

CERTIFICATE

OF ACHIEVEMENT

Helmi Nasaruddin

BIB NO. C405065

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 4501/4782

Category: 3694/3923

Gender (Overall): 3694/3923

FINISH TIME

Gun Time: 7:31:28

Net Time: 7:07:35

Pace: 10:09

Speed: 5.9

SPLIT TIME

KM5.0: 47:09

KM10.0: 1:34:26

KM15.0: 2:23:50

KM20.0: 3:17:31

KM25.0: 4:10:06

KM30.0: 5:02:00

KM35.0: 5:54:09

KM40.0: 6:41:39



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

