

CERTIFICATE

OF PARTICIPATION

This is to certify that

Lizel Franken

Has successfully participated & completed the

21.1km 23rd Vlakte Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 02:37:33

Mat-To-Mat Time 02:37:33

PACE 07:30/km

OVERALL 452 of 678

GENDER 246 of

384

40+ 61 of 87

22 November 2025, Sat

BoutTime