



# 2014

THIS IS TO CERTIFY THAT

**LIONEL PINTO**

COMPLETED THE  
**Cape Argus Pick n Pay momentum CYCLE TOUR**

109km

on

09 MARCH 2014

**F 5620**

**3 hrs 22 mins 0.1 secs**

Average Speed: 32.38 km/h

Overall Position: 2220 out of 31225

Position Male: 2059 out of 24541

Position in Group F: 363 out of 529

Position - M Elite: 244 out of 2195

An Official Event of the **Cape Argus Pick n Pay momentum Lifecycle Week**

**STEPHEN HAYWARD**

CHAIRMAN | CAPE TOWN CYCLE TOUR TRUST

