

CERTIFICATE OF PARTICIPATION

This is to certify that

Manfred Laumann

Has successfully participated & completed the

10km Run/Walk Mistico Breakfast Run/Walk

held at Mistico, Cape Town.

OFFICIAL TIME 01:12:31

Mat-To-Mat Time 01:12:31

PACE 07:15/km

OVERALL 24 of 44

GENDER 16 of 22

60 - 69 2 of 4



13 December 2025, Sat

Date

Signature

