

VIRTUAL RUN

ALUMNI JABATAN PERUBATAN KELUARGA UKM

*30 TAHUN PERUBATAN KELUARGA UKM
MENGGILAP MUTIARA GEMILANG*

TEMPOH LARIAN: 1 - 14 JULAI 2022

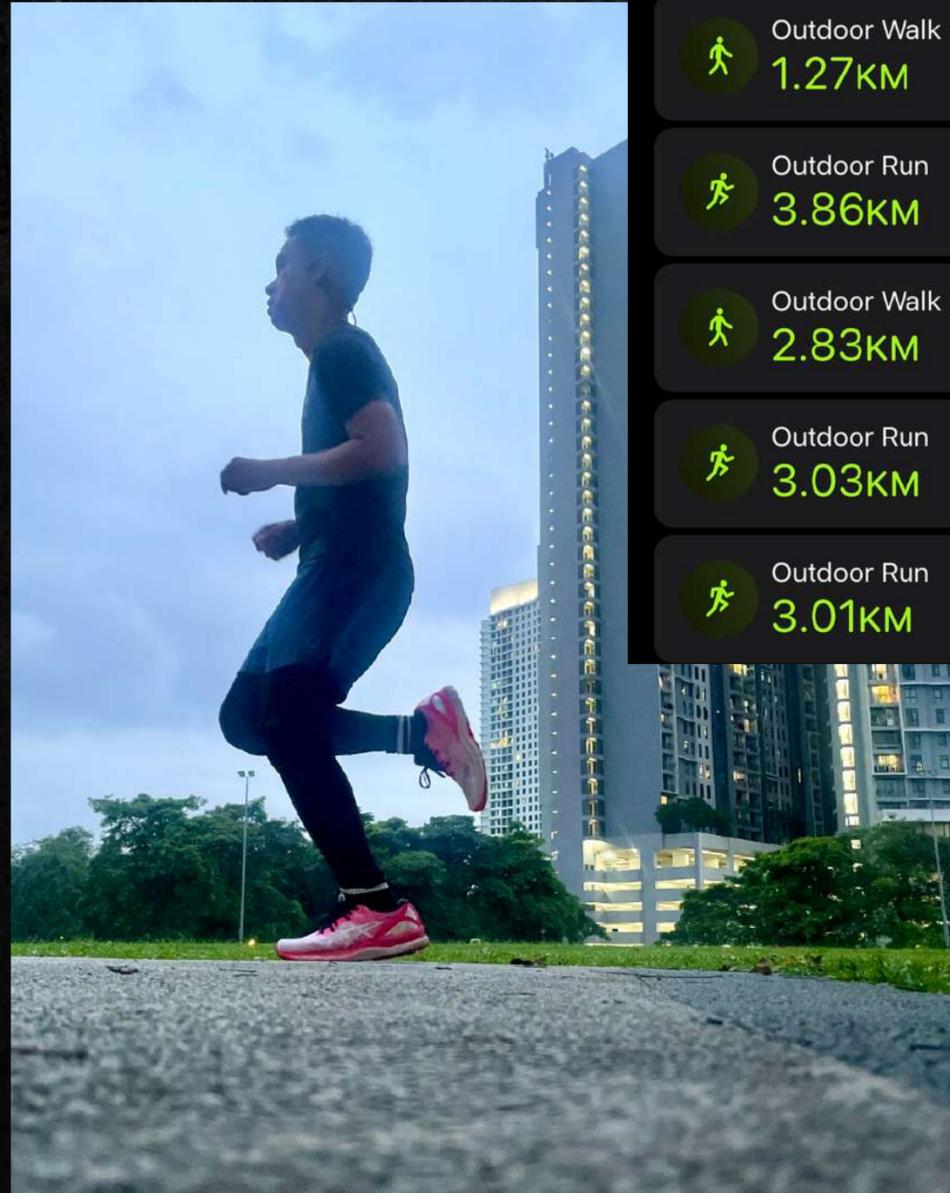
JARAK LARIAN: 30KM

najmi ismail
July 11, 2022 at 7:47 AM · Bukit Jalil, Kuala Lumpur

Morning Run

Distance	Avg Pace
12.13 km	7:13 /km
Moving Time	Elevation Gain
1:27:38	75 m
Calories	Max Elevation
993 Cal	63 m

[View Analysis](#)



- Outdoor Walk **5.08KM** Thursday >
- Outdoor Run **4.07KM** Thursday >
- Outdoor Walk **1.27KM** Wednesday >
- Outdoor Run **3.86KM** Wednesday >
- Outdoor Walk **2.83KM**
- Outdoor Run **3.03KM**
- Outdoor Run **3.01KM**

Hafidzudin Zainal
July 14, 2022 at 6:37 PM · Kuala Lumpur

Evening Run

Distance: 7.56 km | Pace: 6:47 /km | Time: 51m 19s

Maps Record Groups You



Today
Thursday Morning Run

6.04 Km | 12'03" Avg. Pace... | 1:12:53 Time

Tuesday
Tuesday Morning Run

6.44 Km | 11'54" Avg. Pace... | 1:16:42 Time

Monday
Monday Morning Run

5.28 Km | 12'24" Avg. Pace... | 1:05:33 Time

Tanjong Tokong Walking

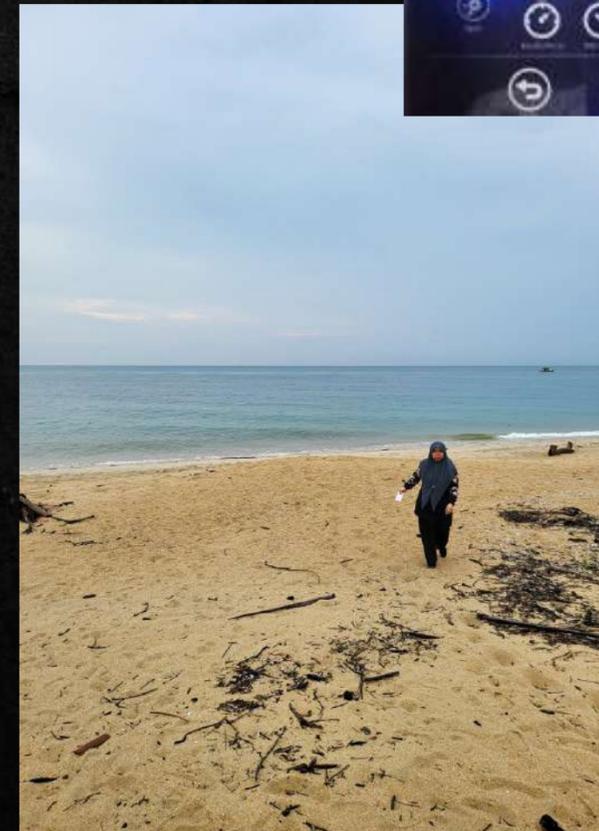
Hweeming See
7 Jul @ 7:25 am · Walking

Maps Record Groups You

1:12:38 Time | 5.86 Distance (km) | 292 Calories

12:23 Pace (min/km) | 0 Total Ascent (m)

Slower Faster

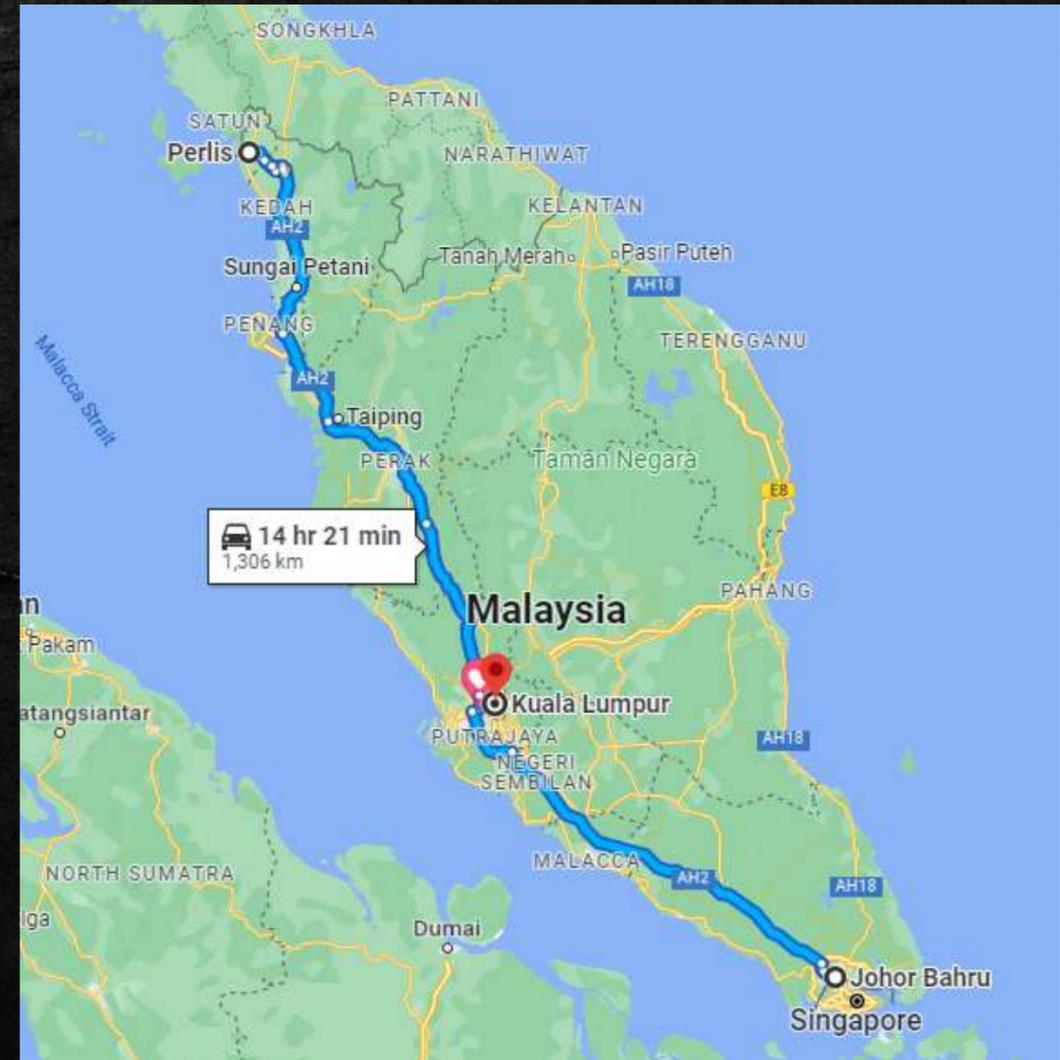


TAHNIHIAH



33 Peserta

Jumlah Jarak: 1277KM



TOP 10!

Mohd Hazizul bin Ab Samad

Ling Qiao Shuang

Rahmah Abdul Rahman

PM Dr. Noor Azimah Muhammad

Nor Fazila Kharudin

Nooraina Mohd Zaki

Norazua Ridzwan

Mohd Hafidzudin b Zainal Abidin

See Hwee Ming

Najmi Ismail



FINISHERS!

Rahmah Kamaludin
Nurul Hayati binti Chamhuri
Izzah Hazwani binti Dzulkifli
Liyana binti Zainal Abidin
Shazwani Liyana Shariffudin
Teh Rohaila Jamil
Siti Nur Aishah Jalil
Hafidah Md Yunus
Azimah Che Omar
Mohamad Ibrahim Mohamad Ismail
Leelavathi Muthupalaniappen
Usman Ghouse
Rashidi Mohamed
Zakiah Salwa binti Zabri
Nor Adiani Mohd Hadzir



**SEMUA PESERTA DIJEMPUT NAIK
KE PENTAS UNTUK SESI HADIAH
DAN SESI BERGAMBAR**