

CERTIFICATE OF PARTICIPATION

This is to certify that

Richard Karsten

Has successfully participated & completed the

42.2km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 03:10:51

Mat-To-Mat Time 03:10:51

PACE 04:31/km

GENDER 41 of 557

OVERALL 48 of 983

**SENIOR (20- 24 of 189
39)**



22 November 2025, Sat

Date

Signature



BoutTime