

CERTIFICATE

OF PARTICIPATION

This is to certify that

**Helga Elfriede Le
Roux**

Has successfully participated & completed the

10km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 01:33:16

Mat-To-Mat Time 01:33:16

PACE 09:18/km

**GENDER 262 of
385**

OVERALL 440 of 628

60+ 32 of 42



22 November 2025, Sat

Date

Signature



BoutTime