

CERTIFICATE OF PARTICIPATION

This is to certify that

Fritz Lourens

Has successfully participated & completed the

10km SEEFF KMC NITE RACE

held at Knysna Marathon Clubhouse, Knysna.

OFFICIAL TIME 01:03:39

Mat-To-Mat Time 01:03:34

PACE 06:21/km

GENDER 91 of 145

OVERALL 136 of 256

50+ 15 of 28



16 December 2025, Tue

Date

Signature

