

CERTIFICATE OF PARTICIPATION

This is to certify that

Heinrich Manho

Has successfully participated & completed the

10km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 01:19:05

Mat-To-Mat Time 01:19:05

PACE 07:54/km

**GENDER 142 of
243**

OVERALL 316 of 628

40+ 16 of 33



22 November 2025, Sat

Date

Signature



BoutTime