

PUMA NITRO™ NIGHT RUN



CERTIFICATE OF ACHIEVEMENT

LIZA ANNA JAMES

BIB NO. FP 25418

CATEGORY 21KM Women Open

RANKING

Overall: -1/-1

Category: -1/-1

Gender Overall: -1/-1

Gender Age Group: -1/-1

FINISH TIME

Gun Time: 3:39:23

Net Time: 3:36:34

Pace: 10:25/km

Speed: 5.7/hr

SPLIT TIME

KM7.3: 1:24:11

KM14.6: 2:51:26

KM17.0:

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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