

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Lorna van Staden**

Has successfully participated & completed the

**Sprint Triathlon TinMan Langebaan #1 - 24 March**

held at Langebaan Country Estate.

**TIME 02:13:05**

**PACE 11.72km/h**

**GENDER 19 of 34**

**OVERALL 51 of 74**

**60 - 69 2 of 4**

24 March 2024, Sun

Date



*BoutTime*

Signature

