

CERTIFICATE

OF ACHIEVEMENT

Ahmad Firdaus Bin Abd Razak

BIB NO. A400687

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 495/4782

Category: 413/3923

Gender (Overall): 413/3923

FINISH TIME

Gun Time: 4:23:21

Net Time: 4:17:37

Pace: 6:07

Speed: 9.7

SPLIT TIME

KM5.0: 29:17

KM10.0: 57:54

KM15.0: 1:26:39

KM20.0: 1:55:59

KM25.0: 2:24:29

KM30.0: 2:54:39

KM35.0: 3:29:23

KM40.0: 4:01:27



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

