



# CERTIFICATE OF ACHIEVEMENT

MUHAMMAD FIRDAUS BIN JAAFAR

**BIB NO.** MP 11338

**CATEGORY** 10KM Men Open

## RANKING

Overall: 1577/3987

Category: 892/1693

Gender Overall: 1158/2280

Gender Age Group: 892/1693

## FINISH TIME

Gun Time: 1:16:49

Net Time: 1:12:18

Pace: 7:40/km

Speed: 7.8/hr

## SPLIT TIME

KM2.5: 24:47

KM4.3: 38:18

KM5.9: 49:33

KM7.1: 57:55

**PUMA GOWILD**

Official Hydration  
Partner:



Official Energy Gel  
Partner:



Official Sports Tape  
Partner:



Official Pain Relief Spray  
Partner:



Official Recovery  
Partner:



Sponsors:

