

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Carlu Pienaar**

Has successfully participated & completed the

**42.2km 23rd Vlake Marathon**

held at Heidelberg High School Sports Ground.

**OFFICIAL TIME 02:40:02**

**Mat-To-Mat Time 02:40:02**

**PACE 03:48/km**

**GENDER 6 of 557**

**OVERALL 6 of 983**

**SENIOR (20- 5 of 189  
39)**



22 November 2025, Sat

Date

Signature

*BoutTime*