

CERTIFICATE

OF ACHIEVEMENT

Muhammad Ikram Bin Abdul Arif

BIB NO. B403186

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 4343/4782

Category: 3576/3923

Gender (Overall): 3576/3923

FINISH TIME

Gun Time: 7:24:09

Net Time: 7:02:50

Pace: 10:03

Speed: 5.9

SPLIT TIME

KM5.0: 39:01

KM10.0: 1:23:05

KM15.0: 2:08:35

KM20.0: 2:49:36

KM25.0: 3:52:57

KM30.0: 4:43:56

KM35.0: 5:44:04

KM40.0: 6:37:24



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

