

# PUMA NITRO™ NIGHT RUN



# CERTIFICATE OF ACHIEVEMENT LAI KAR KUAY

**BIB NO.** MV 23788

**CATEGORY** 21KM Men Veteran

## RANKING

Overall: 119/3645

Category: 31/930

Gender Overall: 107/2738

Gender Age Group: 31/930

## FINISH TIME

Gun Time: 1:48:47

Net Time: 1:48:39

Pace: 5:10/km

Speed: 11.6/hr

## SPLIT TIME

KM7.3: 34:49

KM14.6: 1:12:04

KM17.0: 1:24:45

**PUMA GOWILD**

Official Hydration Partner:



Official Energy Gel Partner:



Official Sports Tape Partner:



Official Pain Relief Spray Partner:



Official Recovery Partner:



Sponsors:

