

## **CERTIFICATE**

OF PARTICIPATION

This is to certify that

## **Hein Crous**

Has successfully participated & completed the

Solo Steer Cowhouse Cross Duathlon 2017 #6

held at Cowhouse Market.

**TIME** 01:50:03

**PACE** 07:19/km

**OVERALL** 28 of 34

**GENDER** 18 of 22

**40 - 49** 3 of 5

01 October 2017, Sun

Date



Bout Time
Signature