

CERTIFICATE OF PARTICIPATION

This is to certify that

Elizca Lourens

Has successfully participated & completed the

10km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 01:00:14

Mat-To-Mat Time 01:00:14

PACE 06:00/km

GENDER 39 of 385

OVERALL 110 of 628

**SENIOR (20- 17 of 157
39)**



22 November 2025, Sat

Date

Signature



BoutTime