

CERTIFICATE

OF ACHIEVEMENT

Phang Seik Chong

BIB NO. B402651

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 1933/4782

Category: 1622/3923

Gender (Overall): 1622/3923

FINISH TIME

Gun Time: 5:56:07

Net Time: 5:34:03

Pace: 7:56

Speed: 7.5

SPLIT TIME

KM5.0: 36:39

KM10.0: 1:15:31

KM15.0: 1:50:52

KM20.0: 2:26:21

KM25.0: 3:11:44

KM30.0: 3:51:46

KM35.0: 4:37:57

KM40.0: 5:10:59



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

