



CERTIFICATE OF ACHIEVEMENT

MUHAMMAD NAZRUL SYAZWAN

BIB NO. MP 11699

CATEGORY 10KM Men Open

RANKING

Overall: 216/3987

Category: 156/1693

Gender Overall: 193/2280

Gender Age Group: 156/1693

FINISH TIME

Gun Time: 52:34

Net Time: 49:17

Pace: 5:15/km

Speed: 11.4/hr

SPLIT TIME

KM2.5: 15:00

KM4.3: 23:59

KM5.9: 32:17

KM7.1: 38:26

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

