

PUMA
NITRO™
NIGHT RUN

Great Runs
Are Run by
Score

CERTIFICATE OF ACHIEVEMENT ROY HO

BIB NO. MP 10571

CATEGORY 10KM Men Open

RANKING

Overall: 58/3987

Category: 45/1693

Gender Overall: 52/2280

Gender Age Group: 45/1693

FINISH TIME

Gun Time: 41:46

Net Time: 41:36

Pace: 4:10/km

Speed: 14.3/hr

SPLIT TIME

KM2.5: 09:54

KM4.3: 17:35

KM5.9: 24:45

KM7.1: 30:01

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

