



CERTIFICATE OF ACHIEVEMENT

This is to certify that

john ryan (50y) 

has successfully competed in

IISA III World Champ Murmansk 2019 / I Arctic Cup 2019

murmansk, seymonovskoe lake, Russia

14-Mar-2019

500m Freestyle in 07:44.23 minutes

Overall 11th / Age Group (50-54y) 2nd
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