

CERTIFICATE OF PARTICIPATION

This is to certify that

Lara Thiart

Has successfully participated & completed the

21.1km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 01:49:20

Mat-To-Mat Time 01:49:20

PACE 05:12/km

GENDER 24 of 384

OVERALL 94 of 678

**SENIOR (20- 14 of 188
39)**



22 November 2025, Sat

Date

Signature



BoutTime