



CERTIFICATE OF ACHIEVEMENT

MUHAMMAD AMIRUDIN MOHD ZAMRI

BIB NO. MP 10759

CATEGORY 10KM Men Open

RANKING

Overall: 197/3987

Category: 141/1693

Gender Overall: 176/2280

Gender Age Group: 141/1693

FINISH TIME

Gun Time: 52:00

Net Time: 51:32

Pace: 5:11/km

Speed: 11.5/hr

SPLIT TIME

KM2.5: 12:28

KM4.3: 21:53

KM5.9: 30:45

KM7.1: 37:14

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

