

CERTIFICATE

OF ACHIEVEMENT

Lau Weng Hong

BIB NO. A400322

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 208/4782

Category: 169/3923

Gender (Overall): 169/3923

FINISH TIME

Gun Time: 3:54:49

Net Time: 3:49:27

Pace: 5:27

Speed: 11.0

SPLIT TIME

KM5.0: 26:19

KM10.0: 53:12

KM15.0: 1:19:41

KM20.0: 1:46:54

KM25.0: 2:12:49

KM30.0: 2:39:11

KM35.0: 3:06:41

KM40.0: 3:34:13



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

