



CERTIFICATE OF ACHIEVEMENT

MOHAMMAD FIRDAUS BIN MANSOR

BIB NO. MP 11508

CATEGORY 10KM Men Open

RANKING

Overall: 1413/3987

Category: 820/1693

Gender Overall: 1059/2280

Gender Age Group: 820/1693

FINISH TIME

Gun Time: 1:14:35

Net Time: 1:13:10

Pace: 7:27/km

Speed: 8.0/hr

SPLIT TIME

KM2.5: 18:55

KM4.3: 31:28

KM5.9: 43:18

KM7.1: 52:41

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

