

CERTIFICATE

OF ACHIEVEMENT

Lugman Bin Rizal

BIB NO. B402176

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 4525/4782

Category: 3715/3923

Gender (Overall): 3715/3923

FINISH TIME

Gun Time: 7:32:33

Net Time: 7:08:28

Pace: 10:11

Speed: 5.8

SPLIT TIME

KM5.0: 42:44

KM10.0: 1:25:46

KM15.0: 2:12:25

KM20.0: 3:00:28

KM25.0: 3:53:45

KM30.0: 4:47:43

KM35.0: 5:49:47

KM40.0: 6:42:06



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

