



CERTIFICATE OF ACHIEVEMENT

MOHD FARIZUL ARIFF BIN ABD MANAF

BIB NO. MP 10692

CATEGORY 10KM Men Open

RANKING

Overall: 145/3987

Category: 105/1693

Gender Overall: 130/2280

Gender Age Group: 105/1693

FINISH TIME

Gun Time: 49:19

Net Time: 46:52

Pace: 4:55/km

Speed: 12.1/hr

SPLIT TIME

KM2.5: 12:19

KM4.3: 20:40

KM5.9: 29:12

KM7.1: 35:31

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

