

CERTIFICATE

OF ACHIEVEMENT

Ruslan Abu Bakar

BIB NO. 4619

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 823/4782

Category: 693/3923

Gender (Overall): 693/3923

FINISH TIME

Gun Time: 4:39:54

Net Time: 4:39:50

Pace: 6:39

Speed: 9.0

SPLIT TIME

KM5.0: 26:22

KM10.0: 53:33

KM15.0: 1:22:11

KM20.0: 1:55:52

KM25.0: 2:24:33

KM30.0: 2:55:06

KM35.0: 3:33:34

KM40.0: 4:16:52



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

