



CERTIFICATE OF ACHIEVEMENT

MUHAMMAD IFZAN BIN MUHAMMAD

BIB NO. MP 10833

CATEGORY 10KM Men Open

RANKING

Overall: 329/3987

Category: 226/1693

Gender Overall: 284/2280

Gender Age Group: 226/1693

FINISH TIME

Gun Time: 56:05

Net Time: 53:23

Pace: 5:36/km

Speed: 10.6/hr

SPLIT TIME

KM2.5: 15:58

KM4.3: 24:59

KM5.9: 33:42

KM7.1: 40:34

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

