



CERTIFICATE OF ACHIEVEMENT

RASHIF AMILA YAQIN

BIB NO. MP 10424

CATEGORY 10KM Men Open

RANKING

Overall: 5/3987

Category: 5/1693

Gender Overall: 5/2280

Gender Age Group: 5/1693

FINISH TIME

Gun Time: 31:52

Net Time: 31:48

Pace: 3:11/km

Speed: 18.8/hr

SPLIT TIME

KM2.5: 07:44

KM4.3: 13:34

KM5.9: 18:55

KM7.1: 22:47

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

