

CERTIFICATE

OF ACHIEVEMENT

Nazrul Izhar Rahmat

BIB NO. C404195

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 2281/4782

Category: 1910/3923

Gender (Overall): 1910/3923

FINISH TIME

Gun Time: 6:10:33

Net Time: 5:48:24

Pace: 8:16

Speed: 7.2

SPLIT TIME

KM5.0: 34:15

KM10.0: 1:06:56

KM15.0: 1:44:47

KM20.0: 2:25:11

KM25.0: 3:07:44

KM30.0: 3:51:41

KM35.0: 4:42:19

KM40.0: 5:24:55



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

