

CERTIFICATE

OF ACHIEVEMENT

Muhammad Farid Bin Ismail

BIB NO. A400074

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 658/4782

Category: 556/3923

Gender (Overall): 556/3923

FINISH TIME

Gun Time: 4:34:37

Net Time: 4:29:05

Pace: 6:23

Speed: 9.3

SPLIT TIME

KM5.0: 27:27

KM10.0: 55:05

KM15.0: 1:25:55

KM20.0: 1:58:32

KM25.0: 2:34:13

KM30.0: 3:08:00

KM35.0: 3:44:20

KM40.0: 4:13:18



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

