



CERTIFICATE

OF ACHIEVEMENT

LUCAS YAM

BIB NO. MP 11547

CATEGORY 10KM Men Open

RANKING

Overall: 1198/3987

Category: 718/1693

Gender Overall: 927/2280

Gender Age Group: 718/1693

FINISH TIME

Gun Time: 1:11:38

Net Time: 1:10:06

Pace: 7:09/km

Speed: 8.3/hr

SPLIT TIME

KM2.5: 17:07

KM4.3: 30:19

KM5.9: 42:51

KM7.1: 52:38

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

