

CERTIFICATE

OF ACHIEVEMENT

Muhammad Nizar Manshor

BIB NO. B402305

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 1841/4782

Category: 1544/3923

Gender (Overall): 1544/3923

FINISH TIME

Gun Time: 5:52:30

Net Time: 5:30:44

Pace: 7:51

Speed: 7.6

SPLIT TIME

KM5.0: 31:59

KM10.0: 1:03:32

KM15.0: 1:37:21

KM20.0: 2:16:41

KM25.0: 2:55:52

KM30.0: 3:36:40

KM35.0: 4:20:20

KM40.0: 5:12:36



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

