

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Rudi Vlok**

Has successfully participated & completed the

**Cross Duathlon - Sprint Cowhouse Cross Duathlon**

held at Hazeldean Valley Trails.

**TIME 00:57:56**

**PACE 20.71km/h**

**OVERALL 4 of 17**

**GENDER 4 of 9**

**35 - 39 2 of 3**

14 April 2024, Sun

Date



*BoutTime*

Signature

