

PUMA NITRO™ NIGHT RUN



CERTIFICATE OF ACHIEVEMENT

MOHD FIRDAUS ISMAIL

BIB NO. MP 22006

CATEGORY 21KM Men Open

RANKING

Overall: 229/3645

Category: 142/1804

Gender Overall: 209/2738

Gender Age Group: 142/1804

FINISH TIME

Gun Time: 1:57:27

Net Time: 1:55:42

Pace: 5:35/km

Speed: 10.7/hr

SPLIT TIME

KM7.3: 42:46

KM14.6: 1:23:34

KM17.0: 1:36:33

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

