

CERTIFICATE OF PARTICIPATION

This is to certify that

Gary Ristow

Has successfully participated & completed the

21.1km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 02:32:58

Mat-To-Mat Time 02:32:58

PACE 07:16/km

**GENDER 201 of
294**

OVERALL 433 of 678

70+ 9 of 12



22 November 2025, Sat

Date

Signature



BoutTime