

CERTIFICATE

OF ACHIEVEMENT

Lai Kar Kuay

BIB NO. A401890

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 899/4782

Category: 757/3923

Gender (Overall): 757/3923

FINISH TIME

Gun Time: 4:49:20

Net Time: 4:43:21

Pace: 6:44

Speed: 8.9

SPLIT TIME

KM5.0: 27:31

KM10.0: 53:18

KM15.0: 1:23:30

KM20.0: 1:55:58

KM25.0: 2:24:10

KM30.0: 2:52:00

KM35.0: 3:29:57

KM40.0: 4:15:28



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

