



CERTIFICATE OF ACHIEVEMENT

MUHAMMAD FARIDS IZZAT BIN

BIB NO. MP 10519

CATEGORY 10KM Men Open

RANKING

Overall: 1192/3987

Category: 715/1693

Gender Overall: 923/2280

Gender Age Group: 715/1693

FINISH TIME

Gun Time: 1:11:34

Net Time: 1:09:50

Pace: 7:09/km

Speed: 8.3/hr

SPLIT TIME

KM2.5: 15:54

KM4.3: 27:32

KM5.9: 39:47

KM7.1: 51:02

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

