

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Liezel Malan**

Has successfully participated & completed the

**42.2km 23rd Vlake Marathon**

held at Heidelberg High School Sports Ground.

**OFFICIAL TIME 04:23:12**

**Mat-To-Mat Time 04:23:12**

**PACE 06:15/km**

**GENDER 120 of 426**

**OVERALL 344 of 983**

**40+ 40 of 159**



22 November 2025, Sat

Date

Signature



*BoutTime*