

PUMA NITRO™ NIGHT RUN



CERTIFICATE OF ACHIEVEMENT

MOHD FIRDAUS ISMAIL

BIB NO. MP 20379

CATEGORY 21KM Men Open

RANKING

Overall: 2775/3645

Category: 1430/1804

Gender Overall: 2204/2738

Gender Age Group: 1430/1804

FINISH TIME

Gun Time: 3:18:36

Net Time: 3:14:21

Pace: 9:26/km

Speed: 6.3/hr

SPLIT TIME

KM7.3: 1:05:43

KM14.6: 2:16:17

KM17.0: 2:39:36

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

