

CERTIFICATE

OF ACHIEVEMENT

Pook Shao Yong

BIB NO. A400782

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 1509/4782

Category: 1263/3923

Gender (Overall): 1263/3923

FINISH TIME

Gun Time: 5:22:32

Net Time: 5:16:05

Pace: 7:30

Speed: 7.9

SPLIT TIME

KM5.0: 34:33

KM10.0: 1:10:06

KM15.0: 1:44:54

KM20.0: 2:20:26

KM25.0: 2:56:49

KM30.0: 3:34:58

KM35.0: 4:17:11

KM40.0: 4:56:38



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

