

CERTIFICATE

OF ACHIEVEMENT

Long Yoke Shin

BIB NO. A400643

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 1987/4782

Category: 199/688

Gender (Overall): 199/688

FINISH TIME

Gun Time: 5:42:36

Net Time: 5:36:30

Pace: 7:59

Speed: 7.5

SPLIT TIME

KM5.0: 35:20

KM10.0: 1:10:23

KM15.0: 1:46:12

KM20.0: 2:22:50

KM25.0: 2:57:36

KM30.0: 3:42:47

KM35.0: 4:30:43

KM40.0: 5:14:13



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

