



CERTIFICATE OF ACHIEVEMENT RUSSELL ALBRIGHT

BIB NO. MP 10700

CATEGORY 10KM Men Open

RANKING

Overall: 774/3987

Category: 488/1693

Gender Overall: 627/2280

Gender Age Group: 488/1693

FINISH TIME

Gun Time: 1:05:15

Net Time: 1:04:55

Pace: 6:31/km

Speed: 9.1/hr

SPLIT TIME

KM2.5: 14:00

KM4.3: 25:28

KM5.9: 38:32

KM7.1: 47:31

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

