



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**GWLADYS EXTREMERA** (47y) 

has successfully competed in  
French National Championships

Saint Louis, Haut Rhin

09-Jan-2026

500m Freestyle in 07:45.89 minutes

Overall 3rd / Age Group (45-49y) 2nd

Category Women

Certified Pool Course

Water 4.47°C, Wind Chill 0.00°C, Altitude 0m, 47.59° N



  
**Ram Barkai**  
IISA Chair

*France*  
*Chair & Board*

