



CERTIFICATE OF ACHIEVEMENT

RONALD CHOW KAI LIANG

BIB NO. MP 11550

CATEGORY 10KM Men Open

RANKING

Overall: 773/3987

Category: 487/1693

Gender Overall: 626/2280

Gender Age Group: 487/1693

FINISH TIME

Gun Time: 1:05:14

Net Time: 1:00:15

Pace: 6:31/km

Speed: 9.1/hr

SPLIT TIME

KM2.5: 20:19

KM4.3: 31:25

KM5.9: 41:26

KM7.1: 48:46

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

