

CERTIFICATE

OF ACHIEVEMENT

Ahmad Anas Bin Mohamad Puad

BIB NO. A401883

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 1927/4782

Category: 1617/3923

Gender (Overall): 1617/3923

FINISH TIME

Gun Time: 5:39:44

Net Time: 5:33:54

Pace: 7:56

Speed: 7.5

SPLIT TIME

KM5.0: 33:57

KM10.0: 1:07:32

KM15.0: 1:42:42

KM20.0: 2:21:47

KM25.0: 3:00:57

KM30.0: 3:40:23

KM35.0: 4:24:55

KM40.0: 5:12:57



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

