

PUMA NITRO™ NIGHT RUN



CERTIFICATE OF ACHIEVEMENT MOHD FIRDAUS ABDULLAH

BIB NO. MP 20335

CATEGORY 21KM Men Open

RANKING

Overall: 2780/3645

Category: 1433/1804

Gender Overall: 2207/2738

Gender Age Group: 1433/1804

FINISH TIME

Gun Time: 3:18:45

Net Time: 3:14:53

Pace: 9:26/km

Speed: 6.3/hr

SPLIT TIME

KM7.3: 58:27

KM14.6: 2:12:16

KM17.0: 2:44:43

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

