

CERTIFICATE OF PARTICIPATION

This is to certify that

Minna Frojdholm

Has successfully participated & completed the

5km Trail Run Around The Rock #3 Laborie

held at Laborie Wine Farm, Paarl.

TIME 00:50:08

PACE 10:00/km

OVERALL 20 of 30

GENDER 12 of 18

60 - 69 2 of 2

09 November 2025, Sun

Date



BoutTime

Signature

