



CERTIFICATE OF ACHIEVEMENT

MUHAMMAD IRFAN FIRDAUS BIN

BIB NO. MP 10828

CATEGORY 10KM Men Open

RANKING

Overall: 1218/3987

Category: 728/1693

Gender Overall: 939/2280

Gender Age Group: 728/1693

FINISH TIME

Gun Time: 1:11:53

Net Time: 1:09:43

Pace: 7:11/km

Speed: 8.3/hr

SPLIT TIME

KM2.5: 16:11

KM4.3: 28:49

KM5.9: 41:12

KM7.1: 50:55

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

