



CERTIFICATE OF ACHIEVEMENT

AMIRUL HISHAM BIN BASHAH

BIB NO. MP 11482

CATEGORY 10KM Men Open

RANKING

Overall: 176/3987

Category: 130/1693

Gender Overall: 159/2280

Gender Age Group: 130/1693

FINISH TIME

Gun Time: 51:03

Net Time: 49:15

Pace: 5:06/km

Speed: 11.7/hr

SPLIT TIME

KM2.5: 14:50

KM4.3: 23:29

KM5.9: 31:33

KM7.1: 37:50

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

