

PUMA NITRO™ NIGHT RUN



CERTIFICATE OF ACHIEVEMENT LIONEL TESSENSHON

BIB NO. MV 23975

CATEGORY 21KM Men Veteran

RANKING

Overall: 1953/3645

Category: 562/930

Gender Overall: 1599/2738

Gender Age Group: 562/930

FINISH TIME

Gun Time: 2:54:25

Net Time: 2:52:32

Pace: 8:17/km

Speed: 7.2/hr

SPLIT TIME

KM7.3: 59:44

KM14.6: 2:00:20

KM17.0: 2:21:41

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:



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