

CERTIFICATE

OF PARTICIPATION

This is to certify that

Herman Langenhoven

Has successfully participated & completed the

21.1km 23rd Vlakte Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 02:05:20

Mat-To-Mat Time 02:05:20

PACE 05:57/km

GENDER 128 of

294

OVERALL 217 of 678

SENIOR (20- 57 of 122

39)



Date

Signature Bout Lime