



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Charl Allen (30y)** 

has successfully competed in

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

murmansk, seymonovskoe lake, Russia

14-Mar-2019

**200m Freestyle in 02:37.65 minutes**

Overall 7th / 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



**Ram Barkai**  
IISA Chair

*Russian Federation*  
*Chair & Board*

