

CERTIFICATE OF PARTICIPATION

This is to certify that

Jan Nel

Has successfully participated & completed the

10km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 01:15:42

Mat-To-Mat Time 01:15:42

PACE 07:33/km

**GENDER 133 of
243**

OVERALL 284 of 628

60+ 11 of 24



22 November 2025, Sat

Date

Signature



BoutTime