

PUMA NITRO™ NIGHT RUN



CERTIFICATE OF ACHIEVEMENT

MUHAMMAD ASHRAF HARMAN SHAH

BIB NO. MP 21747

CATEGORY 21KM Men Open

RANKING

Overall: 1427/3645

Category: 784/1804

Gender Overall: 1205/2738

Gender Age Group: 784/1804

FINISH TIME

Gun Time: 2:41:19

Net Time: 2:38:49

Pace: 7:40/km

Speed: 7.8/hr

SPLIT TIME

KM7.3: 55:21

KM14.6: 1:49:25

KM17.0: 2:10:22

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

