

CERTIFICATE

OF ACHIEVEMENT

Lai Wing Chun

BIB NO. C405045

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 4704/4782

Category: 3863/3923

Gender (Overall): 3863/3923

FINISH TIME

Gun Time: 7:48:07

Net Time: 7:25:40

Pace: 10:35

Speed: 5.6

SPLIT TIME

KM5.0: 43:01

KM10.0: 1:29:28

KM15.0: 2:25:26

KM20.0: 3:22:44

KM25.0: 4:14:53

KM30.0: 5:07:02

KM35.0: 6:00:00

KM40.0: 6:55:00



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

