



CERTIFICATE OF ACHIEVEMENT

ISYRAQ FIRDAUS BIN MOHD JOHAN

BIB NO. MP 10713

CATEGORY 10KM Men Open

RANKING

Overall: 78/3987

Category: 57/1693

Gender Overall: 71/2280

Gender Age Group: 57/1693

FINISH TIME

Gun Time: 43:48

Net Time: 43:35

Pace: 4:22/km

Speed: 13.6/hr

SPLIT TIME

KM2.5: 10:58

KM4.3: 18:58

KM5.9: 26:13

KM7.1: 31:36

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

