

PUMA NITRO™ NIGHT RUN



CERTIFICATE OF ACHIEVEMENT

AFDHAL IRSHAAD BIN SHAMSHUL

BIB NO. MP 20212

CATEGORY 21KM Men Open

RANKING

Overall: 1492/3645

Category: 819/1804

Gender Overall: 1257/2738

Gender Age Group: 819/1804

FINISH TIME

Gun Time: 2:43:03

Net Time: 2:40:26

Pace: 7:45/km

Speed: 7.7/hr

SPLIT TIME

KM7.3: 1:02:15

KM14.6: 1:55:54

KM17.0: 2:15:20

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

