

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Christiaan de Beer**

Has successfully participated & completed the

**Solo Heifer Cowhouse Cross Duathlon 2019 #3**

held at Cowhouse Market.

**TIME 01:07:23**

**PACE 11.58km/h**

**GENDER 4 of 9**

**OVERALL 6 of 16**

**8 TO 9 2 of 3**

02 June 2019, Sun

Date

*BoutTime*

Signature