



# 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

**100m Breaststroke in 02:01.69 minutes**

---

Overall 11th / Age Group (45-49y) 4th

Category Women

Certified Pool Course

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



**Ram Barkai**  
IISA Chair

*France*  
*Chair & Board*

