



# CERTIFICATE OF ACHIEVEMENT

AHMAD FARIS BIN MOHD ZAKI

**BIB NO.** MP 10075

**CATEGORY** 10KM Men Open

## RANKING

Overall: 259/3987

Category: 185/1693

Gender Overall: 231/2280

Gender Age Group: 185/1693

## FINISH TIME

Gun Time: 54:10

Net Time: 53:27

Pace: 5:24/km

Speed: 11.0/hr

## SPLIT TIME

KM2.5: 13:58

KM4.3: 23:29

KM5.9: 32:12

KM7.1: 39:01

**PUMA GOWILD**

Official Hydration  
Partner:



Official Energy Gel  
Partner:



Official Sports Tape  
Partner:



Official Pain Relief Spray  
Partner:



Official Recovery  
Partner:



Sponsors:

