

CERTIFICATE

OF ACHIEVEMENT

Ammar Ajmal Bin Arshad

BIB NO. B402125

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 337/4782

Category: 282/3923

Gender (Overall): 282/3923

FINISH TIME

Gun Time: 4:22:33

Net Time: 4:01:17

Pace: 5:44

Speed: 10.4

SPLIT TIME

KM5.0: 28:47

KM10.0: 56:03

KM15.0: 1:23:41

KM20.0: 1:51:21

KM25.0: 2:17:45

KM30.0: 2:45:29

KM35.0: 3:14:34

KM40.0: 3:46:43



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

