



CERTIFICATE OF ACHIEVEMENT

AHMAD IZZUDDIN BIN LOKMAN

BIB NO. MP 10232

CATEGORY 10KM Men Open

RANKING

Overall: 783/3987

Category: 492/1693

Gender Overall: 632/2280

Gender Age Group: 492/1693

FINISH TIME

Gun Time: 1:05:26

Net Time: 1:01:36

Pace: 6:32/km

Speed: 9.1/hr

SPLIT TIME

KM2.5: 20:22

KM4.3: 31:02

KM5.9: 40:57

KM7.1: 48:35

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

