



CERTIFICATE OF ACHIEVEMENT

MUHAMMAD NAFIS BIN MOHD ZAHID

BIB NO. MP 10897

CATEGORY 10KM Men Open

RANKING

Overall: 1485/3987

Category: 854/1693

Gender Overall: 1103/2280

Gender Age Group: 854/1693

FINISH TIME

Gun Time: 1:15:30

Net Time: 1:14:17

Pace: 7:32/km

Speed: 7.9/hr

SPLIT TIME

KM2.5: 18:29

KM4.3: 31:07

KM5.9: 43:59

KM7.1: 54:11

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

