



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




Ram Barkai
IISA Chair

France
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION