



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Valérie Giros (46y)** 

has successfully competed in  
**French National Championships**

Palais des Sports de Megève

13-Dec-2024

1000m Freestyle in 20:53.91 minutes

Overall 6th / Age Group (45-49y) 2nd

Category Women

Pool Course

Water 4.48°C, Wind Chill 0.00°C, Altitude 1113m, 45.87° N



**Ram Barkai**  
IISA Chair

*France*  
*Chair & Board*

