

CERTIFICATE

OF ACHIEVEMENT

Zarif Irfan Bin Abdul Raub

BIB NO. B403079

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 4718/4782

Category: 3876/3923

Gender (Overall): 3876/3923

FINISH TIME

Gun Time: 7:49:47

Net Time: 7:27:45

Pace: 10:38

Speed: 5.6

SPLIT TIME

KM5.0: 35:13

KM10.0: 1:13:03

KM15.0: 2:01:47

KM20.0: 2:50:51

KM25.0: 3:45:16

KM30.0: 4:56:12

KM35.0: 5:57:25

KM40.0: 6:53:54



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

