



CERTIFICATE OF ACHIEVEMENT

MUHAMMAD HUSMAR AFDZAL BIN

BIB NO. MP 10048

CATEGORY 10KM Men Open

RANKING

Overall: 1379/3987

Category: 806/1693

Gender Overall: 1040/2280

Gender Age Group: 806/1693

FINISH TIME

Gun Time: 1:14:06

Net Time: 1:10:33

Pace: 7:24/km

Speed: 8.0/hr

SPLIT TIME

KM2.5: 17:36

KM4.3: 29:42

KM5.9: 41:13

KM7.1: 50:52

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

