

PUMA
NITROTM
NIGHT RUN

Great Runs
Are Run by
Score

CERTIFICATE OF ACHIEVEMENT

ABDUL RAUF BIN MAT FOOR

BIB NO. MP 11890

CATEGORY 10KM Men Open

RANKING

Overall: 690/3987

Category: 442/1693

Gender Overall: 566/2280

Gender Age Group: 442/1693

FINISH TIME

Gun Time: 1:03:41

Net Time: 1:02:22

Pace: 6:22/km

Speed: 9.4/hr

SPLIT TIME

KM2.5: 17:15

KM4.3: 28:30

KM5.9: 38:37

KM7.1: 47:12

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

