

CERTIFICATE OF PARTICIPATION

This is to certify that

Ilse Langhout

Has successfully participated & completed the

PUFfer 55km PUFfer Trail Run 2025

held at Fish Hoek Sports Field.

TIME 08:48:34

PACE 09:36/km

OVERALL 88 of 248

GENDER 19 of 76

40 - 49 4 of 30

30 August 2025, Sat

Date



BoutTime

Signature

