

CERTIFICATE OF PARTICIPATION

This is to certify that

Quinton Frieslich

Has successfully participated & completed the

PUFfer 55km PUFfer Trail Run 2025

held at Fish Hoek Sports Field.

TIME 08:49:31

PACE 09:36/km

OVERALL 90 of 248

GENDER 71 of 172

40 - 49 28 of 59

30 August 2025, Sat

Date



BoutTime

Signature

