

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Cornel Stander**

Has successfully participated & completed the

**42.2km 23rd Vlake Marathon**

held at Heidelberg High School Sports Ground.

**OFFICIAL TIME 03:04:46**

**Mat-To-Mat Time 03:04:46**

**PACE 04:22/km**

**GENDER 6 of 426**

**OVERALL 34 of 983**

**SENIOR (20- 5 of 154  
39)**



22 November 2025, Sat

Date

Signature

*BoutTime*