



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Helle Nygaard (40y) 

has successfully competed in
Danish National Championship 2025

Faaborg, Denmark

25-Jan-2025

1000m Freestyle in 31:35.34 minutes

Overall 9th / Age Group (40-44y) 2nd

Category Women

Certified Pool Course

Water 3.97°C, Wind Chill 0.50°C, Altitude 0m, 55.10° N




Ram Barkai
IISA Chair

Denmark
Chair & Board

