

CERTIFICATE

OF PARTICIPATION

This is to certify that

Emmarentia Niemand

Has successfully participated & completed the

10km 23rd Vlakte Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 01:18:51

Mat-To-Mat Time 01:18:51

PACE 07:52/km

OVERALL 313 of 62

GENDER 173 of

385

60+ 16 of 42

22 November 2025, Sat

BoutTime