

CERTIFICATE

OF ACHIEVEMENT

Muhammad Zafran Bin Abdul

BIB NO. A400675

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 236/4782

Category: 195/3923

Gender (Overall): 195/3923

FINISH TIME

Gun Time: 3:58:17

Net Time: 3:53:21

Pace: 5:32

Speed: 10.8

SPLIT TIME

KM5.0: 27:40

KM10.0: 55:12

KM15.0: 1:23:14

KM20.0: 1:51:50

KM25.0: 2:19:04

KM30.0: 2:46:53

KM35.0: 3:14:27

KM40.0: 3:39:40



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

