

CERTIFICATE

OF ACHIEVEMENT

Ng Chong How

BIB NO. A400017

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 79/4782

Category: 60/3923

Gender (Overall): 60/3923

FINISH TIME

Gun Time: 3:35:20

Net Time: 3:30:24

Pace: 5:00

Speed: 11.9

SPLIT TIME

KM5.0: 21:26

KM10.0: 44:12

KM15.0: 1:07:42

KM20.0: 1:32:48

KM25.0: 1:58:35

KM30.0: 2:24:50

KM35.0: 2:53:59

KM40.0: 3:18:13



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

