



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Christine Kastrup (45y)** 

has successfully competed in  
**Danish National Championships 2026**

Faaborg  
23-Jan-2026

**500m Freestyle in 09:36.86 minutes**

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Overall 14th / Age Group (45-49y) 2nd

Category Women

Certified Pool Course

Water 0.63°C, Wind Chill -4.30°C, Altitude 0m, 55.10° N



  
**Ram Barkai**  
IISA Chair

*Denmark*  
*Chair & Board*

