

CERTIFICATE

OF ACHIEVEMENT

Ho Kai Wah

BIB NO. C405209

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 4044/4782

Category: 3347/3923

Gender (Overall): 3347/3923

FINISH TIME

Gun Time: 7:13:37

Net Time: 6:51:54

Pace: 9:47

Speed: 6.1

SPLIT TIME

KM5.0: 42:18

KM10.0: 1:25:04

KM15.0: 2:11:44

KM20.0: 3:00:43

KM25.0: 3:50:22

KM30.0: 4:41:48

KM35.0: 5:34:19

KM40.0: 6:25:54



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

