

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Michelle Van  
Emmenis**

Has successfully participated & completed the

**42.2km 23rd Vlake Marathon**

held at Heidelberg High School Sports Ground.

**OFFICIAL TIME 04:05:31**

**Mat-To-Mat Time 04:05:31**

**PACE 05:49/km**

**GENDER 69 of 426**

**OVERALL 239 of 983**

**50+ 11 of 95**



22 November 2025, Sat

Date

Signature

