



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Frederique Monego (66y) 

has successfully competed in
French National Championships

Saint Louis, Haut Rhin

09-Jan-2026

100m Breaststroke in 02:01.94 minutes

Overall 9th / Age Group (65-69y) 1st

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

