

PUMA NITRO™ NIGHT RUN



CERTIFICATE OF ACHIEVEMENT

LUM MAN HOUW

BIB NO. MP 21546

CATEGORY 21KM Men Open

RANKING

Overall: 3308/3645

Category: 1664/1804

Gender Overall: 2548/2738

Gender Age Group: 1664/1804

FINISH TIME

Gun Time: 3:39:07

Net Time: 3:35:25

Pace: 10:25/km

Speed: 5.7/hr

SPLIT TIME

KM7.3: 1:09:51

KM14.6: 2:23:12

KM17.0: 2:50:16

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:



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