

CERTIFICATE

OF ACHIEVEMENT

Donald Lifat

BIB NO. B402857

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 1503/4782

Category: 1258/3923

Gender (Overall): 1258/3923

FINISH TIME

Gun Time: 5:36:39

Net Time: 5:15:40

Pace: 7:30

Speed: 7.9

SPLIT TIME

KM5.0: 35:43

KM10.0: 1:08:28

KM15.0: 1:44:17

KM20.0: 2:20:02

KM25.0: 2:58:22

KM30.0: 3:36:44

KM35.0: 4:16:00

KM40.0: 4:54:27



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

