

CERTIFICATE

OF ACHIEVEMENT

Farid Jamil

BIB NO. A401810

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 590/4782

Category: 499/3923

Gender (Overall): 499/3923

FINISH TIME

Gun Time: 4:30:24

Net Time: 4:24:48

Pace: 6:17

Speed: 9.5

SPLIT TIME

KM5.0: 27:22

KM10.0: 55:48

KM15.0: 1:26:34

KM20.0: 1:59:58

KM25.0: 2:33:05

KM30.0: 3:05:51

KM35.0: 3:37:25

KM40.0: 4:08:59



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

