

CERTIFICATE OF PARTICIPATION

This is to certify that

Lize Theunissen

Has successfully participated & completed the

42.2km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 03:23:15

Mat-To-Mat Time 03:23:15

PACE 04:49/km

GENDER 13 of 426

OVERALL 76 of 983

**SENIOR (20- 11 of 154
39)**



22 November 2025, Sat

Date

Signature



BoutTime