

PUMA NITRO™ NIGHT RUN



CERTIFICATE OF ACHIEVEMENT

IVAN HOW YIK SERN

BIB NO. MP 21970

CATEGORY 21KM Men Open

RANKING

Overall: -1/-1

Category: -1/-1

Gender Overall: -1/-1

Gender Age Group: -1/-1

FINISH TIME

Gun Time: 3:46:30

Net Time: 3:42:55

Pace: 10:46/km

Speed: 5.5/hr

SPLIT TIME

KM7.3: 1:05:29

KM14.6: 2:24:25

KM17.0: 3:05:18

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

