

CERTIFICATE

OF ACHIEVEMENT

Ling Woon Kai

BIB NO. A400354

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 116/4782

Category: 95/3923

Gender (Overall): 95/3923

FINISH TIME

Gun Time: 3:42:46

Net Time: 3:37:27

Pace: 5:10

Speed: 11.6

SPLIT TIME

KM5.0: 23:58

KM10.0: 47:33

KM15.0: 1:12:23

KM20.0: 1:37:21

KM25.0: 2:01:08

KM30.0: 2:25:05

KM35.0: 2:52:08

KM40.0: 3:22:17



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

