

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Arend De Waal**

Has successfully participated & completed the

**42.2km 23rd Vlake Marathon**

held at Heidelberg High School Sports Ground.

**OFFICIAL TIME 05:09:07**

**Mat-To-Mat Time 05:09:07**

**PACE 07:21/km**

**GENDER** 399 of  
557

**OVERALL** 678 of 983

**40+** 126 of  
185



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Date

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Signature

*BoutTime*