

CERTIFICATE

OF ACHIEVEMENT

Poo Lai Kuen

BIB NO. A400266

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 3665/4782

Category: 473/688

Gender (Overall): 473/688

FINISH TIME

Gun Time: 6:44:03

Net Time: 6:37:42

Pace: 9:27

Speed: 6.3

SPLIT TIME

KM5.0: 40:39

KM10.0: 1:21:42

KM15.0: 2:03:43

KM20.0: 2:45:59

KM25.0: 3:30:34

KM30.0: 4:21:30

KM35.0: 5:13:52

KM40.0: 6:07:58



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

