



# CERTIFICATE OF ACHIEVEMENT

AHMAD SHAHID BIN ABDUL HAMID

**BIB NO.** MP 10470

**CATEGORY** 10KM Men Open

## RANKING

Overall: 494/3987

Category: 336/1693

Gender Overall: 425/2280

Gender Age Group: 336/1693

## FINISH TIME

Gun Time: 59:50

Net Time: 59:36

Pace: 5:58/km

Speed: 10.0/hr

## SPLIT TIME

KM2.5: 12:50

KM4.3: 23:26

KM5.9: 33:47

KM7.1: 41:32

**PUMA GOWILD**

Official Hydration  
Partner:



Official Energy Gel  
Partner:



Official Sports Tape  
Partner:



Official Pain Relief Spray  
Partner:



Official Recovery  
Partner:



Sponsors:

