

PUMA NITRO™ NIGHT RUN



CERTIFICATE OF ACHIEVEMENT TSERING NAMGAIL

BIB NO. MP 21580

CATEGORY 21KM Men Open

RANKING

Overall: 560/3645

Category: 313/1804

Gender Overall: 494/2738

Gender Age Group: 313/1804

FINISH TIME

Gun Time: 2:14:36

Net Time: 2:12:03

Pace: 6:23/km

Speed: 9.3/hr

SPLIT TIME

KM7.3: 44:38

KM14.6: 1:31:19

KM17.0: 1:48:39

PUMA GOWILD

Official Hydration Partner:



Official Energy Gel Partner:



Official Sports Tape Partner:



Official Pain Relief Spray Partner:



Official Recovery Partner:



Sponsors:

