

CERTIFICATE

OF ACHIEVEMENT

Ngo Kah How

BIB NO. C404894

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 4109/4782

Category: 3400/3923

Gender (Overall): 3400/3923

FINISH TIME

Gun Time: 7:17:05

Net Time: 6:54:08

Pace: 9:50

Speed: 6.0

SPLIT TIME

KM5.0: 36:25

KM10.0: 1:14:03

KM15.0: 1:59:38

KM20.0: 2:46:08

KM25.0: 3:39:57

KM30.0: 4:31:00

KM35.0: 5:27:07

KM40.0: 6:25:19



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

