

CERTIFICATE

OF ACHIEVEMENT

Abdul Ghafur Bin Hassan

BIB NO. B402164

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 793/4782

Category: 667/3923

Gender (Overall): 667/3923

FINISH TIME

Gun Time: 4:59:10

Net Time: 4:38:25

Pace: 6:37

Speed: 9.0

SPLIT TIME

KM5.0: 32:42

KM10.0: 1:05:59

KM15.0: 1:39:06

KM20.0: 2:12:07

KM25.0: 2:43:29

KM30.0: 3:15:30

KM35.0: 3:48:53

KM40.0: 4:21:38



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

