



CERTIFICATE OF ACHIEVEMENT

AMIR RIZDWAN BIN ABUL RAHMAN

BIB NO. MP 11888

CATEGORY 10KM Men Open

RANKING

Overall: 423/3987

Category: 288/1693

Gender Overall: 363/2280

Gender Age Group: 288/1693

FINISH TIME

Gun Time: 58:15

Net Time: 55:21

Pace: 5:49/km

Speed: 10.3/hr

SPLIT TIME

KM2.5: 16:19

KM4.3: 26:01

KM5.9: 35:31

KM7.1: 42:46

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

