



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Sophie PONCET (46y) 

has successfully competed in
Championnat de France Open D2,3

Megève D 2+3

10-Dec-2022

200m Breaststroke in 04:12.80 minutes

Overall 4th / Age Group (45-49y) 2nd

Category Women

Open Water Course

Water 4.70°C, Wind Chill -2.00°C, Altitude 1113m, 45.86° N




Ram Barkai
IISA Chair

France
Chair & Board



INTERNATIONAL ICE SWIMMING ASSOCIATION