



22nd Asian U20 Athletics Championships



Thursday
28 May 2026
START TIME 19:17

Men's 400m Decathlon

Kai Tak Youth Sports Ground, Hong Kong (HKG)

RESULTS

World U20	43.87	Steve LEWIS	USA	28 Sep 1988
Asia U20	44.27	Abdelilah HAROUN	QAT	5 Jul 2015
Meet Record	45.53	Ailixier WUMAIER	CHN	25 Apr 2024
HK U20	47.79	LEUNG Ki Ho	HKG	2 Dec 2007

Rank	Bib	Name	C/R	DoB	Lane	React. Time	Result	Point Tot.Pts
1	454	Mohammed Hezam B Alshahrani	KSA	8 Feb 2007	4	0.187	49.29	848 3539
2	304	Askar Omirzak	KAZ	17 Sep 2008	5	0.195	49.79	824 3511
3	228	Rahul Jakhar	IND	11 Sep 2008	2	0.157	50.25	803 3902
4	274	Kotaro Ihara	JPN	2 Jan 2007	3	0.147	50.66	784 3521
5	140	Cheng-yu Wu	TPE	25 May 2008	7	0.167	51.57	744 3534
6	238	Upkar Upkar	IND	16 Jun 2007	6	0.155	51.95	727 3518
7	572	Jakhongir Juraboev	UZB	9 Jan 2008	9	0.128	52.20	716 3501
8	305	Ayan Zhanbakiyev	KAZ	27 Jun 2007	8	0.159	55.89	564 3522
9	191	Pak Ki Wong	HKG	21 Mar 2009	1	0.188	57.81	491 1987