



**Congratulations**  
**Keren WELGEMOED**

**on completing**

**Event 1A - 3km Men & Women All Ages**

**in a FinishTime of**  
**00:43:29**

**Overall Position**  
**56**

**Essentiale®**  
extreme

**TECHNI**  
**BLOCK** 

**BIOGEN**  
And the rest is history

**Mitchum**



 **vita-thion®**  
SUSTAINED NATURAL ENERGY