



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Lilou Girardet (21y) 

has successfully competed in
French National Championships

Saint Louis, Haut Rhin

09-Jan-2026

100m Breaststroke in 01:19.16 minutes

Overall 1st / Age Group (18-24y) 1st

WORLD RECORD

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

