



CERTIFICATE OF ACHIEVEMENT

MOHAMAD SYAIFUL NIZAM

BIB NO. MP 11924

CATEGORY 10KM Men Open

RANKING

Overall: 436/3987

Category: 296/1693

Gender Overall: 372/2280

Gender Age Group: 296/1693

FINISH TIME

Gun Time: 58:26

Net Time: 57:15

Pace: 5:50/km

Speed: 10.2/hr

SPLIT TIME

KM2.5: 15:25

KM4.3: 25:39

KM5.9: 34:59

KM7.1: 42:09

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

