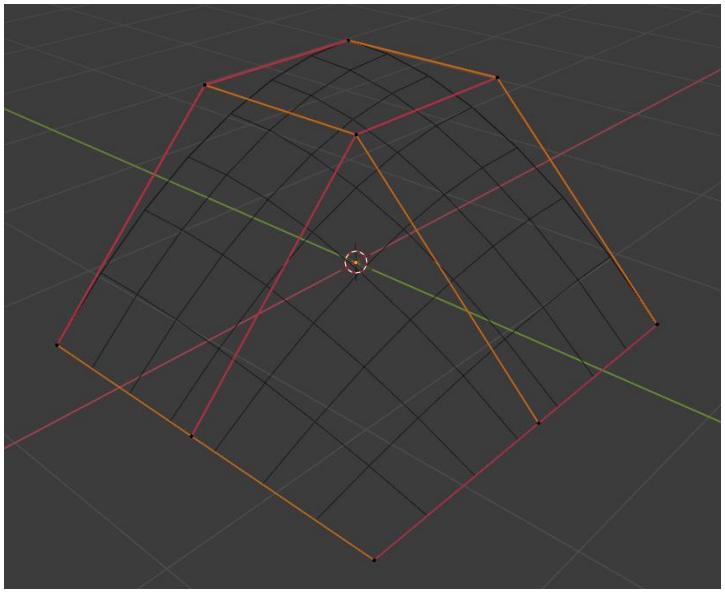
Suppose you already have control points of the surface, and they should look like table 1.

B1	B8	B7
B2	B9	B6
B3	B4	B5

Table 1

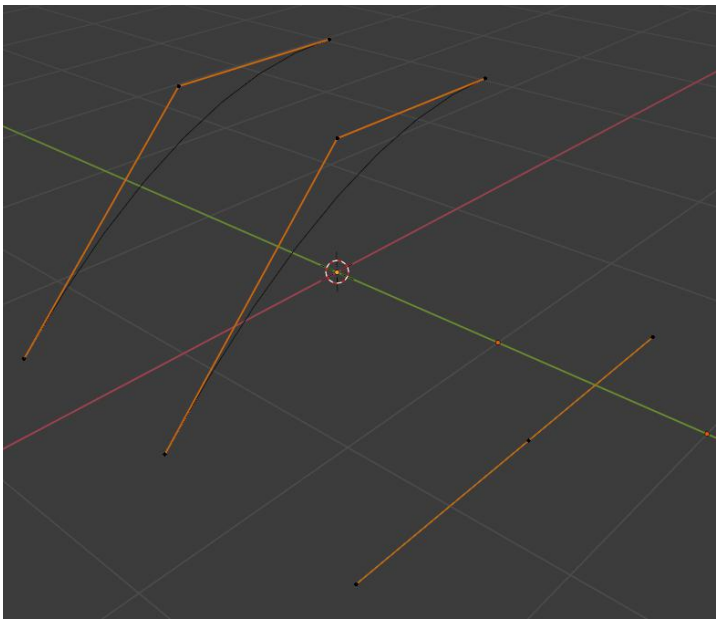
First, create 3 Bezier curves base on L1:B1-B2-B3, L2:B8-B9-B4, L3:B7-B6-B5, then create other Bezier curves based on vertex from L1, L2 and L3.

For example, there is a surface that have a 8x8 vertex map. It should looks like picture 1.



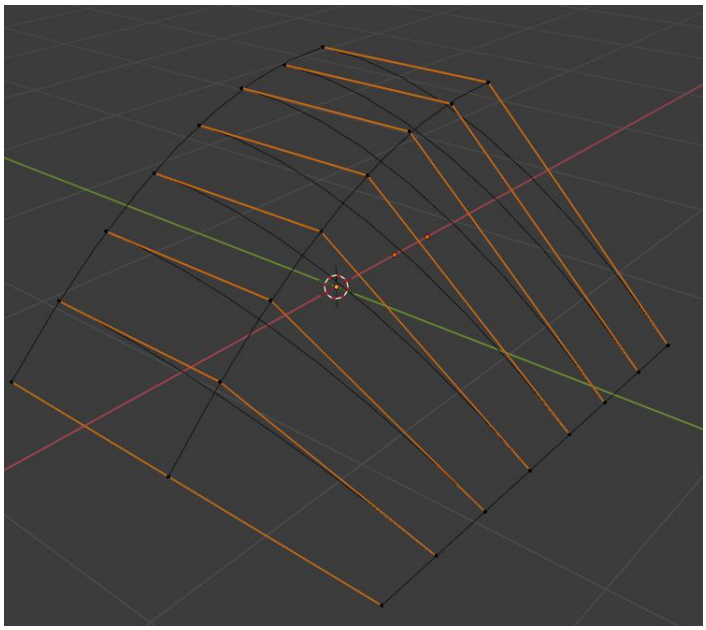
picture 1

Then create 3 Bezier curves based on control points.



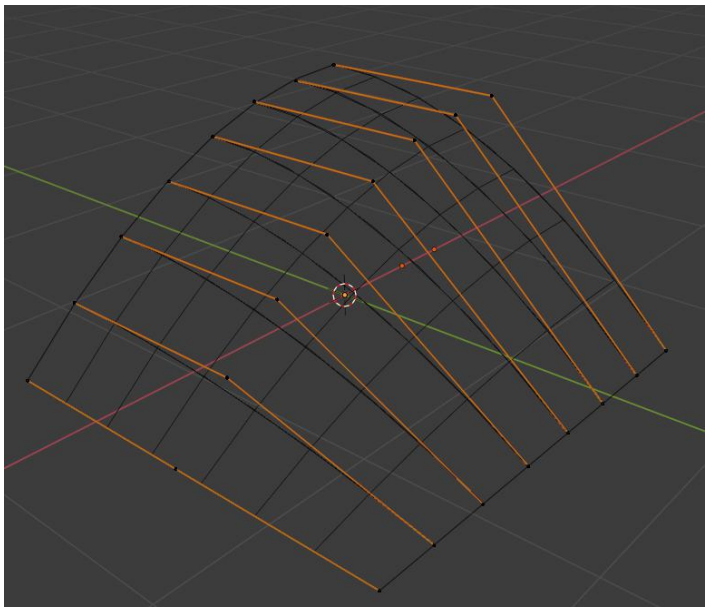
picture 2

In picture 2, each curve has 8 vertex, matched with surface's resolution. Based on these vertex, create other curves. The result should looks like picture 3.



picture 3

In picture 3, each curve also has 8 vertex, matched with surface's resolution. Now you have all vertex. Connect them to create a surface. See in picture 4.



picture 4

To create normals, choose edit mode, then use the function in picture 5.

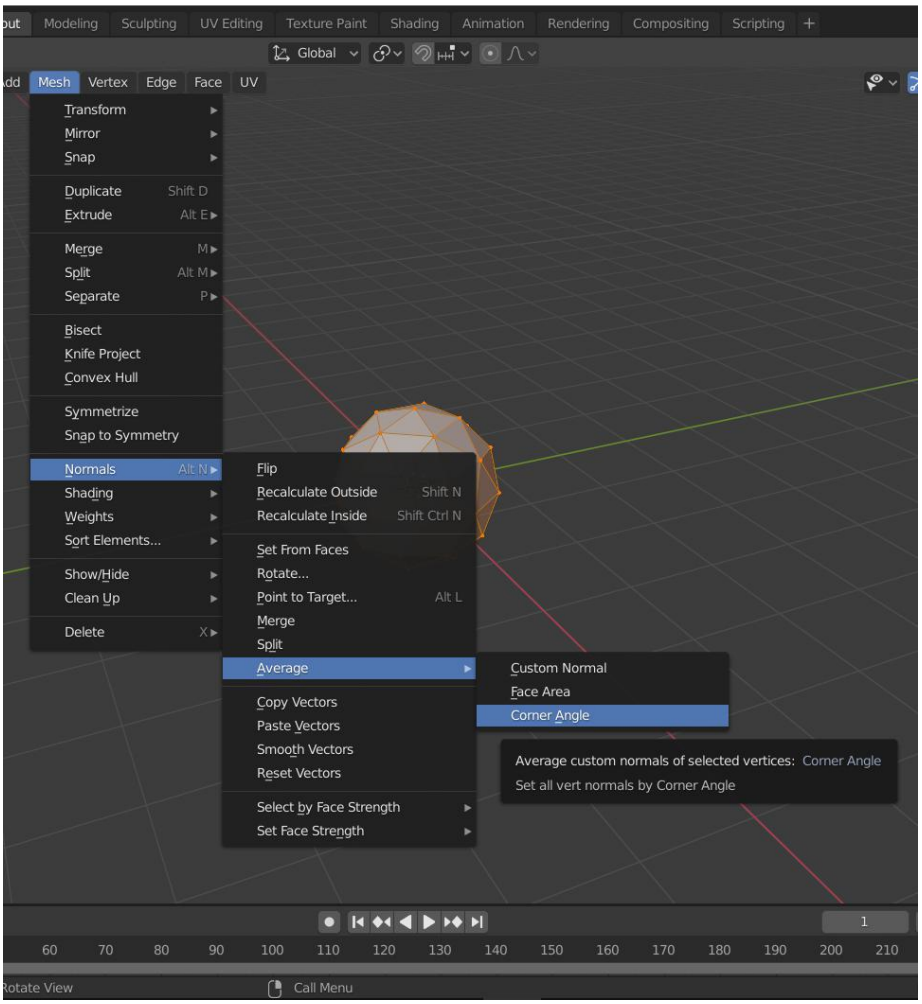
Here is the path:

Mesh->Normals->Average->Corner Angle

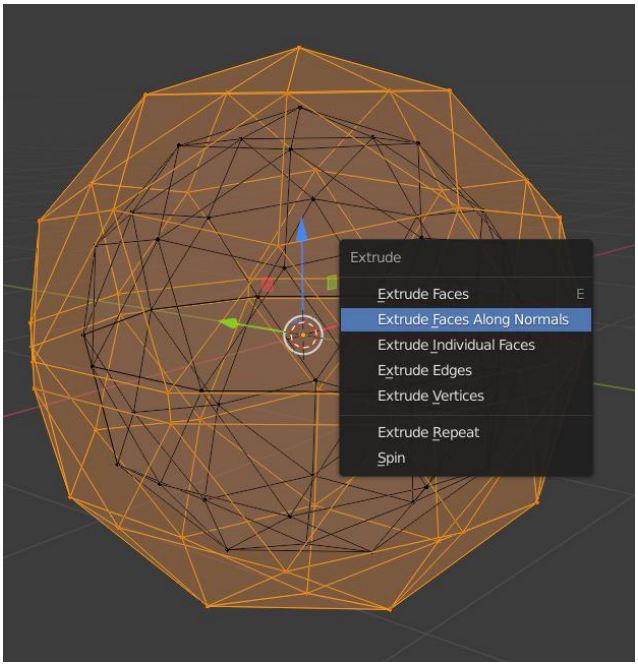
To match thickness in game, choose edit mode, then use the function in picture 6.

Here is the path:

Alt+E->Extrude Faces Along Normals



picture 5



picture 6