

CERTIFICATE OF ACHIEVEMENT

This is to certify that

Pavel Bainov (32y)

has successfully competed in

IISA III World Champ Murmansk 2019 / I Arctic Cup 2019

murmansk, semyonovskoe lake, Russia 14-Mar-2019

50m Butterfly in 00:31.65 minutes

Overall 5th / Age Group (30-34y) 1st WORLD RECORD - AGE GROUP

WORLD CHAMPION - AGE GROUP

Category Men

Open Water Course Water 0.00°C, Wind Chill -6.30°C



Russian Federation

Chair & Board



Ram Barkai IISA Chair

INTERNATIONAL ICE SWIMMING ASSOCIATION