

CERTIFICATE OF ACHIEVEMENT

MUHAMMAD SYAFIQ BIN MOHD

BIB NO. MP 11606

CATEGORY 10KM Men Open

RANKING

Overall: 403/3987

Category: 276/1693

Gender Overall: 348/2280

Gender Age Group: 276/1693

FINISH TIME

Gun Time: 57:55

Net Time: 56:41

Pace: 5:47/km

Speed: 10.3/hr

SPLIT TIME

KM2.5: 15:29

KM4.3: 25:29

KM5.9: 34:57

KM7.1: 42:01

PUMA GOWILD