

CERTIFICATE

OF ACHIEVEMENT

Lai Chong Hoa

BIB NO. C404762

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 4509/4782

Category: 3701/3923

Gender (Overall): 3701/3923

FINISH TIME

Gun Time: 7:29:53

Net Time: 7:07:56

Pace: 10:10

Speed: 5.8

SPLIT TIME

KM5.0: 38:53

KM10.0: 1:22:36

KM15.0: 2:09:40

KM20.0: 3:00:32

KM25.0: 3:49:36

KM30.0: 4:44:06

KM35.0: 5:42:20

KM40.0: 6:41:53



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

