

PUMA NITRO™ NIGHT RUN



CERTIFICATE OF ACHIEVEMENT

ABDUL MALEK ABDULLAH

BIB NO. MP 20144

CATEGORY 21KM Men Open

RANKING

Overall: 1699/3645

Category: 923/1804

Gender Overall: 1426/2738

Gender Age Group: 923/1804

FINISH TIME

Gun Time: 2:47:59

Net Time: 2:47:07

Pace: 7:59/km

Speed: 7.5/hr

SPLIT TIME

KM7.3: 49:10

KM14.6: 1:49:38

KM17.0: 2:11:07

PUMA GOWILD

Official Hydration Partner:



Official Energy Gel Partner:



Official Sports Tape Partner:



Official Pain Relief Spray Partner:



Official Recovery Partner:



Sponsors:

