

CERTIFICATE

OF ACHIEVEMENT

John Lai Mun Choon

BIB NO. B402532

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 4406/4782

Category: 3616/3923

Gender (Overall): 3616/3923

FINISH TIME

Gun Time: 7:24:57

Net Time: 7:04:37

Pace: 10:05

Speed: 5.9

SPLIT TIME

KM5.0: 41:21

KM10.0: 1:25:46

KM15.0: 2:15:21

KM20.0: 3:07:01

KM25.0: 3:58:49

KM30.0: 4:50:38

KM35.0: 5:47:37

KM40.0: 6:43:07



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

