



CERTIFICATE OF ACHIEVEMENT

MUHAMMAD FARHAN BIN AHMAD

BIB NO. MP 11134

CATEGORY 10KM Men Open

RANKING

Overall: 704/3987

Category: 449/1693

Gender Overall: 575/2280

Gender Age Group: 449/1693

FINISH TIME

Gun Time: 1:03:58

Net Time: 1:02:00

Pace: 6:23/km

Speed: 9.3/hr

SPLIT TIME

KM2.5: 17:30

KM4.3: 28:48

KM5.9: 39:19

KM7.1: 47:05

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

