

CERTIFICATE

OF ACHIEVEMENT

Khong Ying Haw

BIB NO. A400621

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 542/4782

Category: 457/3923

Gender (Overall): 457/3923

FINISH TIME

Gun Time: 4:26:49

Net Time: 4:21:36

Pace: 6:13

Speed: 9.6

SPLIT TIME

KM5.0: 28:36

KM10.0: 58:15

KM15.0: 1:27:18

KM20.0: 1:56:28

KM25.0: 2:24:15

KM30.0: 2:55:13

KM35.0: 3:29:57

KM40.0: 4:04:27



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

