

CERTIFICATE

OF ACHIEVEMENT

Syazwan Ifwat Bin Shukor

BIB NO. C404413

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 4601/4782

Category: 3770/3923

Gender (Overall): 3770/3923

FINISH TIME

Gun Time: 7:33:23

Net Time: 7:10:34

Pace: 10:14

Speed: 5.8

SPLIT TIME

KM5.0: 47:29

KM10.0: 1:36:25

KM15.0: 2:28:07

KM20.0: 3:20:12

KM25.0: 4:11:04

KM30.0: 5:01:56

KM35.0: 5:53:36

KM40.0: 6:43:06



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

