



CERTIFICATE OF ACHIEVEMENT

MUHAMMAD AFZAINIZAM BIN

BIB NO. MP 11920

CATEGORY 10KM Men Open

RANKING

Overall: 1216/3987

Category: 727/1693

Gender Overall: 938/2280

Gender Age Group: 727/1693

FINISH TIME

Gun Time: 1:11:51

Net Time: 1:10:39

Pace: 7:11/km

Speed: 8.3/hr

SPLIT TIME

KM2.5: 17:39

KM4.3: 29:53

KM5.9: 41:32

KM7.1: 51:28

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

