



CERTIFICATE OF ACHIEVEMENT

MUHAMMAD HAMDY FIKRI BIN NORDIN

BIB NO. MP 10957

CATEGORY 10KM Men Open

RANKING

Overall: 637/3987

Category: 420/1693

Gender Overall: 535/2280

Gender Age Group: 420/1693

FINISH TIME

Gun Time: 1:02:40

Net Time: 59:17

Pace: 6:15/km

Speed: 9.5/hr

SPLIT TIME

KM2.5: 17:51

KM4.3: 27:51

KM5.9: 37:45

KM7.1: 45:20

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

