



CERTIFICATE OF ACHIEVEMENT

SYAZWAN ARIFF BIN MOHD ISHAK

BIB NO. MP 11685

CATEGORY 10KM Men Open

RANKING

Overall: 352/3987

Category: 242/1693

Gender Overall: 306/2280

Gender Age Group: 242/1693

FINISH TIME

Gun Time: 56:43

Net Time: 56:31

Pace: 5:40/km

Speed: 10.5/hr

SPLIT TIME

KM2.5: 13:57

KM4.3: 24:13

KM5.9: 33:41

KM7.1: 40:47

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

