



CERTIFICATE OF ACHIEVEMENT

MOHD ASHRAFF BIN MOHD SANUSI

BIB NO. MP 11927

CATEGORY 10KM Men Open

RANKING

Overall: 1913/3987

Category: 1036/1693

Gender Overall: 1347/2280

Gender Age Group: 1036/1693

FINISH TIME

Gun Time: 1:21:06

Net Time: 1:16:43

Pace: 8:06/km

Speed: 7.3/hr

SPLIT TIME

KM2.5: 23:47

KM4.3: 37:44

KM5.9: 50:46

KM7.1: 1:00:21

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

