

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Frederik Van Dyk**

Has successfully participated & completed the

**21.1km 23rd Vlake Marathon**

held at Heidelberg High School Sports Ground.

**OFFICIAL TIME 02:01:05**

**Mat-To-Mat Time 02:01:05**

**PACE 05:45/km**

**GENDER 111 of 294**

**OVERALL 173 of 678**

**JUNIOR (15- 12 of 17  
19)**



22 November 2025, Sat

Date

Signature



*BoutTime*