

# PUMA NITRO™ NIGHT RUN



# CERTIFICATE OF ACHIEVEMENT JOHN KAMAL

**BIB NO.** MP 21829

**CATEGORY** 21KM Men Open

## RANKING

Overall: 3161/3645

Category: 1602/1804

Gender Overall: 2459/2738

Gender Age Group: 1602/1804

## FINISH TIME

Gun Time: 3:32:38

Net Time: 3:30:45

Pace: 10:06/km

Speed: 5.9/hr

## SPLIT TIME

KM7.3: 1:06:54

KM14.6: 2:25:17

KM17.0: 2:51:33

**PUMA GOWILD**

Official Hydration  
Partner:



Official Energy Gel  
Partner:



Official Sports Tape  
Partner:



Official Pain Relief Spray  
Partner:



Official Recovery  
Partner:



Sponsors:

