

PUMA NITRO™ NIGHT RUN



CERTIFICATE OF ACHIEVEMENT LAM HON WAI

BIB NO. MV 23361

CATEGORY 21KM Men Veteran

RANKING

Overall: 332/3645

Category: 94/930

Gender Overall: 297/2738

Gender Age Group: 94/930

FINISH TIME

Gun Time: 2:04:22

Net Time: 2:03:36

Pace: 5:54/km

Speed: 10.1/hr

SPLIT TIME

KM7.3: 43:06

KM14.6: 1:26:32

KM17.0: 1:41:19

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

