



CERTIFICATE OF ACHIEVEMENT

MOHAMMAD NAUFAL BIN KAMAL

BIB NO. MP 11215

CATEGORY 10KM Men Open

RANKING

Overall: 1219/3987

Category: 729/1693

Gender Overall: 940/2280

Gender Age Group: 729/1693

FINISH TIME

Gun Time: 1:11:54

Net Time: 1:09:20

Pace: 7:11/km

Speed: 8.3/hr

SPLIT TIME

KM2.5: 18:00

KM4.3: 30:13

KM5.9: 41:56

KM7.1: 51:54

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

