

CERTIFICATE

OF PARTICIPATION

This is to certify that

Rhyn Promnitz

Has successfully participated & completed the

12km Trail Race Arnold Chatz Nogwaja Trail Run

held at Rustig Hiking Trails.

TIME 02:13:54

PACE 11:09/km

OVERALL 35 of 145

GENDER 27 of 80

40 - 49 10 of 27

29 July 2018, Sun

Date

