



CERTIFICATE OF ACHIEVEMENT

MUHAMMAD FARID HAFIZI MOHD

BIB NO. MP 11651

CATEGORY 10KM Men Open

RANKING

Overall: 1264/3987

Category: 750/1693

Gender Overall: 970/2280

Gender Age Group: 750/1693

FINISH TIME

Gun Time: 1:12:31

Net Time: 1:07:31

Pace: 7:15/km

Speed: 8.2/hr

SPLIT TIME

KM2.5: 22:04

KM4.3: 32:59

KM5.9: 43:53

KM7.1: 53:38

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

