

CERTIFICATE

OF ACHIEVEMENT

Lang Chin Heng

BIB NO. A400738

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 1485/4782

Category: 1244/3923

Gender (Overall): 1244/3923

FINISH TIME

Gun Time: 5:20:04

Net Time: 5:14:19

Pace: 7:28

Speed: 8.0

SPLIT TIME

KM5.0: 32:27

KM10.0: 1:03:37

KM15.0: 1:35:01

KM20.0: 2:09:32

KM25.0: 2:57:59

KM30.0: 3:43:05

KM35.0: 4:23:47

KM40.0: 4:57:01



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

