

# CERTIFICATE OF PARTICIPATION

This is to certify that

## Heinrich Manho

Has successfully participated & completed the

**10km 22nd Vlakte Marathon**

held at Heidelberg High School Sports Ground.

**TIME 01:16:28**

**PACE 07:37/km**

**GENDER 79 of 175**

**OVERALL 174 of 457**

**SENIOR (20- 36 of 64  
39)**

23 November 2024, Sat

Date



*BoutTime*

Signature

