



CERTIFICATE OF ACHIEVEMENT

MOHD SAFUAN ISMAIL

BIB NO. MP 11352

CATEGORY 10KM Men Open

RANKING

Overall: 53/3987

Category: 41/1693

Gender Overall: 48/2280

Gender Age Group: 41/1693

FINISH TIME

Gun Time: 41:20

Net Time: 41:10

Pace: 4:07/km

Speed: 14.5/hr

SPLIT TIME

KM2.5: 09:17

KM4.3: 16:44

KM5.9: 23:47

KM7.1: 29:13

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

