



CERTIFICATE OF ACHIEVEMENT

MUHAMMAD ABDUL FATAH BIN ADNAN

BIB NO. MP 11665

CATEGORY 10KM Men Open

RANKING

Overall: 472/3987

Category: 323/1693

Gender Overall: 405/2280

Gender Age Group: 323/1693

FINISH TIME

Gun Time: 59:17

Net Time: 58:52

Pace: 5:55/km

Speed: 10.1/hr

SPLIT TIME

KM2.5: 13:35

KM4.3: 24:13

KM5.9: 34:40

KM7.1: 42:26

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

