

CERTIFICATE OF PARTICIPATION

This is to certify that

Arnoh Koopman

Has successfully participated & completed the

42.2km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 03:13:27

Mat-To-Mat Time 03:13:27

PACE 04:36/km

GENDER 43 of 557

OVERALL 51 of 983

**SENIOR (20- 26 of 189
39)**



22 November 2025, Sat

Date

Signature



BoutTime