

CERTIFICATE

OF ACHIEVEMENT

Lian Sh'Ng Quah

BIB NO. A401527

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 1311/4782

Category: 1101/3923

Gender (Overall): 1101/3923

FINISH TIME

Gun Time: 5:09:08

Net Time: 5:03:56

Pace: 7:13

Speed: 8.3

SPLIT TIME

KM5.0: 30:28

KM10.0: 1:01:05

KM15.0: 1:32:05

KM20.0: 2:04:37

KM25.0: 2:45:24

KM30.0: 3:29:41

KM35.0: 4:12:33

KM40.0: 4:47:08



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

