

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Jan-Hendrik Swart**

Has successfully participated & completed the

**10km 23rd Vlake Marathon**

held at Heidelberg High School Sports Ground.

**OFFICIAL TIME 01:05:33**

**Mat-To-Mat Time 01:05:33**

**PACE 06:33/km**

**GENDER 95 of 243**

**OVERALL 176 of 628**

**JUNIOR (15- 18 of 27  
19)**



22 November 2025, Sat

Date

Signature



*BoutTime*