

CERTIFICATE

OF ACHIEVEMENT

Mifzal Mahmud

BIB NO. A400625

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 1720/4782

Category: 1447/3923

Gender (Overall): 1447/3923

FINISH TIME

Gun Time: 5:30:37

Net Time: 5:25:01

Pace: 7:43

Speed: 7.7

SPLIT TIME

KM5.0: 26:29

KM10.0: 52:46

KM15.0: 1:20:23

KM20.0: 1:53:16

KM25.0: 2:42:46

KM30.0: 3:34:23

KM35.0: 4:21:38

KM40.0: 5:06:15



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

