

PUMA NITRO™ NIGHT RUN



CERTIFICATE OF ACHIEVEMENT HAFIZ RASHID

BIB NO. MP 21574

CATEGORY 21KM Men Open

RANKING

Overall: 938/3645

Category: 522/1804

Gender Overall: 811/2738

Gender Age Group: 522/1804

FINISH TIME

Gun Time: 2:28:20

Net Time: 2:27:46

Pace: 7:03/km

Speed: 8.5/hr

SPLIT TIME

KM7.3: 50:36

KM14.6: 1:42:11

KM17.0: 2:00:01

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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