

# PUMA NITRO™ NIGHT RUN



# CERTIFICATE OF ACHIEVEMENT LAI YUNG LAM

**BIB NO.** MV 23395

**CATEGORY** 21KM Men Veteran

## RANKING

Overall: 2863/3645

Category: 785/930

Gender Overall: 2261/2738

Gender Age Group: 785/930

## FINISH TIME

Gun Time: 3:22:00

Net Time: 3:18:11

Pace: 9:36/km

Speed: 6.2/hr

## SPLIT TIME

KM7.3: 1:07:14

KM14.6: 2:16:33

KM17.0: 2:40:49

**PUMA GOWILD**

Official Hydration  
Partner:



Official Energy Gel  
Partner:



Official Sports Tape  
Partner:



Official Pain Relief Spray  
Partner:



Official Recovery  
Partner:



Sponsors:

