

CERTIFICATE

OF ACHIEVEMENT

Abdul Rahman Ab Karim

BIB NO. A400880

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 2762/4782

Category: 2308/3923

Gender (Overall): 2308/3923

FINISH TIME

Gun Time: 6:10:03

Net Time: 6:03:55

Pace: 8:39

Speed: 6.9

SPLIT TIME

KM5.0: 35:55

KM10.0: 1:11:12

KM15.0: 1:50:26

KM20.0: 2:36:19

KM25.0: 3:20:22

KM30.0: 4:05:22

KM35.0: 4:57:10

KM40.0: 5:44:25



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

