



CERTIFICATE OF ACHIEVEMENT

ABDUL RAHMAN AB KARIM

BIB NO. MP 10326

CATEGORY 10KM Men Open

RANKING

Overall: 596/3987

Category: 397/1693

Gender Overall: 506/2280

Gender Age Group: 397/1693

FINISH TIME

Gun Time: 1:02:04

Net Time: 59:37

Pace: 6:12/km

Speed: 9.6/hr

SPLIT TIME

KM2.5: 16:19

KM4.3: 27:14

KM5.9: 37:31

KM7.1: 45:32

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

