



CERTIFICATE OF ACHIEVEMENT

MUHAMMAD ZAFRAN ARIF BIN BEDU

BIB NO. MP 10704

CATEGORY 10KM Men Open

RANKING

Overall: 1441/3987

Category: 832/1693

Gender Overall: 1075/2280

Gender Age Group: 832/1693

FINISH TIME

Gun Time: 1:15:03

Net Time: 1:14:38

Pace: 7:30/km

Speed: 7.9/hr

SPLIT TIME

KM2.5: 15:35

KM4.3: 27:53

KM5.9: 40:42

KM7.1: 53:06

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

