



Great Runs
Are Run by
Score



CERTIFICATE OF ACHIEVEMENT

SYED SHAMIM BIN SYED ABDUL KADIR

BIB NO. MP 10185

CATEGORY 10KM Men Open

RANKING

Overall: 559/3987

Category: 374/1693

Gender Overall: 475/2280

Gender Age Group: 374/1693

FINISH TIME

Gun Time: 1:01:03

Net Time: 58:53

Pace: 6:06/km

Speed: 9.8/hr

SPLIT TIME

KM2.5: 16:32

KM4.3: 26:52

KM5.9: 36:33

KM7.1: 44:15

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

