



CERTIFICATE OF ACHIEVEMENT

MUHAMMAD IZZAT IRFAN BIN MOHD

BIB NO. MP 11270

CATEGORY 10KM Men Open

RANKING

Overall: 389/3987

Category: 267/1693

Gender Overall: 336/2280

Gender Age Group: 267/1693

FINISH TIME

Gun Time: 57:33

Net Time: 56:46

Pace: 5:45/km

Speed: 10.4/hr

SPLIT TIME

KM2.5: 15:34

KM4.3: 25:47

KM5.9: 35:02

KM7.1: 42:11

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

