

## **CERTIFICATE**

OF PARTICIPATION

This is to certify that

## **Gary Lintnaar**

Has successfully participated & completed the

10km Trail Run Op-Die-Berg MTB and Trail Run

held at Koue Bokkeveld.

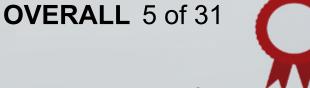
**OFFICIAL TIME** 00:40:39

**Mat-To-Mat Time** 00:40:39

**PACE** 04:03/km

**GENDER** 5 of 18

**40 - 49** 3 of 5



29 November 2025, Sat