

# PUMA NITRO™ NIGHT RUN



# CERTIFICATE OF ACHIEVEMENT

## LANI BIN PONIRAN

**BIB NO.** MV 23213

**CATEGORY** 21KM Men Veteran

### RANKING

Overall: 3478/3645

Category: 903/930

Gender Overall: 2641/2738

Gender Age Group: 903/930

### FINISH TIME

Gun Time: 3:47:26

Net Time: 3:47:09

Pace: 10:48/km

Speed: 5.5/hr

### SPLIT TIME

KM7.3: 1:11:35

KM14.6: 2:34:21

KM17.0: 3:03:47

**PUMA GOWILD**

Official Hydration Partner:



Official Energy Gel Partner:



Official Sports Tape Partner:



Official Pain Relief Spray Partner:



Official Recovery Partner:



Sponsors:

