



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

200m Freestyle in 02:18.82 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



Ram Barkai
IISA Chair

Russian Federation
Chair & Board

