

## **CERTIFICATE**

## OF PARTICIPATION

This is to certify that

## **Ilze Crous**

Has successfully participated & completed the

Solo Steer GoSport Cowhouse Cross Duathlon 2019 #4

held at Cowhouse Market.

**TIME** 01:31:45

**PACE** 04:09/km

OVERALL 17 of 23

**GENDER** 5 of 8

60 - 69 1 of 1

04 August 2019, Sun

Date



BoutTime

Signature