



CERTIFICATE OF ACHIEVEMENT

KHAIRUL NAJMUDDIN BIN ABU SAMAH

BIB NO. MP 10469

CATEGORY 10KM Men Open

RANKING

Overall: 358/3987

Category: 248/1693

Gender Overall: 312/2280

Gender Age Group: 248/1693

FINISH TIME

Gun Time: 56:49

Net Time: 56:33

Pace: 5:40/km

Speed: 10.5/hr

SPLIT TIME

KM2.5: 13:42

KM4.3: 23:38

KM5.9: 32:57

KM7.1: 40:26

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

