

CERTIFICATE

OF ACHIEVEMENT

Muhamad Firdaus Adam Bin Abdul Rashid

BIB NO. B403762

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 4051/4782

Category: 3353/3923

Gender (Overall): 3353/3923

FINISH TIME

Gun Time: 7:15:46

Net Time: 6:52:06

Pace: 9:47

Speed: 6.1

SPLIT TIME

KM5.0: 43:22

KM10.0: 1:25:34

KM15.0: 2:10:40

KM20.0: 3:01:42

KM25.0: 3:49:43

KM30.0: 4:47:32

KM35.0: 5:33:22

KM40.0: 6:21:46



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

