



CERTIFICATE OF ACHIEVEMENT

MOHD SHARIZAN NORDIN

BIB NO. MP 11231

CATEGORY 10KM Men Open

RANKING

Overall: 540/3987

Category: 365/1693

Gender Overall: 461/2280

Gender Age Group: 365/1693

FINISH TIME

Gun Time: 1:00:50

Net Time: 59:35

Pace: 6:04/km

Speed: 9.8/hr

SPLIT TIME

KM2.5: 15:09

KM4.3: 25:45

KM5.9: 35:30

KM7.1: 43:05

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

