

CERTIFICATE

OF ACHIEVEMENT

Adlan Bin Ismail

BIB NO. B402111

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 671/4782

Category: 569/3923

Gender (Overall): 569/3923

FINISH TIME

Gun Time: 4:49:50

Net Time: 4:29:52

Pace: 6:24

Speed: 9.3

SPLIT TIME

KM5.0: 28:39

KM10.0: 1:01:22

KM15.0: 1:26:32

KM20.0: 1:58:42

KM25.0: 2:30:11

KM30.0: 3:04:27

KM35.0: 3:41:06

KM40.0: 4:14:39



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

