

## **CERTIFICATE**

OF PARTICIPATION

This is to certify that

## Frik Van Sittert

Has successfully participated & completed the

40km Ridge Ride Ezemvelo MTB Challenge 2019

held at Ezemvelo Nature Reserve.

**TIME** 02:16:30

**PACE** 17.58km/h

**OVERALL** 38 of 152

**GENDER** 32 of 109

ELITE 4 of 12

19 October 2019, Sat

Date





