

CERTIFICATE

OF ACHIEVEMENT

Helmi Khaled

BIB NO. A400336

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 526/4782

Category: 443/3923

Gender (Overall): 443/3923

FINISH TIME

Gun Time: 4:24:43

Net Time: 4:19:41

Pace: 6:10

Speed: 9.7

SPLIT TIME

KM5.0: 28:40

KM10.0: 56:20

KM15.0: 1:24:51

KM20.0: 1:54:13

KM25.0: 2:26:45

KM30.0: 3:02:02

KM35.0: 3:34:38

KM40.0: 4:04:11



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

