

PUMA NITRO™ NIGHT RUN



CERTIFICATE OF ACHIEVEMENT LAI SOONG LOK

BIB NO. MP 20658

CATEGORY 21KM Men Open

RANKING

Overall: 2529/3645

Category: 1318/1804

Gender Overall: 2022/2738

Gender Age Group: 1318/1804

FINISH TIME

Gun Time: 3:10:20

Net Time: 3:09:34

Pace: 9:02/km

Speed: 6.6/hr

SPLIT TIME

KM7.3: 55:20

KM14.6: 2:01:34

KM17.0: 2:27:28

PUMA GOWILD

Official Hydration Partner:



Official Energy Gel Partner:



Official Sports Tape Partner:



Official Pain Relief Spray Partner:



Official Recovery Partner:



Sponsors:

