



CERTIFICATE OF ACHIEVEMENT

ADAM ASRAF BIN AZRIL

BIB NO. MP 11286

CATEGORY 10KM Men Open

RANKING

Overall: 634/3987

Category: 417/1693

Gender Overall: 532/2280

Gender Age Group: 417/1693

FINISH TIME

Gun Time: 1:02:39

Net Time: 1:00:32

Pace: 6:15/km

Speed: 9.5/hr

SPLIT TIME

KM2.5: 16:10

KM4.3: 27:13

KM5.9: 37:39

KM7.1: 45:42

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

