

CERTIFICATE

OF ACHIEVEMENT

Muhd Firdaus Bin Abu Seman

BIB NO. A401508

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 1623/4782

Category: 1365/3923

Gender (Overall): 1365/3923

FINISH TIME

Gun Time: 5:27:26

Net Time: 5:20:56

Pace: 7:37

Speed: 7.8

SPLIT TIME

KM5.0: 31:26

KM10.0: 1:00:42

KM15.0: 1:31:12

KM20.0: 2:04:07

KM25.0: 2:37:18

KM30.0: 3:11:46

KM35.0: 4:01:18

KM40.0: 4:44:54



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

