

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Nelmari La Grange**

Has successfully participated & completed the

**10km 23rd Vlake Marathon**

held at Heidelberg High School Sports Ground.

**OFFICIAL TIME 01:11:17**

**Mat-To-Mat Time 01:11:17**

**PACE 07:06/km**

**GENDER 129 of  
385**

**OVERALL 245 of 628**



**JUNIOR (15- 19 of 29  
19)**

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Date

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Signature

*BoutTime*