

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Frederick Christian  
Kriel**

Has successfully participated & completed the

**10km 22nd Vlakte Marathon**

held at Heidelberg High School Sports Ground.

**TIME 00:58:47**

**PACE 05:51/km**

**OVERALL 45 of 457**

**GENDER 28 of 175**

**SENIOR (20- 11 of 64  
39)**

23 November 2024, Sat

Date



*BoutTime*

Signature

