

PUMA NITRO™ NIGHT RUN



CERTIFICATE OF ACHIEVEMENT

MUHAMMAD NIZAR MANSHOR

BIB NO. MV 23852

CATEGORY 21KM Men Veteran

RANKING

Overall: 2367/3645

Category: 661/930

Gender Overall: 1907/2738

Gender Age Group: 661/930

FINISH TIME

Gun Time: 3:06:00

Net Time: 3:02:15

Pace: 8:50/km

Speed: 6.7/hr

SPLIT TIME

KM7.3: 57:46

KM14.6: 1:59:40

KM17.0: 2:25:51

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

