

CERTIFICATE

OF ACHIEVEMENT

Abdul Firhad Bin Abdul Hadi

BIB NO. A400308

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 4689/4782

Category: 3850/3923

Gender (Overall): 3850/3923

FINISH TIME

Gun Time: 7:27:24

Net Time: 7:22:13

Pace: 10:30

Speed: 5.7

SPLIT TIME

KM5.0: 36:55

KM10.0: 1:20:41

KM15.0: 2:14:50

KM20.0: 3:09:49

KM25.0: 4:06:54

KM30.0: 5:04:41

KM35.0: 6:05:54

KM40.0: 6:54:16



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

