

CERTIFICATE OF PARTICIPATION

This is to certify that

Frederik Van Dyk

Has successfully participated & completed the

21.1km 22nd Vlake Marathon

held at Heidelberg High School Sports Ground.

TIME 01:46:20

PACE 05:03/km

GENDER 36 of 205

OVERALL 53 of 482

**JUNIOR (15- 5 of 11
19)**

23 November 2024, Sat

Date



BoutTime

Signature

