



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Frederique Monego (65y)** 

has successfully competed in  
French National Championships

Palais des Sports de Megève

14-Dec-2024

250m Freestyle in 05:30.86 minutes

Overall 14th / Age Group (65-69y) 1st

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*

