



CERTIFICATE OF ACHIEVEMENT LAWRENCE NG YEE FOONG

BIB NO. MP 11767

CATEGORY 10KM Men Open

RANKING

Overall: 758/3987

Category: 479/1693

Gender Overall: 615/2280

Gender Age Group: 479/1693

FINISH TIME

Gun Time: 1:05:02

Net Time: 1:04:31

Pace: 6:30/km

Speed: 9.2/hr

SPLIT TIME

KM2.5: 16:27

KM4.3: 28:21

KM5.9: 39:11

KM7.1: 47:42

PUMA GOWILD

Official Hydration
Partner:



Official Energy Gel
Partner:



Official Sports Tape
Partner:



Official Pain Relief Spray
Partner:



Official Recovery
Partner:



Sponsors:

