



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Mette Primdahl (47y) 

has successfully competed in
Danish National Championships 2026

Faaborg
25-Jan-2026

100m Breaststroke in 02:21.29 minutes

Overall 26th / Age Group (45-49y) 5th

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

