



CERTIFICATE OF ACHIEVEMENT

SYAFFIQ ADHA BIN ADNAN

BIB NO. MP 10114

CATEGORY 10KM Men Open

RANKING

Overall: 724/3987

Category: 456/1693

Gender Overall: 586/2280

Gender Age Group: 456/1693

FINISH TIME

Gun Time: 1:04:24

Net Time: 1:04:13

Pace: 6:26/km

Speed: 9.3/hr

SPLIT TIME

KM2.5: 14:28

KM4.3: 26:12

KM5.9: 37:51

KM7.1: 46:31

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

