

Myanmar Records

110 Meter Hurdles – Manual Timing

15.1	Kyaw Mra	Rangoon	12 Dec 1961
14.7	Hpone Myin	Rangoon	18 Sep 1971
14.2	Hpone Myint		14 Jul 1973
14.1	Hpone Myint	Rangoon	18 Oct 1975

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14.72	Hpone Myint	Tehran	14 Sep 1974
14.62	Hpone Myint	Bangkok	12 Dec 1975
14.49	Hpone Myint	Kuala Lumpur	21 Nov 1977
14.43	Hpone Myint	Manila	13 Dec 1981