



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Henri Kaarma** (44y) 

has successfully competed in

**IISA III World Champ Murmansk 2019 / I Arctic Cup 2019**

murmansk, seymonovskoe lake, Russia

14-Mar-2019

**50m Butterfly in 00:28.92 minutes**

**Overall 1st / Age Group (45-49y) 1st**

**WORLD RECORD - AGE GROUP**

**WORLD CHAMPION**

**Category Men**

**Open Water Course**

**Water 0.00°C, Wind Chill -6.30°C, 68.97° N**



**Ram Barkai**  
IISA Chair

*Russian Federation*  
*Chair & Board*

