

CERTIFICATE

OF ACHIEVEMENT

Lai Seng Sin

BIB NO. A400478

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 502/4782

Category: 420/3923

Gender (Overall): 420/3923

FINISH TIME

Gun Time: 4:23:20

Net Time: 4:18:02

Pace: 6:08

Speed: 9.7

SPLIT TIME

KM5.0: 27:58

KM10.0: 55:31

KM15.0: 1:23:35

KM20.0: 1:52:12

KM25.0: 2:19:58

KM30.0: 2:49:39

KM35.0: 3:22:42

KM40.0: 3:59:23



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

