

CERTIFICATE

OF ACHIEVEMENT

Lam Choong Wah

BIB NO. C405168

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 3862/4782

Category: 3203/3923

Gender (Overall): 3203/3923

FINISH TIME

Gun Time: 7:07:29

Net Time: 6:45:10

Pace: 9:37

Speed: 6.2

SPLIT TIME

KM5.0: 38:57

KM10.0: 1:17:02

KM15.0: 1:57:26

KM20.0: 2:43:29

KM25.0: 3:29:35

KM30.0: 4:21:53

KM35.0: 5:19:01

KM40.0: 6:13:17



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

