

CERTIFICATE

OF ACHIEVEMENT

Nadira Jaafar

BIB NO. C404650

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 4598/4782

Category: 662/688

Gender (Overall): 662/688

FINISH TIME

Gun Time: 7:32:11

Net Time: 7:10:29

Pace: 10:14

Speed: 5.8

SPLIT TIME

KM5.0: 42:22

KM10.0: 1:24:59

KM15.0: 2:11:09

KM20.0: 2:59:59

KM25.0: 3:52:26

KM30.0: 4:52:50

KM35.0: 5:49:43

KM40.0: 6:44:17



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

