

CERTIFICATE

OF ACHIEVEMENT

Mohd Firdaus Abu Bakar

BIB NO. C405030

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 4666/4782

Category: 3830/3923

Gender (Overall): 3830/3923

FINISH TIME

Gun Time: 7:39:34

Net Time: 7:17:11

Pace: 10:23

Speed: 5.7

SPLIT TIME

KM5.0: 37:40

KM10.0: 1:13:01

KM15.0: 1:53:21

KM20.0: 2:42:12

KM25.0: 3:49:20

KM30.0: 4:52:02

KM35.0: 5:54:38

KM40.0: 6:50:03



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

