



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Lars Frode Jensen (61y)** 

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

Faaborg, Denmark

26-Jan-2025

**100m Breaststroke in 02:49.74 minutes**

Overall 14th / Age Group (60-64y) 3rd

Category Men

Certified Pool Course

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



  
**Ram Barkai**  
IISA Chair

*Denmark*  
*Chair & Board*

