

CERTIFICATE OF PARTICIPATION

This is to certify that

Frans Marais

Has successfully participated & completed the

21.1km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 02:23:03

Mat-To-Mat Time 02:23:03

PACE 06:48/km

GENDER 179 of 294

OVERALL 358 of 678

60+ 22 of 39



22 November 2025, Sat

Date

Signature



BoutTime