

CERTIFICATE

OF ACHIEVEMENT

Lai Ho Cheung

BIB NO. C404172

CATEGORY 42KM Overall International

RANKING

Distance (Overall): 839/4782

Category: 48/138

Gender (Overall): 48/138

FINISH TIME

Gun Time: 5:02:26

Net Time: 4:40:40

Pace: 6:40

Speed: 8.9

SPLIT TIME

KM5.0: 29:26

KM10.0: 57:13

KM15.0: 1:25:40

KM20.0: 1:55:59

KM25.0: 2:26:51

KM30.0: 2:59:09

KM35.0: 3:36:43

KM40.0: 4:18:29



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

