

## **CERTIFICATE**

## OF PARTICIPATION

This is to certify that

## Carl Pohl

Has successfully participated & completed the

Stage Race Long (Day 3) Eselfontein Trail Run Stage Race - Day 3

held at Eselfontein.

**TIME** 01:29:26

**PACE** 06:22/km

**OVERALL** 7 of 19

**GENDER** 6 of 11

60 - 69 1 of 1

26 October 2025, Sun

Date



BoutTime

Signature