

PUMA NITRO™ NIGHT RUN



CERTIFICATE OF ACHIEVEMENT ALVIN ADAYO

BIB NO. MP 20669

CATEGORY 21KM Men Open

RANKING

Overall: 322/3645

Category: 197/1804

Gender Overall: 288/2738

Gender Age Group: 197/1804

FINISH TIME

Gun Time: 2:03:43

Net Time: 2:03:24

Pace: 5:52/km

Speed: 10.2/hr

SPLIT TIME

KM7.3: 41:29

KM14.6: 1:24:21

KM17.0: 1:39:48

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

