

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Ilze Crous**

Has successfully participated & completed the

**Solo Steer GoSport Cowhouse Cross Duathlon 2019 #4**

held at Cowhouse Market.

**TIME 01:31:45**

**PACE 04:09/km**

**GENDER 5 of 8**

**OVERALL 17 of 23**

**60 - 69 1 of 1**

04 August 2019, Sun

Date



*BoutTime*

Signature

