



Great Runs
Are Run by
Score



CERTIFICATE OF ACHIEVEMENT

ARIEF ASYRAF BIN ZAINUDIN

BIB NO. MP 10546

CATEGORY 10KM Men Open

RANKING

Overall: 1111/3987

Category: 675/1693

Gender Overall: 864/2280

Gender Age Group: 675/1693

FINISH TIME

Gun Time: 1:10:28

Net Time: 1:08:24

Pace: 7:02/km

Speed: 8.5/hr

SPLIT TIME

KM2.5: 18:14

KM4.3: 30:13

KM5.9: 41:32

KM7.1: 50:19

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

