

CERTIFICATE

OF ACHIEVEMENT

Lai Kok Leong

BIB NO. A400357

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 243/4782

Category: 202/3923

Gender (Overall): 202/3923

FINISH TIME

Gun Time: 4:15:20

Net Time: 3:53:58

Pace: 5:33

Speed: 10.7

SPLIT TIME

KM5.0: 29:02

KM10.0: 54:17

KM15.0: 1:20:50

KM20.0: 1:47:39

KM25.0: 2:13:29

KM30.0: 2:42:15

KM35.0: 3:10:15

KM40.0: 3:38:52



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

