

PUMA NITRO™ NIGHT RUN



CERTIFICATE OF ACHIEVEMENT IRWANA ISMAIL

BIB NO. MV 23746

CATEGORY 21KM Men Veteran

RANKING

Overall: 1095/3645

Category: 324/930

Gender Overall: 937/2738

Gender Age Group: 324/930

FINISH TIME

Gun Time: 2:31:49

Net Time: 2:27:51

Pace: 7:13/km

Speed: 8.3/hr

SPLIT TIME

KM7.3: 56:07

KM14.6: 1:45:43

KM17.0: 2:02:28

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

