

PUMA NITRO™ NIGHT RUN



CERTIFICATE OF ACHIEVEMENT IRWAN FRANCIS

BIB NO. MV 23347

CATEGORY 21KM Men Veteran

RANKING

Overall: 3145/3645

Category: 849/930

Gender Overall: 2448/2738

Gender Age Group: 849/930

FINISH TIME

Gun Time: 3:32:07

Net Time: 3:29:31

Pace: 10:05/km

Speed: 5.9/hr

SPLIT TIME

KM7.3: 1:07:43

KM14.6: 2:24:42

KM17.0: 2:51:36

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

