

CERTIFICATE

OF ACHIEVEMENT

Liza Seleman

BIB NO. C404532

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 4615/4782

Category: 663/688

Gender (Overall): 663/688

FINISH TIME

Gun Time: 7:33:15

Net Time: 7:11:24

Pace: 10:15

Speed: 5.8

SPLIT TIME

KM5.0: 42:48

KM10.0: 1:28:19

KM15.0: 2:22:17

KM20.0: 3:11:55

KM25.0: 4:04:19

KM30.0: 5:01:26

KM35.0: 5:55:37

KM40.0: 6:46:39



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

