

PUMA NITRO™ NIGHT RUN



CERTIFICATE OF ACHIEVEMENT

ISHAM ABU KASSIM

BIB NO. MV 23680

CATEGORY 21KM Men Veteran

RANKING

Overall: 1606/3645

Category: 466/930

Gender Overall: 1349/2738

Gender Age Group: 466/930

FINISH TIME

Gun Time: 2:45:52

Net Time: 2:42:03

Pace: 7:53/km

Speed: 7.6/hr

SPLIT TIME

KM7.3: 1:00:47

KM14.6: 1:57:47

KM17.0: 2:16:30

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

