

CERTIFICATE

OF ACHIEVEMENT

Chow Chang Foong

BIB NO. A400775

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 1543/4782

Category: 1293/3923

Gender (Overall): 1293/3923

FINISH TIME

Gun Time: 5:23:57

Net Time: 5:17:42

Pace: 7:33

Speed: 7.9

SPLIT TIME

KM5.0: 31:29

KM10.0: 1:02:30

KM15.0: 1:34:31

KM20.0: 2:07:19

KM25.0: 2:44:31

KM30.0: 3:18:38

KM35.0: 4:05:57

KM40.0: 4:53:26



[Signature]

Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

