

CERTIFICATE

OF ACHIEVEMENT

Mohd Firdaus Karos

BIB NO. B402595

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 1695/4782

Category: 1427/3923

Gender (Overall): 1427/3923

FINISH TIME

Gun Time: 5:47:08

Net Time: 5:23:49

Pace: 7:41

Speed: 7.7

SPLIT TIME

KM5.0: 35:14

KM10.0: 1:10:16

KM15.0: 1:48:31

KM20.0: 2:24:17

KM25.0: 3:01:12

KM30.0: 3:39:05

KM35.0: 4:22:04

KM40.0: 5:02:55



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

