



CERTIFICATE OF ACHIEVEMENT

MOHAMMAD AFIZUL BIN ABDUL MALEK

BIB NO. MP 10687

CATEGORY 10KM Men Open

RANKING

Overall: 115/3987

Category: 84/1693

Gender Overall: 104/2280

Gender Age Group: 84/1693

FINISH TIME

Gun Time: 47:03

Net Time: 46:55

Pace: 4:42/km

Speed: 12.7/hr

SPLIT TIME

KM2.5: 10:50

KM4.3: 19:18

KM5.9: 27:17

KM7.1: 33:40

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

