



CERTIFICATE OF ACHIEVEMENT

AFZHAL NAUWFAL AMEENURRAHMAN

BIB NO. MP 11453

CATEGORY 10KM Men Open

RANKING

Overall: 17/3987

Category: 16/1693

Gender Overall: 17/2280

Gender Age Group: 16/1693

FINISH TIME

Gun Time: 36:45

Net Time: 36:40

Pace: 3:40/km

Speed: 16.3/hr

SPLIT TIME

KM2.5: 08:57

KM4.3: 15:37

KM5.9: 21:43

KM7.1: 26:14

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

