



CERTIFICATE OF ACHIEVEMENT

AHMAD SYAHIR BIN SARUDIN

BIB NO. MP 11742

CATEGORY 10KM Men Open

RANKING

Overall: 1717/3987

Category: 956/1693

Gender Overall: 1243/2280

Gender Age Group: 956/1693

FINISH TIME

Gun Time: 1:18:34

Net Time: 1:14:14

Pace: 7:51/km

Speed: 7.6/hr

SPLIT TIME

KM2.5: 20:53

KM4.3: 34:09

KM5.9: 46:39

KM7.1: 57:22

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

