



CERTIFICATE OF ACHIEVEMENT

MOHD ASRUL EFFENDY BIN AZIZAN

BIB NO. MP 11136

CATEGORY 10KM Men Open

RANKING

Overall: 830/3987

Category: 522/1693

Gender Overall: 671/2280

Gender Age Group: 522/1693

FINISH TIME

Gun Time: 1:06:27

Net Time: 1:01:47

Pace: 6:38/km

Speed: 9.0/hr

SPLIT TIME

KM2.5: 19:56

KM4.3: 30:28

KM5.9: 40:39

KM7.1: 48:25

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

