

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Adele Immelman**

Has successfully participated & completed the

**10km Run/Walk Mistico Breakfast Run/Walk**

held at Mistico, Cape Town.

**OFFICIAL TIME 01:12:32**

**Mat-To-Mat Time 01:12:32**

**PACE 07:15/km**

**OVERALL 25 of 44**

**GENDER 9 of 22**

**40 - 49 3 of 7**



13 December 2025, Sat

Date

Signature

