

CERTIFICATE OF PARTICIPATION

This is to certify that

Sandra Nel

Has successfully participated & completed the

42.2km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 04:32:38

Mat-To-Mat Time 04:32:38

PACE 06:28/km

GENDER 146 of 426

OVERALL 404 of 983

50+ 24 of 95



22 November 2025, Sat

Date

Signature



BoutTime