



CERTIFICATE OF ACHIEVEMENT

MOHD SYAFIQ BIN YUSOFF

BIB NO. MP 11362

CATEGORY 10KM Men Open

RANKING

Overall: 434/3987

Category: 294/1693

Gender Overall: 370/2280

Gender Age Group: 294/1693

FINISH TIME

Gun Time: 58:24

Net Time: 57:42

Pace: 5:50/km

Speed: 10.2/hr

SPLIT TIME

KM2.5: 13:28

KM4.3: 23:41

KM5.9: 33:39

KM7.1: 41:16

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

