



CERTIFICATE OF ACHIEVEMENT

MUHAMAD ADIZAL NIZAM BIN

BIB NO. MP 10722

CATEGORY 10KM Men Open

RANKING

Overall: 468/3987

Category: 321/1693

Gender Overall: 402/2280

Gender Age Group: 321/1693

FINISH TIME

Gun Time: 59:16

Net Time: 58:52

Pace: 5:55/km

Speed: 10.1/hr

SPLIT TIME

KM2.5: 14:37

KM4.3: 25:12

KM5.9: 35:01

KM7.1: 42:36

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

