRONZHENKO | 25.11.92 | TJK | 49.04 |
| 4 | 243 | Eric shaun CRAY | 06.06.98 | PHI | 47.91 |
| 5 | 5 | Mikhail LITVIN | 05.01.96 | KAZ | 46.26 |
| 6 | 272 | Fan TIANRUI | 09.07.02 | CHN | 46.46 |



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10th ASIAN INDOOR ATHLETICS CHAMPIONSHIPS

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10.02.2023 - 12.02.2023

START LIST

High Jump Pentathlon

Women

Date: 10.02.2023

Time: 10:40

| Lane | BIB | Name | DoB | MF | SB |
|------|-----|---------------------|----------|-----|------|
| 1 | 79 | Ekaterina VORONINA | 16.02.92 | UZB | 1.77 |
| 2 | 67 | Nadezhda BOGDANOVA | 24.04.94 | KAZ | 1.60 |
| 3 | 95 | Fatemeh MOHITIZADEH | 29.07.03 | IRI | 1.59 |
| 4 | 137 | Swapna BARMAN | 29.10.96 | IND | 1.78 |
| 5 | 69 | Ekaterina AVDEENKO | 20.12.04 | KAZ | 1.75 |
| 6 | 248 | Sarah DEQUINAN | 07.10.96 | PHI | 1.70 |
| 7 | 188 | Yuki YAMASAKI | 06.06.95 | JPN | 1.55 |
| 8 | 68 | Alina CHISTYAKOVA | 30.04.05 | KAZ | 1.74 |
| 9 | 136 | Sowmiya MURUGAN | 25.03.96 | IND | 1.67 |



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10.02.2023 - 12.02.2023

AR – 51.45

CR – 51.67

START LIST ROUND 1 (Q2+q2)

400m

Women

Date: 10.02.2023

Heat 1 10:55

| Lane | BIB | Name | DoB | MF | SB |
|------|-----|--------------------------|----------|-----|-------|
| 3 | 75 | Laylo ALLABERGANOVA | 05.02.96 | UZB | 55.79 |
| 4 | 41 | Elina MIKHINA | 16.07.94 | KAZ | 54.35 |
| 5 | 40 | Aleksandra ZALYUBOVSKAYA | 27.09.02 | KAZ | 53.38 |
| 6 | 152 | Sri maya SARI | 24.04.94 | INA | 53.65 |

Heat 2 11:03

| Lane | BIB | Name | DoB | MF | SB |
|------|-----|------------------|----------|-----|-------|
| 3 | 39 | Adelina ZEMS | 25.12.98 | KAZ | 56.22 |
| 4 | 284 | Liu YINGLAN | 21.10.05 | CHN | 54.33 |
| 5 | 297 | Thi huyen NGUYEN | 01.01.93 | VIE | 53.37 |
| 6 | 74 | Farida SOLIYEVA | 08.06.01 | UZB | 54.21 |



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10th ASIAN INDOOR ATHLETICS CHAMPIONSHIPS

Astana

10.02.2023 - 12.02.2023

AR – 1:45.26

CR – 1:46.92

START LIST ROUND 1 (Q2+q2)

800m

Men

Date: 10.02.2023

Heat 1 11:30

| Lane | BIB | Name | DoB | MF | SB |
|------|-----|--------------------------|----------|-----|---------|
| 1 | 214 | Maisalbek MUKUMBEEK UULU | 22.06.98 | KGZ | 1:56.50 |
| 2 | 7 | Sergey SUKHOV | 29.06.00 | KAZ | 1:54.60 |
| 3 | 249 | Sami masoud ALYAMI | 04.05.99 | KSA | 1:50.64 |
| 4 | 202 | Ebrahim ALZOFAIRI | 08.05.89 | KUW | 1:51.60 |
| 5 | 235 | Abdirahman saeed HASSAN | 13.04.97 | QAT | 1:45.25 |
| 6 | 162 | Kentaro USUDA | 22.03.99 | JPN | 1:46.17 |

Heat 2 11:37

| Lane | BIB | Name | DoB | MF | SB |
|------|-----|-------------------------|----------|-----|---------|
| 1 | 273 | Li JUN-LIN | 06.08.98 | CHN | |
| 2 | 106 | Muhammadrizo MIRZOZODA | 11.09.04 | TJK | 1:58.90 |
| 3 | 213 | Sulaiman ZHUSUP UULU | 14.11.99 | KGZ | 1:55.90 |
| 4 | 9 | Duman GABDYGALIYEV | 12.06.97 | KAZ | 1:53.30 |
| 5 | 163 | Mikuto KANEKO | 06.11.01 | JPN | 1:46.34 |
| 6-1 | 8 | Abdulyaziz ABDUKAYUMOV | 02.09.97 | KAZ | 1:50.15 |
| 6-2 | 234 | Musaab ABDELRAHMAN BALA | 19.03.89 | QAT | 1:43.82 |



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10th ASIAN INDOOR ATHLETICS CHAMPIONSHIPS

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10.02.2023 - 12.02.2023

START LIST

Shot Put Pentathlon

Women

Date: 10.02.2023

Time: 12:30

| Lane | BIB | Name | DoB | MF | SB |
|------|-----|---------------------|----------|-----|-------|
| 1 | 67 | Nadezhda BOGDANOVA | 24.04.94 | KAZ | 12.33 |
| 2 | 136 | Sowmiya MURUGAN | 25.03.96 | IND | 12.61 |
| 3 | 68 | Alina CHISTYAKOVA | 30.04.05 | KAZ | 9.27 |
| 4 | 95 | Fatemeh MOHITIZADEH | 29.07.03 | IRI | 10.43 |
| 5 | 137 | Swapna BARMAN | 29.10.96 | IND | 12.43 |
| 6 | 79 | Ekaterina VORONINA | 16.02.92 | UZB | 13.64 |
| 7 | 248 | Sarah DEQUINAN | 07.10.96 | PHI | 11.12 |
| 8 | 69 | Ekaterina AVDEENKO | 20.12.04 | KAZ | 10.82 |
| 9 | 188 | Yuki YAMASAKI | 06.06.95 | JPN | 12.59 |



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Astana



10th ASIAN INDOOR
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Astana 2023

10.02.2023 - 12.02.2023

AR – 7.09

CR – 7.20

START LIST (Q2+q2) Round 1

60m

Women

Date: 10.02.2023

Heat 1 18:40

| Lane | BIB | Name | DoB | MF | SB |
|------|-----|-------------------------|----------|-----|------|
| 2 | 197 | Mudhawi ALSHAMMARI | 24.04.98 | KUW | |
| 3 | 254 | Lujain ibrahim ALHUMAID | 29.11.99 | KSA | |
| 4 | 92 | Farzaneh FASIHI | 03.01.93 | IRI | |
| 5 | 151 | Valentin VANESA LONTENG | 14.02.05 | INA | |
| 6 | 100 | Alsu HABIBULINA | 21.01.03 | TKM | 7.85 |
| 7 | 37 | Olga SAFRONOVA | 05.11.91 | KAZ | 7.26 |
| 8 | 302 | Im lan LOI | 06.02.98 | MAC | |

Heat 2 18:47

| Lane | BIB | Name | DoB | MF | SB |
|------|-----|------------------------|----------|-----|------|
| 2 | 224 | Ahnaa NIZAAR | 25.06.07 | MDV | |
| 3 | 127 | Jyothi YARRAJI | 28.08.99 | IND | |
| 4 | 93 | Hamideh ESMAEIL NEZHAD | 23.07.97 | IRI | |
| 5 | 282 | Huang ZITING | 20.06.03 | CHN | |
| 6 | 109 | Shirin AKTER | 12.10.94 | BAN | 8.50 |
| 7 | 38 | Rima KASHAFUTDINOVA | 24.07.95 | KAZ | 7.59 |
| 8 | 176 | Arisa KIMISHIMA | 23.12.95 | JPN | 7.45 |

Heat 3 18:54

| Lane | BIB | Name | DoB | MF | SB |
|------|-----|-----------------------------|----------|-----|------|
| 2 | 223 | Mariyam RU YA ALI | 16.06.05 | MDV | |
| 3 | 158 | Ruqaya jameel SAAD AL-SAEED | 01.01.80 | IRQ | |
| 4 | 126 | Archana SUSEENTRAN | 09.06.94 | IND | |
| 5 | 36 | Arina MISHEEVA | 02.01.02 | KAZ | 7.66 |
| 6 | 220 | Aziza SBAITY | 17.11.91 | LBN | 7.47 |
| 7 | 99 | Valentina MEREDOVA | 29.09.84 | TKM | 7.47 |
| 8 | 283 | Liu GUOYI | 19.04.04 | CHN | |



10th ASIAN INDOOR ATHLETICS CHAMPIONSHIPS

Astana

10.02.2023 - 12.02.2023

START LIST

Long Jump Pentathlon

Women

Date: 10.02.2023

Time: 18:45

| Lane | BIB | Name | DoB | MF | SB |
|------|-----|---------------------|----------|-----|------|
| 1 | 79 | Ekaterina VORONINA | 16.02.92 | UZB | 6.02 |
| 2 | 67 | Nadezhda BOGDANOVA | 24.04.94 | KAZ | 5.48 |
| 3 | 69 | Ekaterina AVDEENKO | 20.12.04 | KAZ | 5.84 |
| 4 | 68 | Alina CHISTYAKOVA | 30.04.05 | KAZ | 5.91 |
| 5 | 95 | Fatemeh MOHITIZADEH | 29.07.03 | IRI | 5.30 |
| 6 | 137 | Swapna BARMAN | 29.10.96 | IND | 5.89 |
| 7 | 248 | Sarah DEQUINAN | 07.10.96 | PHI | 5.89 |
| 8 | 188 | Yuki YAMASAKI | 06.06.95 | JPN | 5.84 |
| 9 | 136 | Sowmiya MURUGAN | 25.03.96 | IND | 5.70 |



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10.02.2023 - 12.02.2023

AR – 8:39.64
CR – 8:43.16

START LIST FINAL

3000m

Women

Date: 10.02.2023

Time: 19:15

| Lane | BIB | Name | DoB | MF | SB |
|------|-----|-----------------------------|----------|-----|---------|
| 1 | 217 | Ainuska KALIL KYZY | 09.12.03 | KGZ | 9:46.90 |
| 2 | 47 | Tatyana NEROZNAK | 18.02.92 | KAZ | 9:16.80 |
| 3 | 180 | Yuma YAMAMOTO | 01.05.00 | JPN | 8:52.19 |
| 4 | 46 | Caroline CHEPKOECH KIPKIRUI | 26.05.94 | KAZ | 8:58.29 |
| 5 | 287 | He WUGA | 28.07.98 | CHN | 8:52.19 |
| 6 | 48 | Norah JERUTO | 02.10.95 | KAZ | 8:57.42 |
| 7 | 181 | Ririka HIRONAKA | 24.11.00 | JPN | 8:56.20 |
| 8 | 298 | Thi oanh NGUYEN | 01.01.95 | VIE | |



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10.02.2023 - 12.02.2023

AR – 21.10
CR – 19.78

START LIST FINAL

Shot Put

Men

Date: 10.02.2023

Time: 19:30

| Lane | BIB | Name | DoB | MF | SB |
|------|-----|-------------------------|----------|-----|-------|
| 1 | 209 | Ebrahim ALFADHLI | 19.01.96 | KUW | |
| 2 | 277 | Chen XIAODONG | 29.09.97 | CHN | 19.38 |
| 3 | 27 | Ivan IVANOV | 03.01.92 | KAZ | 18.33 |
| 4 | 145 | Karanveer SINGH | 24.07.97 | IND | 20.10 |
| 5 | 29 | Daniil PLOTNIKOV | 14.02.01 | KAZ | 14.91 |
| 6 | 146 | Tajjinderpal SINGH TOOR | 13.11.94 | IND | 20.75 |
| 7 | 28 | Artur GAFNER | 13.07.98 | KAZ | 13.75 |



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10th ASIAN INDOOR ATHLETICS CHAMPIONSHIPS

Astana

10.02.2023 - 12.02.2023

AR – 17.41

CR – 17.01

START LIST FINAL

Triple Jump

Men

Date: 10.02.2023

Time: 20:05

| Lane | BIB | Name | DoB | MF | SB |
|------|-----|--------------------|----------|-----|-------|
| 1 | 91 | Hamidreza KIA | 04.02.01 | IRI | |
| 2 | 148 | Praveen CHITHRAVEL | 05.06.01 | IND | 17.18 |
| 3 | 278 | Su WEN | 10.02.99 | CHN | |
| 4 | 193 | Yu GYUMIN | 22.04.01 | KOR | 16.82 |
| 5 | 147 | Arun A B | 02.11.98 | IND | 16.37 |
| 6 | 279 | Fang YAOQING | 20.04.96 | CHN | 16.93 |
| 7 | 111 | Li YUN-CHEN | 02.10.01 | TPE | 16.36 |
| 8 | 32 | Petr MEDVEDEV | 15.07.02 | KAZ | 14.96 |
| 9 | 172 | Ruki ITO | 16.01.01 | JPN | 16.23 |
| 10 | 192 | Kim JANGWOO | 20.08.99 | KOR | 16.78 |
| 11 | 30 | Yevgeniy KISSILEV | 27.01.99 | KAZ | 16.16 |
| 12 | 71 | Ivan DENISOV | 22.10.96 | UZB | 16.10 |
| 13 | 246 | Mark harry DIONES | 03.01.93 | PHI | 15.87 |
| 14 | 210 | Khaled ALSUBAIE | 01.03.96 | KUW | 15.34 |
| 15 | 31 | Roman PAK | 25.03.02 | KAZ | 14.34 |