



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**helen moore** (34y) 

has successfully competed in  
**French Championships**

Lac des Bois aux Dames, Samoens (74)  
28-Feb-2020

1000m Freestyle in 16:25.58 minutes

Overall 3rd / Age Group (35-39y) 1st  
Category Women

Open Water Course

Water 4.70°C, Wind Chill 2.00°C, 46.08° N



**Ram Barkai**  
IISA Chair

*France*  
*Chair & Board*

