



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**stanka sylvestre** (45y) 

has successfully competed in  
French National Championships

Saint Louis, Haut Rhin

09-Jan-2026

250m Freestyle in 06:03.75 minutes

Overall 21st / Age Group (45-49y) 4th

Category Women

Certified Pool Course

Water 4.47°C, Wind Chill 0.00°C, Altitude 0m, 47.59° N



Ram Barkai  
IISA Chair

France  
Chair & Board

