

CERTIFICATE OF PARTICIPATION

This is to certify that

Heike Herbst

Has successfully participated & completed the

PUFfer 55km PUFfer Trail Run 2025

held at Fish Hoek Sports Field.

TIME 11:52:34

PACE 12:57/km

GENDER 69 of 76

OVERALL 219 of 248

50 - 59 7 of 11

30 August 2025, Sat

Date



BoutTime

Signature

