



CERTIFICATE OF ACHIEVEMENT

This is to certify that

Patricia Heffernan (56y) 

has successfully competed in

IISA III World Champ Murmansk 2019 / I Arctic Cup 2019

murmansk, seymonovskoe lake, Russia

18-Mar-2019

500m Freestyle in 09:34.44 minutes

Overall 8th / Age Group (55-59y) 1st

WORLD RECORD - AGE GROUP

WORLD CHAMPION - AGE GROUP

Category Women

Open Water Course

Water 0.00°C, Wind Chill -6.30°C



Ram Barkai
IISA Chair

Russian Federation
Chair & Board

