

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Stefan Strydom**

Has successfully participated & completed the

**21.1km 23rd Vlake Marathon**

held at Heidelberg High School Sports Ground.

**OFFICIAL TIME 01:41:40**

**Mat-To-Mat Time 01:41:40**

**PACE 04:49/km**

**GENDER 44 of 294**

**OVERALL 54 of 678**

**SENIOR (20- 23 of 122  
39)**



22 November 2025, Sat

Date

Signature



*BoutTime*