

CERTIFICATE

OF ACHIEVEMENT

Mohammad Ridzuan Abdul

BIB NO. B402292

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 4649/4782

Category: 3815/3923

Gender (Overall): 3815/3923

FINISH TIME

Gun Time: 7:34:28

Net Time: 7:13:54

Pace: 10:18

Speed: 5.8

SPLIT TIME

KM5.0: 39:25

KM10.0: 1:28:35

KM15.0: 2:22:03

KM20.0: 3:17:51

KM25.0: 4:10:22

KM30.0: 5:02:53

KM35.0: 5:56:17

KM40.0: 6:44:46



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

