

CERTIFICATE

OF ACHIEVEMENT

Umar Afdhal

BIB NO. A401964

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 1255/4782

Category: 1055/3923

Gender (Overall): 1055/3923

FINISH TIME

Gun Time: 5:06:18

Net Time: 5:00:12

Pace: 7:08

Speed: 8.4

SPLIT TIME

KM5.0: 29:02

KM10.0: 57:53

KM15.0: 1:28:50

KM20.0: 2:01:14

KM25.0: 2:36:41

KM30.0: 3:15:25

KM35.0: 4:03:56

KM40.0: 4:41:53



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

