

CERTIFICATE OF PARTICIPATION

This is to certify that

Frederik Prinsloo

Has successfully participated & completed the

10km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 00:51:22

Mat-To-Mat Time 00:51:22

PACE 05:07/km

GENDER 31 of 243

OVERALL 39 of 628

**JUNIOR (15- 8 of 27
19)**



22 November 2025, Sat

Date

Signature



BoutTime