

CERTIFICATE OF ACHIEVEMENT

MUHAMAD SYAZWAN BIN MOHD ZAID

BIB NO. MP 10761

CATEGORY 10KM Men Open

RANKING

Overall: 75/3987

Category: 55/1693

Gender Overall: 68/2280

Gender Age Group: 55/1693

FINISH TIME

Gun Time: 43:15

Net Time: 42:59

Pace: 4:19/km

Speed: 13.8/hr

SPLIT TIME

KM2.5: 10:52

KM4.3: 18:41

KM5.9: 25:57

KM7.1: 31:17

PUMA GOWILD