



CERTIFICATE OF ACHIEVEMENT

MOHAMAD RIDZUAN BIN MOHD ISA

BIB NO. MP 11376

CATEGORY 10KM Men Open

RANKING

Overall: 298/3987

Category: 204/1693

Gender Overall: 259/2280

Gender Age Group: 204/1693

FINISH TIME

Gun Time: 55:11

Net Time: 54:58

Pace: 5:31/km

Speed: 10.8/hr

SPLIT TIME

KM2.5: 13:05

KM4.3: 22:44

KM5.9: 31:52

KM7.1: 39:05

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

