

CERTIFICATE OF PARTICIPATION

This is to certify that

Marthinus Lourens

Has successfully participated & completed the

42.2km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 04:28:21

Mat-To-Mat Time 04:28:21

PACE 06:22/km

GENDER 241 of 557

OVERALL 373 of 983

SENIOR (20-39) 103 of 189



Date

Signature

BoutTime