

# CERTIFICATE OF PARTICIPATION

This is to certify that

Jandré Meiring

Has successfully participated & completed the

**42.2km 23rd Vlake Marathon**

held at Heidelberg High School Sports Ground.

**OFFICIAL TIME 03:22:50**

**Mat-To-Mat Time 03:22:50**

**PACE 04:48/km**

**GENDER 63 of 557**

**OVERALL 74 of 983**

**SENIOR (20- 34 of 189  
39)**



22 November 2025, Sat

Date

Signature



*BoutTime*