



CERTIFICATE

OF ACHIEVEMENT

JEREMY JOHN

BIB NO. MP 11687

CATEGORY 10KM Men Open

RANKING

Overall: 1496/3987

Category: 858/1693

Gender Overall: 1110/2280

Gender Age Group: 858/1693

FINISH TIME

Gun Time: 1:15:42

Net Time: 1:13:57

Pace: 7:34/km

Speed: 7.9/hr

SPLIT TIME

KM2.5: 16:55

KM4.3: 29:21

KM5.9: 41:58

KM7.1: 52:08

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

