

CERTIFICATE

OF ACHIEVEMENT

Nirmal Lamsal

BIB NO. C405616

CATEGORY 42KM Overall International

RANKING

Distance (Overall): 108/4782

Category: 14/138

Gender (Overall): 14/138

FINISH TIME

Gun Time: 3:56:46

Net Time: 3:35:30

Pace: 5:07

Speed: 11.7

SPLIT TIME

KM5.0: 24:25

KM10.0: 50:38

KM15.0: 1:10:48

KM20.0: 1:34:26

KM25.0: 1:57:38

KM30.0: 2:21:50

KM35.0: 2:47:57

KM40.0: 3:16:42



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

