

CERTIFICATE

OF ACHIEVEMENT

Lai Siew Fong

BIB NO. C405033

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 3025/4782

Category: 361/688

Gender (Overall): 361/688

FINISH TIME

Gun Time: 6:37:36

Net Time: 6:15:09

Pace: 8:55

Speed: 6.7

SPLIT TIME

KM5.0: 40:19

KM10.0: 1:18:39

KM15.0: 1:59:45

KM20.0: 2:42:30

KM25.0: 3:25:46

KM30.0: 4:10:44

KM35.0: 5:01:07

KM40.0: 5:50:50



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

