

PUMA NITRO™ NIGHT RUN



CERTIFICATE OF ACHIEVEMENT

AHMAD QARNAIN BIN AB RAHMAN

BIB NO. MP 20076

CATEGORY 21KM Men Open

RANKING

Overall: 3220/3645

Category: 1630/1804

Gender Overall: 2499/2738

Gender Age Group: 1630/1804

FINISH TIME

Gun Time: 3:34:57

Net Time: 3:31:04

Pace: 10:13/km

Speed: 5.8/hr

SPLIT TIME

KM7.3: 1:08:42

KM14.6: 2:27:04

KM17.0: 2:52:50

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

