

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Frik Henning**

Has successfully participated & completed the

**42.2km Volksrust Marathon**

held at Volksrust High School.

**OFFICIAL TIME 04:53:22**

**Mat-To-Mat Time 04:53:11**

**PACE 06:58/km**

**GENDER 86 of 132**

**OVERALL 95 of 168**

**SENIOR (20- 31 of 40  
39)**



22 November 2025, Sat

Date

Signature



*BoutTime*