



CERTIFICATE

OF ACHIEVEMENT

TOK GHEE TIONG

BIB NO. MP 10718

CATEGORY 10KM Men Open

RANKING

Overall: 1548/3987

Category: 878/1693

Gender Overall: 1142/2280

Gender Age Group: 878/1693

FINISH TIME

Gun Time: 1:16:27

Net Time: 1:14:57

Pace: 7:38/km

Speed: 7.8/hr

SPLIT TIME

KM2.5: 18:42

KM4.3: 32:29

KM5.9: 45:01

KM7.1: 55:00

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

