

PUMA
NITRO™
NIGHT RUN

Great Runs
Are Run by
Score

CERTIFICATE OF ACHIEVEMENT LAM POH ONN

BIB NO. MP 10997

CATEGORY 10KM Men Open

RANKING

Overall: 1575/3987

Category: 891/1693

Gender Overall: 1157/2280

Gender Age Group: 891/1693

FINISH TIME

Gun Time: 1:16:48

Net Time: 1:14:19

Pace: 7:40/km

Speed: 7.8/hr

SPLIT TIME

KM2.5: 20:03

KM4.3: 33:10

KM5.9: 45:34

KM7.1: 55:05

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

