



CERTIFICATE

OF ACHIEVEMENT

PAUL YONG

BIB NO. MP 10858

CATEGORY 10KM Men Open

RANKING

Overall: 1015/3987

Category: 625/1693

Gender Overall: 800/2280

Gender Age Group: 625/1693

FINISH TIME

Gun Time: 1:09:00

Net Time: 1:04:56

Pace: 6:53/km

Speed: 8.6/hr

SPLIT TIME

KM2.5: 22:21

KM4.3: 34:12

KM5.9: 44:18

KM7.1: 51:46

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

