

CERTIFICATE

OF ACHIEVEMENT

Khairul Helmi Bin Roslan

BIB NO. B402970

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 4546/4782

Category: 3730/3923

Gender (Overall): 3730/3923

FINISH TIME

Gun Time: 7:29:01

Net Time: 7:08:55

Pace: 10:11

Speed: 5.8

SPLIT TIME

KM5.0: 36:20

KM10.0: 1:22:42

KM15.0: 1:58:22

KM20.0: 2:46:32

KM25.0: 3:35:55

KM30.0: 4:32:01

KM35.0: 5:38:32

KM40.0: 6:37:22



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

