

CERTIFICATE OF PARTICIPATION

This is to certify that

Lourens Naude

Has successfully participated & completed the

42.2km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 04:26:36

Mat-To-Mat Time 04:26:36

PACE 06:19/km

**GENDER 235 of
557**

OVERALL 360 of 983

60+ 13 of 47



22 November 2025, Sat

Date

Signature



BoutTime