



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Valérie Giros (44y)** 

has successfully competed in  
**Championnat de France Open D1**

Megève 1000m

09-Dec-2022

**1000m Freestyle in 19:33.97 minutes**

Overall 3rd / Age Group (40-44y) 1st

Category Women

Pool Course

Water 5.20°C, Wind Chill 1.00°C, Altitude 1113m, 45.86° N

**N-ICE Swim (>5°C)**



  
**Ram Barkai**  
IISA Chair

*France*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION