

PUMA NITRO™ NIGHT RUN



CERTIFICATE OF ACHIEVEMENT

AHMAD HAZWAN BIN EMBONG

BIB NO. MP 22003

CATEGORY 21KM Men Open

RANKING

Overall: 2234/3645

Category: 1180/1804

Gender Overall: 1812/2738

Gender Age Group: 1180/1804

FINISH TIME

Gun Time: 3:02:23

Net Time: 2:58:36

Pace: 8:40/km

Speed: 6.9/hr

SPLIT TIME

KM7.3: 1:03:49

KM14.6: 2:05:10

KM17.0: 2:27:19

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

