



CERTIFICATE OF ACHIEVEMENT

AHMAD AZIZI BIN AHMAD NAWAWI

BIB NO. MP 11843

CATEGORY 10KM Men Open

RANKING

Overall: 144/3987

Category: 104/1693

Gender Overall: 129/2280

Gender Age Group: 104/1693

FINISH TIME

Gun Time: 49:15

Net Time: 48:09

Pace: 4:55/km

Speed: 12.1/hr

SPLIT TIME

KM2.5: 11:24

KM4.3: 22:13

KM5.9: 29:49

KM7.1: 36:08

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

