



CERTIFICATE OF ACHIEVEMENT

MUHAMMAD IRHAS

BIB NO. MP 10430

CATEGORY 10KM Men Open

RANKING

Overall: 450/3987

Category: 307/1693

Gender Overall: 385/2280

Gender Age Group: 307/1693

FINISH TIME

Gun Time: 58:41

Net Time: 57:47

Pace: 5:52/km

Speed: 10.2/hr

SPLIT TIME

KM2.5: 15:57

KM4.3: 25:58

KM5.9: 35:33

KM7.1: 42:45

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

