

CERTIFICATE

OF ACHIEVEMENT

Firdaus Bin Abd Rahman

BIB NO. C404267

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 4033/4782

Category: 3336/3923

Gender (Overall): 3336/3923

FINISH TIME

Gun Time: 7:13:31

Net Time: 6:51:19

Pace: 9:46

Speed: 6.1

SPLIT TIME

KM5.0: 38:37

KM10.0: 1:18:53

KM15.0: 2:02:44

KM20.0: 2:50:22

KM25.0: 3:37:43

KM30.0: 4:30:04

KM35.0: 5:31:10

KM40.0: 6:25:58



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

