

CERTIFICATE OF PARTICIPATION

This is to certify that

Lida Kriek

Has successfully participated & completed the

10km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 01:25:22

Mat-To-Mat Time 01:25:22

PACE 08:31/km

GENDER 217 of 385

OVERALL 377 of 628

40+ 40 of 73



22 November 2025, Sat

Date

Signature



BoutTime