

CERTIFICATE

OF ACHIEVEMENT

Lai Kam Choy

BIB NO. A400069

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 1464/4782

Category: 1228/3923

Gender (Overall): 1228/3923

FINISH TIME

Gun Time: 5:18:29

Net Time: 5:13:17

Pace: 7:26

Speed: 8.0

SPLIT TIME

KM5.0: 33:49

KM10.0: 1:06:28

KM15.0: 1:40:36

KM20.0: 2:15:29

KM25.0: 2:53:14

KM30.0: 3:28:45

KM35.0: 4:10:30

KM40.0: 4:51:46



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

