



CERTIFICATE OF ACHIEVEMENT

MOHD SHAFIZ IKHWAN BIN

BIB NO. MP 10717

CATEGORY 10KM Men Open

RANKING

Overall: 1383/3987

Category: 807/1693

Gender Overall: 1042/2280

Gender Age Group: 807/1693

FINISH TIME

Gun Time: 1:14:08

Net Time: 1:11:09

Pace: 7:24/km

Speed: 8.0/hr

SPLIT TIME

KM2.5: 18:36

KM4.3: 31:35

KM5.9: 43:53

KM7.1: 53:57

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

