

CERTIFICATE

OF ACHIEVEMENT

Abdul Hafiz Bin Hidzir

BIB NO. C404417

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 4506/4782

Category: 3698/3923

Gender (Overall): 3698/3923

FINISH TIME

Gun Time: 7:29:48

Net Time: 7:07:48

Pace: 10:10

Speed: 5.8

SPLIT TIME

KM5.0: 44:15

KM10.0: 1:28:42

KM15.0: 2:19:18

KM20.0: 3:09:03

KM25.0: 4:01:56

KM30.0: 5:05:22

KM35.0: 5:54:36

KM40.0: 6:42:29



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

