

PUMA NITRO™ NIGHT RUN



CERTIFICATE OF ACHIEVEMENT

MOHD ARAFAT SHAFIK

BIB NO. MV 23322

CATEGORY 21KM Men Veteran

RANKING

Overall: 1980/3645

Category: 569/930

Gender Overall: 1622/2738

Gender Age Group: 569/930

FINISH TIME

Gun Time: 2:54:46

Net Time: 2:51:46

Pace: 8:18/km

Speed: 7.2/hr

SPLIT TIME

KM7.3: 51:50

KM14.6: 1:54:33

KM17.0: 2:17:30

PUMA GOWILD

Official Hydration Partner:



Official Energy Gel Partner:



Official Sports Tape Partner:



Official Pain Relief Spray Partner:



Official Recovery Partner:



Sponsors:

