

CERTIFICATE

OF ACHIEVEMENT

Chan Kok Lai

BIB NO. A401795

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 1308/4782

Category: 123/688

Gender (Overall): 123/688

FINISH TIME

Gun Time: 5:10:22

Net Time: 5:03:45

Pace: 7:13

Speed: 8.3

SPLIT TIME

KM5.0: 33:40

KM10.0: 1:06:05

KM15.0: 1:39:30

KM20.0: 2:13:49

KM25.0: 2:47:29

KM30.0: 3:21:28

KM35.0: 3:59:41

KM40.0: 4:42:26



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

