

CERTIFICATE

OF ACHIEVEMENT

Pua Lay Hong

BIB NO. A400068

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 4198/4782

Category: 566/688

Gender (Overall): 566/688

FINISH TIME

Gun Time: 7:02:16

Net Time: 6:57:05

Pace: 9:54

Speed: 6.0

SPLIT TIME

KM5.0: 43:17

KM10.0: 1:29:31

KM15.0: 2:18:26

KM20.0: 3:08:54

KM25.0: 3:58:16

KM30.0: 4:50:30

KM35.0: 5:42:52

KM40.0: 6:32:02



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

