



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Helle Nygaard** (40y) 

has successfully competed in  
**Danish National Championship 2025**

Faaborg, Denmark

26-Jan-2025

**100m Backstroke in 03:52.77 minutes**

Overall 10th / 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*

