



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Andrey Sizov** (56y) 

has successfully competed in

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

murmansk, seymonovskoe lake, Russia

14-Mar-2019

**500m Freestyle in 15:09.83 minutes**

Overall 28th / Age Group (55-59y) 3rd

Category Men

Open Water Course

Water 0.00°C, Wind Chill -6.30°C



  
**Ram Barkai**  
IISA Chair

*Russian Federation*  
*Chair & Board*



INTERNATIONAL ICE SWIMMING ASSOCIATION