

## **CERTIFICATE**

OF PARTICIPATION

This is to certify that

## Lizette Van den Berg

Has successfully participated & completed the

Solo Steer Cowhouse Cross Duathlon 2017 #6

held at Cowhouse Market.

**TIME** 01:39:04

**PACE** 06:36/km

**OVERALL** 21 of 34

40

**GENDER** 5 of 12

**40 - 49** 1 of 3

01 October 2017, Sun

Date



Bout Time
Signature