

CERTIFICATE

OF ACHIEVEMENT

Hong Lun Lam

BIB NO. B402851

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 4609/4782

Category: 3778/3923

Gender (Overall): 3778/3923

FINISH TIME

Gun Time: 7:32:08

Net Time: 7:11:14

Pace: 10:15

Speed: 5.8

SPLIT TIME

KM5.0: 45:27

KM10.0: 1:30:51

KM15.0: 2:19:25

KM20.0: 3:12:51

KM25.0: 4:07:25

KM30.0: 5:01:58

KM35.0: 5:56:38

KM40.0: 6:44:56



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

