

PUMA NITRO™ NIGHT RUN



CERTIFICATE OF ACHIEVEMENT AHMAD SYARAFI ABDULLAH

BIB NO. MP 20079

CATEGORY 21KM Men Open

RANKING

Overall: 2921/3645

Category: 1497/1804

Gender Overall: 2302/2738

Gender Age Group: 1497/1804

FINISH TIME

Gun Time: 3:23:58

Net Time: 3:22:53

Pace: 9:41/km

Speed: 6.1/hr

SPLIT TIME

KM7.3: 50:53

KM14.6: 2:06:06

KM17.0: 2:36:33

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

