

CERTIFICATE

OF ACHIEVEMENT

Heng Puei Ngok

BIB NO. C405192

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 2187/4782

Category: 229/688

Gender (Overall): 229/688

FINISH TIME

Gun Time: 6:07:23

Net Time: 5:44:06

Pace: 8:10

Speed: 7.3

SPLIT TIME

KM5.0: 32:39

KM10.0: 1:07:21

KM15.0: 1:45:48

KM20.0: 2:28:36

KM25.0: 3:12:18

KM30.0: 3:57:06

KM35.0: 4:41:10

KM40.0: 5:26:35



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

