

CERTIFICATE

OF ACHIEVEMENT

Lau Kwan Yong

BIB NO. B403791

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 4193/4782

Category: 3464/3923

Gender (Overall): 3464/3923

FINISH TIME

Gun Time: 7:20:42

Net Time: 6:56:54

Pace: 9:54

Speed: 6.0

SPLIT TIME

KM5.0: 38:16

KM10.0: 1:17:39

KM15.0: 2:05:51

KM20.0: 2:53:51

KM25.0: 3:47:23

KM30.0: 4:38:04

KM35.0: 5:33:00

KM40.0: 6:27:39



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

