



CERTIFICATE OF ACHIEVEMENT

MUHAMMAD IZZAT ADLI BIN NORIZAM

BIB NO. MP 10345

CATEGORY 10KM Men Open

RANKING

Overall: 1133/3987

Category: 684/1693

Gender Overall: 878/2280

Gender Age Group: 684/1693

FINISH TIME

Gun Time: 1:10:45

Net Time: 1:10:07

Pace: 7:04/km

Speed: 8.4/hr

SPLIT TIME

KM2.5: 14:50

KM4.3: 28:03

KM5.9: 40:52

KM7.1: 50:32

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

