

CERTIFICATE

OF ACHIEVEMENT

Abdul Rashid Bin Wallat

BIB NO. C405217

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 3958/4782

Category: 3276/3923

Gender (Overall): 3276/3923

FINISH TIME

Gun Time: 7:11:20

Net Time: 6:48:58

Pace: 9:43

Speed: 6.1

SPLIT TIME

KM5.0: 45:12

KM10.0: 1:34:44

KM15.0: 2:12:49

KM20.0: 2:59:47

KM25.0: 3:47:33

KM30.0: 4:40:11

KM35.0: 5:35:36

KM40.0: 6:25:58



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

